



LET'S GO VEGAN

What is veganism?



VEGANISM IS THE PRACTICE OF ABSTAINING FROM THE USE OF ANIMAL PRODUCTS, PARTICULARLY IN DIET, AND AN ASSOCIATED PHILOSOPHY THAT REJECTS THE COMMODITY STATUS OF ANIMALS

Health Benefits

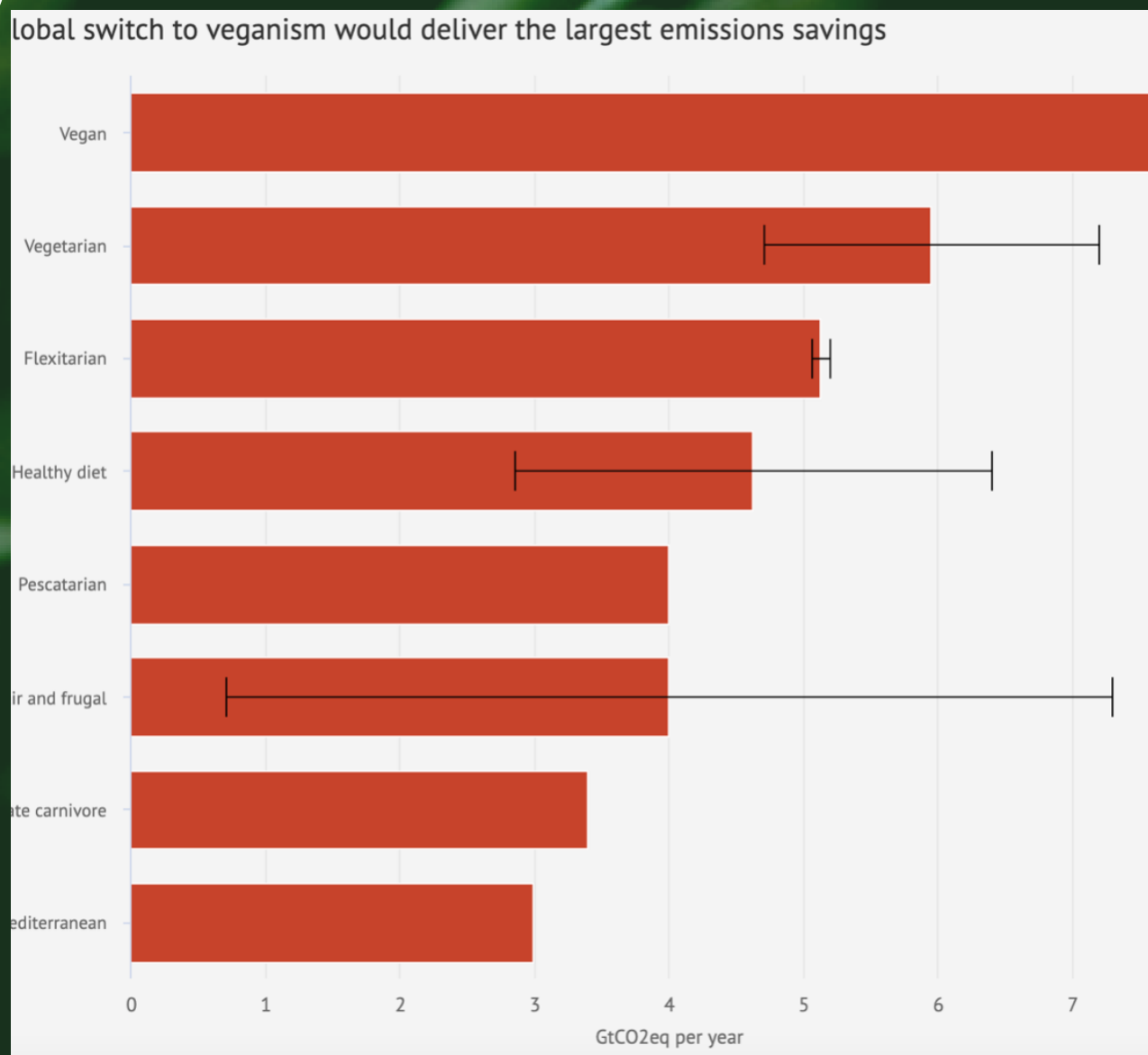
Vegan diets tend to be higher in dietary fiber, magnesium, folic acid, vitamin C, vitamin E, iron, and phytochemicals, and lower in dietary energy, saturated fat, cholesterol, omega-3 fatty acid, vitamin D, calcium, zinc, and vitamin B12. (The American Journal of Clinical Nutrition, 2009)

Political/Economic

- A 2020 Swiss study showed that:
 - A vast majority of vegans are politically motivated and aims to induce change in society at large
 - they are highly engaged in a broad variety of political activities
 - politically motivated vegans live vegan more strictly and are more politically active than vegans motivated by personal concerns (Kalte 2020)
- A shift to a vegan diet could produce more food for the world; an additional 350 million people (Eswaran, 2018)
- The US could save \$250 billion a year in healthcare costs if it switched to a plant-based economy

Implications

- Many worldwide organizations that are responsible for investigating the health and safety of foods have stated that well-planned vegan diets are regarded as appropriate for all stages of life, including infancy and pregnancy. (Craig 2009)



Graph Caption: A global switch to veganism would deliver the largest emissions savings. (Dune, Prater, and Goodman)

Conclusion

A vegan diet is extremely beneficial as it reduces greenhouse gas emissions through the lack of animal consumption, is rich in essential nutrients, is economically favorable, and can lead to a more positive outlook on the natural world and a greater appreciation for living things.

Environmental

The vegan diet is the optimal diet for the environment, in comparison to a vegetarian or omnivorous diet, because, "out of all the compared diets, its production results in the lowest level of GHG emissions" (Chai 2019)

Pros

- Cleaner forms of energy for the body, and lots of nutrients
- Diet with the lowest greenhouse gas emissions

Cons

- as a less mainstream diet, vegan options are limited and when available can be the most costly

Global/Local Impacts

- A plant-based economy by the U.S and developed nations could have major impacts on addressing global poverty
- Lower gas emissions due to the vegan diet could lower pollution-related health issues in towns and cities

Flyer designed by Jules Orcutt, Elizabeth Bain, and Nola Dwyer-Hernandez

FOR MORE INFO ON GOING VEGAN, VISIT WWW.VEGAN.COM

Chai, Bingli Clark et al. "Which Diet Has the Least Environmental Impact on Our Planet? A Systematic Review of Vegan, Vegetarian and Omnivorous Diets." *Sustainability* 11.15 (2019): 4110. Crossref. Web.

Craig, Winston J et al. "Position of the American Dietetic Association: vegetarian diets." *Journal of the American Dietetic Association* vol. 109,7 (2009): 1266-82. doi:10.1016/j.jada.2009.05.027

Daisy Dunne, Tom Prater and Joe Goodman. "Interactive: What Is the Climate Impact of Eating Meat and Dairy?" Carbon Brief, interactive.carbonbrief.org/what-is-the-climate-impact-of-eating-meat-and-dairy/#:~:text=The%20analysis%20shows%20that%20a,out%20of%20any%20dietary%20shift.&text=An%20adoption%20of%20this%20diet,2050%2C%20according%20to%20the%20analysis.

Eswaran, Vijay. "Vegetarianism Is Good for the Economy Too." 2018, World Economic Forum, www.weforum.org/agenda/2018/12/vegetarianism-is-good-for-the-economy-too/.

Health effects of vegan diets, *The American Journal of Clinical Nutrition*, Volume 89, Issue 5, May 2009, Pages 1627S–1633S
<https://doi.org/10.3945/ajcn.2009.26736N>

Kalte, Deborah. "Political Veganism: An Empirical Analysis of Vegans' Motives, Aims, and Political Engagement." *Political Studies*, June 2020, doi:10.1177/0032321720930179.

Taylor, Nik, and Richard Twine. *The Rise of Critical Animal Studies from the Margins to the Centre*. Routledge, Taylor & Francis Group, 2015.