

go vegan

for a heathier body and planet



overview

what is a vegan?

why go vegan?

proper nutrition

taking action



01

**what is a
vegan?**

what is a vegan?

01 types of vegans

02 comparing with vegetarians



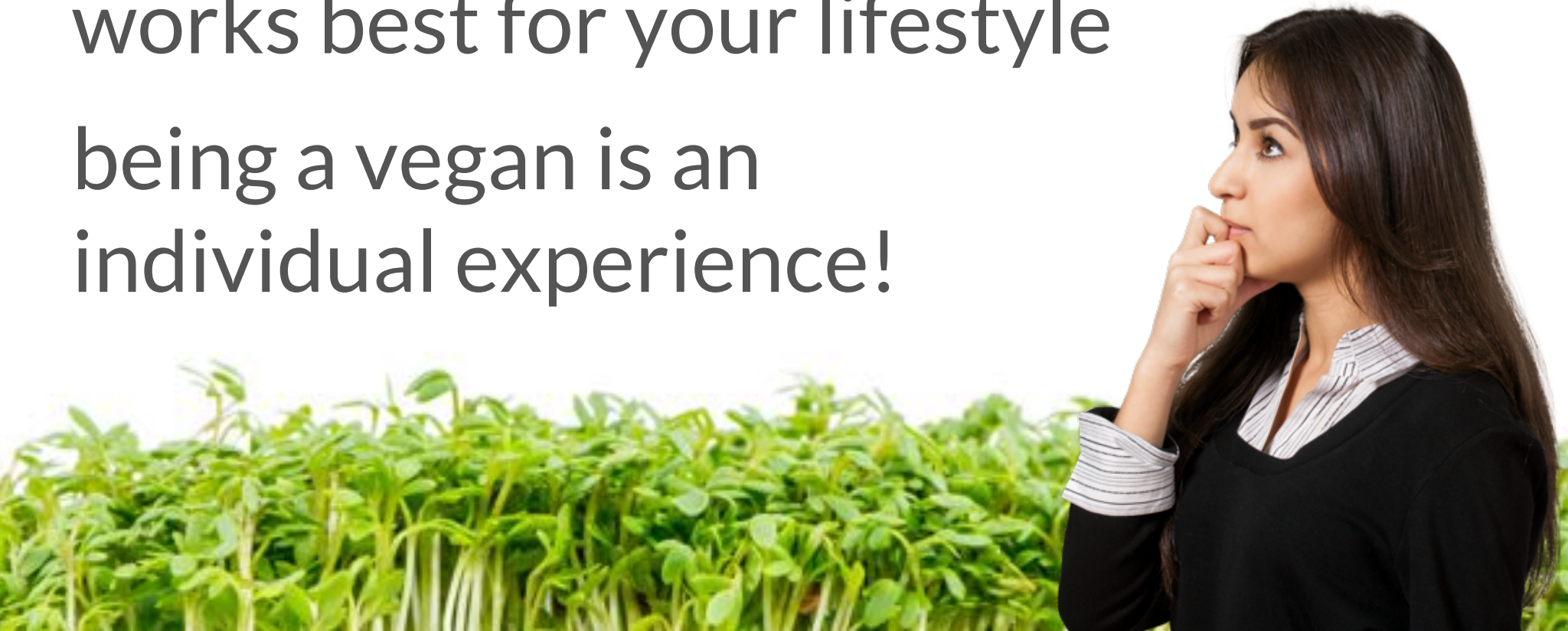
A white ceramic plate is positioned on the left side of the frame, containing several wooden skewers. The skewers are loaded with a variety of fresh vegetables, including cherry tomatoes, sliced bell peppers, and chunks of zucchini. The plate is set against a background of white-painted wooden planks, which show some texture and grain. Scattered around the plate are small pieces of fresh green herbs, possibly parsley or cilantro, and a light dusting of brown seasoning. The overall scene is bright and clean, suggesting a healthy and fresh meal.

**what is a
vegan?**

there are types of vegans?

yes, and you can choose the form that works best for your lifestyle

being a vegan is an individual experience!



types of vegans

dietary vegans

do not eat anything that comes from animals
— this means that besides not eating meat,
they also will not consume foods produced
by animals, such as dairy, eggs, or honey



types of vegans

lifestyle vegans

follow the same eating habits as dietary vegans, but they will also avoid wearing and using other animal products, such as leather or beeswax



a comparison with vegetarians

Vegetarians

do not eat meat, but do consume or utilize other animal products

Vegans

do not eat meat, and also do not consume or utilize other animal products

02

**why go
vegan?**

why go vegetarian

- 01 decrease your carbon footprint
- 02 lower water usage
- 03 reduce air pollution
- 04 health benefits
- 05 ethical reasons



decrease your carbon footprint

"The combined climate change emissions of animals bred for their meat were about 18%...more than cars, planes and all other forms of transport put together."

"Livestock farming ranks as one of the three greatest sources of climate changing emissions and one of the largest contributors to environmental degradation."

decrease your carbon footprint



When cows digest food, they create and then emit massive amounts of methane.

"Methane is one of the most egregious of greenhouse gases, roughly **25 times more potent at trapping heat than carbon dioxide.**"

reduce water usage

to grow one
pound of:
potatoes

it takes:

27

wheat

49

corn

76

rice

104

milk

1000

chicken

1500

beef

9000

liters of water

clean up the air

“Nearly

two thirds

of the manmade ammonia – a **major contributor to acid rain** – is also generated by livestock.

In addition, concentrated factory farming of animals contributes to

ozone pollution.”

A pair of hands is shown from the wrists down, cupping a bright red heart. The hands are positioned on the left side of the frame. The background is a light blue surface with horizontal wooden planks. The text is overlaid on the right side of the image.

health benefits

Vegans and vegetarians consume less
saturated fat & cholesterol,
than meat eaters,

and are more likely to have
**lower total & bad cholesterol
and blood pressure.**

health benefits

Altogether, this results in a
lowered risk of

heart disease, cancer, and type 2 diabetes

for non-meat eaters

ethical reasons

Many believe that
all living creatures
deserve life and freedom.

They oppose ending any life simply to
consume flesh, drink its milk, or wear its
skin — especially
**when alternatives are
available.**

ethical reasons

Vegans driven for ethical reasons

protest the inhumane
conditions

in which most livestock are raised in,
simply to be slaughtered

why some people go vegan

Natalie Portman:

“Everyone has to find what is right for them, and it is different for everyone. Eating for me is how you proclaim your beliefs three times a day...Three times a day, I remind myself that I value life and do not want to cause pain to or kill other living beings.

That is why I eat the way I do.”



03

**proper
nutrition**

proper nutrition

- 01 protein
- 02 iron
- 03 vitamins D & K
- 04 vitamin B12



it's a myth that vegans can't get proper nutrition

According to the National Health Service,
"With good planning and an
understanding of what makes up a
healthy, balanced vegan diet, you can get
all the nutrients your body needs."



protein

It's not just meat!

Vegans can get protein from:

tofu, peas, beans, lentils, chickpeas,
seeds, nuts, soy, and whole grains



iron

There are many sources of non-heme iron for vegans:

spinach, beans, lentils, nuts, seeds, potato with skin, enriched rice or bread, and fortified breakfast cereals

vitamins D & K

Leafy green vegetables contain vitamins D & K, as do fortified foods and:

soy milk, rice milk, organic orange juice, breakfast cereals

vitamin B12

Four brown eggs are shown. One egg in the foreground is cracked open, revealing a bright yellow yolk. The other three eggs are whole and positioned behind it. The background is plain white.

Vitamin B12 naturally occurs in animal products, but is also in many fortified products: breakfast cereals, nutritional yeasts, soy milk, and rice milk

now apply this knowledge!

try to slowly
incorporate these
changes into your diet —
explore with different
recipes and find new
ways to make veganism
your own.



04

taking action

taking action

- 01 slowing changing
- 02 finding a community
- 03 making a delicious experience



slowly phase out animal products from your diet

A collage of various animal products including eggs, meat, fish, and cheese, serving as a background for the text.

start with red meat — it has the largest carbon footprint — and keep taking steps

move on to poultry, then fish, and then all animal products

go as far as you feel comfortable



join the vegan community

the journey is easier if you can get advice from people also going through it

find Facebook groups, role models, or lifestyle bloggers on Instagram or anywhere online

learn vegan recipes

this doesn't just mean salads — look for vegan cookbooks, peruse Youtube, or check out these bloggers:

<http://thevegan8.com/>

<http://kblog.lunchboxbunch.com/>

<http://olivesfordinner.com/>

<http://ohsheglows.com/>

go out to vegan restaurants

let your taste buds experience the
world!

simply reading various vegan menus
will give you inspiration for your own
recipes

welcome to the wonderful world of veganism!



Thank You

FOR BEING A PIONEER OF
CHANGE AND CREATING A
WORLD THAT IS KIND TO ITS
PEOPLE AND ITS HOME

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