

VEGAN

Vegans don't eat anything that is animal based

There are many reasons to be vegan

Healthy vegan diet needs a source of protein

They don't usually use any stuff that is animal based

Nutritionally veganism is a healthy lifestyle

Tasty food without killing

Food preparation

In food preparation, vegans don't use any animal based material.

Example meat, honey, milk products or eggs.

Instead of them, you can use tofu, soya or pulled outs.



There are different kinds of vegans

There are couple different kinds of vegans.
Example biovegan, frugan and raw food vegan.

Biovegan: When you eat only vegan eco-products without products of livestock farming.

Frugan: Only fruits that were not harvested in order to destroy the plant.

Raw food vegan: Only vegan raw food.

Nutrients

What do you get enough:
cholesterol, fatty acids, magnesium.

What do you don't get enough:
calsium, iron, protens, vitamin D,
vitamin B12.

Where can you get proteins:
nuts and seeds, avocado, peas,
mushrooms,
soya, spinach, broccoli, kale,
artichoke.

Where can you get iron:
broccoli, spinach, triedlens, soyflour,
sunflower seeds.

Where do you get B12 vitamin:
you can't get it from vegetables,
so you have to take it as a dietary
supplement.

Where can you get vitamin D:
oranges, lemons, carrots, paprika,
mushrooms



Pros and cons

PROS:

- You don't eat animals that are raised just to be food.
- It can be a ethicly satisfying diet.
- It can be healthier for your body.

CONS:

- If you don't plan the diet well, it could be bad for you.
- It is a really slow progress to turn fully vegan.

THANK YOU FOR YOUR ATTENTION!!!

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