



The Vegan Factsheet

How Do You Say That?

'vE-g&n (VEE-gun)

Noun or Adjective

What is VEGAN?

A Vegan eats legumes (e.g. beans of all sorts, lentils, peas), grains (e.g. cereals, bread, pasta, rice, etc.), fruits, nuts, seeds and vegetables. Vegans do not eat any animal products at all - so no meat, fish, chicken, dairy, eggs, or animal by-products.

Why VEGAN? Veganism, the natural extension of Vegetarianism, is an important part of a cruelty-free lifestyle. Being Vegan provides numerous benefits to animals' lives, to the environment, and to our own health—through a healthy diet and lifestyle.

Is it Healthy?

It is the position of the American Dietetic Association that appropriately planned vegetarian diets are healthful, nutritionally adequate and provide health benefits in the prevention and treatment of certain diseases.

Well-planned vegan and other types of vegetarian diets are appropriate for all stages of the life cycle, including during pregnancy, lactation, infancy, childhood and adolescence. Vegetarian diets offer a number of nutritional benefits, including lower levels of saturated fat, cholesterol, and animal protein as well as higher levels of carbohydrates, fiber, magnesium, potassium, folate, and antioxidants such as vitamins C and E and phytochemicals.

Common Animal Ingredients

There are many common ingredients in food that are derived from animals—and some folks may not realize it. So here's a list of the less obvious ingredients and foods that Vegans avoid:

- Albumen (egg whites)
- Anchovy (fish)
- Casein (milk protein)
- Cholecalciferol (a.k.a. Vitamin D3)
- Chicken or beef broth
- Gelatin or Jell-O (cattle by-product)
- Lactose (milk sugar)
- Lecithin (soy lecithin is OK!)
- Lutein (egg)
- Marshmallows (contains gelatin)
- Mayonnaise (contains eggs)
- Milk Chocolate
- Stearic Acid (typically animal fat)
- Suet (animal fat)
- Whey (milk byproduct)

What do Vegans Eat?

Vegans eat a variety of foods from four food groups: Grains, Legumes, Fruits, and Vegetables. Complete and satisfying meals include such dishes as rice & beans with guacamole and sautéed vegetables; curried lentils and vegetables; tofu & vegetable stir-fry; hummus, falafel, taboille, & pita; pasta with sauce; and a whole host of dairy, meat, and cheese substitutes, such as fortified soymilk, rice milk, soy-based cultured yogurt, veggie burgers, veggie dogs, and sandwich slices.

You were given this factsheet by someone that wants you to have a better understanding of why they and/or their family are Vegan. Hopefully it gives you an appreciation for the way they live. Please let them know if you have any questions.

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