Research summary

# Vegan Tech Trends

Looking over existing apps, channels and blogs.

## Sources:

<https://www.trendhunter.com/slideshow/culinary-apps>  
<https://www.treehugger.com/food-monster-planet-friendly-recipe-app-you-didnt-know-you-needed-4855306>  
https://cleangreensimple.com/article/best-vegan-apps/  
<https://www.makeuseof.com/vegan-youtube-channels/>

# Exploring Beginner Vegan problems and challenges

What are the main concerns? What are the common mistakes made and how to prevent them?

* **Going out to Eat**  
  People think some foods are not vegan when they are and vice versa.
* **Grocery Shopping**  
  Reading labels is a must, and there are some confusing animal-based ingredients.
* **Social Situations**  
  Interrogations, people feel judged, comments, preaching etc.
* **Other Vegans**  
  Movement is full of difficult people, including racists and sexists, preaching, vegan policing etc.
* **Health Risks**Deficiencies, mainly B12, iron or any other.
* **Lack of Variety**In the beginning of the vegan journey people need to learn to cook without animal products and often end p making the same things over and over.
* **Risk of Depression**An increased risk of depression when discovering the truth behind food industry as well as lack social acceptance.
* **Misinformation**  
  Dairy or meat industry sponsored articles about negative side of vegan diet
* **Discovering Vegan Brands**  
  It may start with food, but cosmetics, clothes and other items are next on the list to being replaced as cruelty free, vegan alternatives.

## Sources:

https://www.lemonsandluggage.com/the-biggest-challenges-of-being-vegan/  
<https://www.nutrition.org.uk/media/34ll0zbt/faq_vegan-diets_strengths-and-challenges.pdf>  
<https://theveganreview.com/issues-holding-veganism-back-going-fully-mainstream/>  
<https://www.vegansociety.com/lifestyle>  
https://ilovevegan.com/resources/transitioning-to-a-vegan-lifestyle/  
https://www.healthline.com/nutrition/vegan-diet-guide#bottom-line