

Vegan Frequently Ask Questions



Go Vegan!

Is it true that eating vegan is more expensive than eating meat?

It depends on how you approach veganism. If you're eating factory made, processed foods made in mass quantities, similar to factory farmed meat, you'll likely pay the same amount - since it's produced for low cost/high profit margins. If you choose to eat a more healthy vegan based diet, you may pay more for organic vegetables for instance. Though, it's also in knowing how to shop. Shopping for produce at your local farmers market can be quite cost effective.

You can't go out as there isn't vegan food at restaurants?

This can be true at some places, depending on where you are. The best advice is not be shy, and claim your right to eat healthfully, as a number one principle. Talk with the waiter, manager or chef, and ask them if they can make you something special. Check out the menu to see what ingredients they use, that could be made into a solo vegetable dish. Also check the side dish menu for the vegetable options. A bit of research before you go out will also help save time, and ensure you have what you need. Little suggestion: travel with snacks!

I hear a lot about veganism being based in junkfood. What's the difference, and is there a healthy way to eat vegan?

Yes, this is true. It can be as convenient - and unhealthy - to eat vegan junk food as it is eating processed/packaged animal products. What they tend to have in common is a diet high in empty carbs that lack nutrition, high in sugar, and heavily processed. The healthy way to eat vegan is eating whole plants based foods with plenty of fruits and vegetables, leaning off packaged and processed foods.

I worry about going to friends houses and causing problems.

Any advice?

Sure! This is the most common issue typically we as vegans have - having to do with friends, family and social dynamics - and feeling a range of emotions, and being concerned about being burdensome. In the beginning, your loved ones may have an adjustment to how you're changing. This can be both exciting, and sometimes threatening for those we love. After some time, they'll get used to it, and it will become normalized. A few things you can do: be honest, let your host know you feel discomfort - this tends to be a great ice-breaker, and offers others the opportunity to be there for you. And to ask for what we truly need! Another great option is to simply take something you will enjoy, and can share with others. Mainly, don't take it personally if others don't get you. Most of the time, you may find people are curious, interested, and genuinely want to help accommodate what you need. Suggesting a recipe is another way to contribute to those who want to be sure you have something. Mainly - remember, it's up to you to be sure you have what you need. If you come with an offering, and an attitude of gratitude and sharing, it typically sets the tone.

What is the definition of vegan food?

It's a diet that contains no animal products at all, from any source. This is different from the term "plant-based"... which may still contain a small amount of animal products, though is intended to be primarily vegan.

What can you substitute milk for in coffee in the morning?

There are many plant based packaged milks: coconut, oat, almond, rice, soy (which I don't recommend, more on that later) and more. You can also make your own very easily with nuts! Check out our recipes! It's super simple and fun to make!

You don't get enough iron, ect., from eating plants?

Who says? That may be true for junk food vegans – though, that's not our path in this approach. Let's break down some science: according to Harvard Medical School, we need about 8-18 milligrams of iron per day (on the higher end for menstruating women). 3 ounces of pumpkin seeds has 8 milligram of iron and 3 ounces of spirulina has 28 milligrams of iron. And now for the big questions vegans will also get asked: where do you get your protein, and where do you get B12? B12... The Vegan Society says "B12 is an exceptional vitamin. It is required in smaller amounts than any other known vitamin. Ten micrograms of B12 spread over a day appears to supply as much as the body can use."

And it recommends "Eat fortified foods (such as plant milk) two or three times a day to get at least three micrograms of B12 a day (or take a sublingual B12 supplement)."

And protein? The DRI (Dietary Reference Intake), is 46 grams for women, and 56 grams for men per day. Most important is the source of protein we ingest, so that our body can actually absorb and eliminate it. Plants are easier to digest than animals, giving more bang for the buck. Consider these plant protein sources:

- quinoa has 8 grams per cup
- 2 tablespoons of chia seeds offers 3.5 grams
- spinach, broccoli, asparagus, brussel sprouts, artichokes, sweet potatoes and potatoes contain 4-5 grams per cooked cup (according to Healthline)

And it goes on and on. What we're really looking at is a reeducation of what we've been taught. More on this as we dive into Go Vegan!

It doesn't keep you full, so you have to eat more, more often?

That's true on an empty carb junk food vegan diet. And it can also be true for meat eaters. Malnourishment comes from eating food devoid of nutrition – which makes us hungry! Once you eat whole food plants, after a few weeks, your nutritional bank will get replenished, and you won't be so hungry anymore. Just be patient while your body is nutritionally rebuilding.

How do you get enough variety in vegan food? Will it be boring?

Ah, this is where creativity comes in. If you're only eating veg sides from meat based restaurants, or buying packaged vegan meat and cheese substitutes, it can get really same same. There's a whole creative and delicious culinary world that satisfies us with simple to sophisticated dishes - that can be so well-done, you'll never miss animal products. Welcome to a whole new world of culinary exploring!

Why do some vegans seem so extreme in their beliefs?

Well, there could be a variety of reasons. Perhaps finding what works for them, they may feel the need to defend it. It's common in the early years of veganism that one may be rigid or dogmatic. It could also be a way to stay true to their new found path, where they may otherwise not feel understood or supported for what they believe in. This tends to subside as one matures in their choices, and feels more secure.

Do some people get imbalanced eating vegan? If so, why?

Sure, like any way of eating - if nutritional bases aren't covered, we can get out of balance. Again, this goes back to not consistently eating enough fresh whole food, fruits and vegetables.

How do you deal with people who are anti-vegan?

Avoid debating, or engaging with opinionated people. Remember, there can typically only be an argument where we engage it.

What do you do when everyone else is eating meat and you're not, or there's nothing you can eat?

Be at peace with your own choices, and other people's choices... simple. If there's nothing to eat? Come prepared, eat later, have a snack in your bag, and be fine with having water if it comes down to it. It likely won't happen often, though being at peace with it, is where it begins. Keep in mind, once we're more nutritionally nourished, we don't tend to have the same ravenous hunger we had when we consumed a stimulant/animal based diet. It all works together. Getting off the stimulant cycle is where peace starts, and when we're not so bothered if there's nothing to eat. This is another topic we'll learn more about in the course.

Will I get enough nutrition being vegan?

Whether eating solely plants, or eating animal products - how we get our nutrition isn't based just on what we eat, it's based on what I call BAAE. Up-taking nutrients is dependent upon how well our digestive system works... how well we:

Breakdown

Assimilate

Absorb

Eliminate

Because plants contain water, fiber, a bio-electrical current, are properly pH balanced, and have living enzymes - they are easier to digest. Eating animal food doesn't guarantee that you'll get what you need if any part of BAAE isn't working well. To put it simply, we all know what it feels like to not poo for even just a day. Be sure your body can BAAE efficiently to be well-nourished. Good nutrition isn't just about eating well, it's about what your body can use, and eliminate.