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# VEGANISM

*Eating Healthy Without Forgoing Delectable Dishes*

By

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## Introduction

I want to thank you and congratulate you for downloading the book, “*Veganism: Eating Healthy Without Forgoing Delectable Dishes*”.

If a study would be conducted on the eating habits of college and university students, the most prevalent answer would be *instant food* i.e. *instant noodles*, *microwavable ready-to-eat meals*, and similar kinds of food. Even young professionals would most likely have similar answers.

Although these people are well-educated about the effects of eating instant food, they always have VEGANISM: Eating Healthy Without Forgoing Delectable Dishes a compelling reason to continue with such habit. One of VEGANISM: Eating Healthy Without Forgoing Delectable Dishes their reasons for sticking with ready to eat packaged food is its minimal time for preparation.

A perfect example of this variety of food is instant noodles. Among the varieties of instant noodles, the most popular are the cup noodles. For one, the person who wants to eat needs only to add hot water into the cup, cover it and after three minutes or so, he or she will finally have a meal. It's not hearty but it certainly curtails the murmurs of VEGANISM: Eating Healthy

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Without Forgoing Delectable Dishes the stomach and intestines. For those who have a small burner and pot, the packaged version of instant noodles might be preferred because it is cheaper than cup noodles.

In short, for instant VEGANISM: Eating Healthy Without Forgoing Delectable Dishes noodles, if in a cup, all the VEGANISM: Eating Healthy Without Forgoing Delectable Dishes person needs is warm water to have a meal and if packaged, cooking utensils plus water. The requirements are very minimal.

Another example are microwavable foods or frozen foods. Frozen foods are quite popular in the United States and VEGANISM: Eating Healthy Without Forgoing Delectable Dishes perhaps in Canada as well. A man by the name of Charles Birdseye, a citizen of the United States of America, is the first person to successfully create and implement frozen foods. Although there was a wane on the demand of frozen foods during World War II, its popularity resurged during the 1950's, the golden age of television, reaching until this day.

To iterate, the popularity of these meals to the younger generation and most likely to the elder generations as well, can be attributed to how easy it is to make your own meal in the least amount of time especially in an era wherein time is always demanded. Thus the phrase "*in the fast pace world*" has become eponymous to the 21st century; it is no wonder that quick-cook meals are highly sought out.

Because of this, the taste VEGANISM: Eating Healthy Without Forgoing Delectable Dishes buds of several hundreds or thousands and perhaps millions of individuals, from VEGANISM: Eating Healthy Without Forgoing Delectable Dishes children to adults, have been accustomed and trained to like the taste of foods highly rich in preservatives. Due to this adherence, when a person who is used to such eating habits is asked to eat vegetables, their faces turn sour, their eyebrows scrunching and lips moving downwards. This is more likely to occur most especially when they are asked to completely change their eating lifestyle.

Despite the resistance of VEGANISM: Eating Healthy Without Forgoing Delectable Dishes these individuals, it is never too late for change.

It is a long shot but one of the recommended approach to help these people change for

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VEGANISM: Eating Healthy Without Forgoing Delectable Dishes the better is slowly integrating a new lifestyle. The introductions are incremental in the beginning and can hardly be VEGANISM: Eating Healthy Without Forgoing Delectable Dishes discerned but in the long run, these additions compound and create a greater impact. This kind of introduction is similar to the phenomenon known as domino effect VEGANISM: Eating Healthy Without Forgoing Delectable Dishes or water ripple VEGANISM: Eating Healthy Without Forgoing Delectable Dishes effect.

One of the alternative lifestyles VEGANISM: Eating Healthy Without Forgoing Delectable Dishes that promotes healthy eating is veganism. The term veganism traces its roots to *vegetarianism* which was first coined during the early VEGANISM: Eating Healthy Without Forgoing Delectable Dishes 19th century. Although the coinage of the term is fairly new, the practice of vegetarianism which is eating of plant-based food and minimal to no animal meat originated during the time of Ancient Greece, Rome and India. Famous Greek philosophers such as Ovid, Plutarch, Porphyry, and Pythagoras to name a few were vegetarians. Among these men, Porphyry espoused that animals, VEGANISM: Eating Healthy Without Forgoing Delectable Dishes who are nonhumans are worthy of justice that is enjoyed by humans. Centuries later, this idea from Porphyry became one of the many basis for animal rights.

The practice of veganism started in the 1940s, wherein Donald Watson established a newsletter entitled *Vegan News*. This quarterly publishing was a reaction to Leslie Cross's newsletter wherein there was no section of non-dairy vegetarianism. The segment was requested by then *vegetarians* but it was not permitted.

According to Watson, veganism is the start and finish of vegetarianism. This is further pushed through the early copies of the newsletter that had a saying wherein vegans are advocates that promote food derived from grains, nuts, fruits and vegetables and also, the group encourages the use of other sources for products with animal origin.

However, the popularity of veganism did not skyrocket until recently. The mainstream popularity of vegan lifestyle emerged around late 2009 to early 2010.

In previous years, several scientific researches revealed VEGANISM: Eating Healthy Without Forgoing Delectable Dishes that a low-fat diet and greater plant-based food in meals is better for the prevention of VEGANISM: Eating Healthy Without Forgoing Delectable Dishes diseases such VEGANISM: Eating Healthy Without Forgoing Delectable Dishes as coronary heart disease, type 2 diabetes, which are more commonly known as lifestyle diseases or metabolic

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syndrome and some forms of cancer.

Health is one of the reasons that paved way to the popularity of veganism. Lately, there has been a popular phrase about instant food, "*Fast Food is Fast Death.*" People are shortening their lives by eating this kind of poison disguised as food. There are chemical compounds found in these kind of food products which are VEGANISM: Eating Healthy Without Forgoing Delectable Dishes detrimental to a person's health. The effects are not felt instantly, ironic to its name *fast food*, but contributes to the development of medical complications such as increased levels of cholesterol in the blood stream, development of obesity and several others.

In a neighborhood, there are several fast food chains that give customers the food they order in five minutes or less. In one day, at least 1 out of 4 Americans go to such places. In line with this, McDonald's, one of the most common fast food chains in the United States, feeds more than 50 million individuals in one day. This number of people is apparently more than the population of VEGANISM: Eating Healthy Without Forgoing Delectable Dishes Spain.

Because of the constant patronage with these instant food, around one million animals are killed every hour to keep up with the demand. This practice is unsustainable, making the planet deteriorate at unprecedented rates. There is also another problem which is the lack of proper food. According to a national study, around 60% of the population in the United States are either overweight or obese. Due to this, the World Health Organization declared obesity as a global epidemic.

Obesity leads to several medical complications. Examples of these are cardiovascular diseases such as hypertension and coronary heart disease; insulin resistance which leads to type 2 diabetes; VEGANISM: Eating Healthy Without Forgoing Delectable Dishes respiratory problems such as asthma and breathlessness; greater risk to developing certain types of cancer such as breast, prostate and colon cancer; and problems in the reproductive system such as polycystic ovarian syndrome and impaired fertility.

Obesity leads to several complications because it affects every functioning of the human body. There are predictions that if obesity will not be curbed, it will be the leading cause of death in the United States of America.

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Another factor that paved way to the fame of veganism is the involvement of celebrities, politicians and other prominent members of society. The involvement of these famous persons helped in boosting the practice.

The availability of vegan friendly shops also help in creating more awareness about the lifestyle. Last 2011, the very first vegan supermarket in Europe opened. The venue was in Dortmund, Germany and the store's name is Vegilicious. The first vegan supermarket chain Veganz also opened in Berlin in the same year. Veganz has also launched several other stores in VEGANISM: Eating Healthy Without Forgoing Delectable Dishes different countries.

The transition of vegetarianism to veganism is indeed possible.

It should be noted that as there are different eating characteristics of animals known as carnivore, herbivore and omnivore, there are also different classifications of vegans. First, there are vegans who avoid eating animal-derived food such as eggs, dairy products, meat and the like, which are the core principles of veganism. Another group are those who avoid animal-derived items on top of the food. This means that the latter category do not use animal-leather items as well as animal-fur clothing. The latter group of vegans are known as *ethical vegans*.

This book will not go into detail about the differences among the various vegan types. Rather, this book will introduce you to different kinds of vegan dishes that will appeal to your palate. As the title says, *Veganism: Eating Healthy Without Forgoing Delectable Dishes*, the book will contain different recipes. Also, the book will tackle on the different substitutions to common ingredients such as dairy products, animal meat, and great plant-based sources of certain VEGANISM: Eating Healthy Without Forgoing Delectable Dishes nutrients.

Before anything else, let us tackle a basic question by people who confuse veganism with vegetarianism, '*What are vegans and what do vegans eat?*'

Veganism is different from vegetarianism. Yes, both of these are diets that prefer eating vegetables and other plant-produce while VEGANISM: Eating Healthy Without Forgoing Delectable Dishes avoiding meat, fish and poultry but veganism takes it to the next level. Vegans do not eat and use other animal derived products such as eggs, dairy milk, fur, and wool just to mention a few. Vegans also avoid cosmetics and other products that have been

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tested by animals and those that have animal-based components. These were briefly mentioned earlier. In a way, vegan is akin to a philosophy or a way of living.

The answer to the next question about what vegans can eat is simple. There are several alternatives to animal-products and by-products which are able to provide the necessary nutrients which shall be discussed in greater detail in the later portions of this book. These food sources are rich in good fat, vitamin D, calcium, zinc and iron.

Thanks again for downloading this book, I hope you enjoy it!

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