

Be Vegan: Unveil the Myth

Part -1

Reflecting on the exhilarating journey we've undertaken together in our previous blogs; we already gain insight benefits that a plant-based diet can give us....

Buckle up, fellow explorer, as we dive headfirst into a cascade where passion meets knowledge, and each sentence is a door to new and thrilling insights that unveil the myth about veganism.

There are so many stereotypes and misconceptions about veganism that shuffle around us. Let's discover the untold reality behind the myths that have been prowling in the shadows.

We belong to a world filled with misconceptions and half-truths. Many of us have questions on veganism, such as

Are veganism and vegetarianism the same?

The answer to this lies in a very simple understanding. Veganism is often misunderstood as another word for vegetarianism. It might be due to the similarity in the names, but veganism and vegetarianism are far from each other. Vegans do not consume meat, eggs, milk, and any dairy product derived from animals or contain animal sources whereas, Vegetarians do not consume meat, but they do consume dairy products.

Veganism is a lifestyle choice. An individual who follows veganism refrains from the use of any animal-based product. This includes foods, apparel, accessories, and everything you can think of.

Are vegans truly protein deficient?

Protein is the "building block of life" that keeps us full longer, gives energy, and helps us to build muscles.

Have you ever thought that, you consume animal to gain protein but from where they get it...? Yes, they get it from plants.

There are countless plant-based sources of protein such as oats, soya products (like tofu), quinoa, beans, spinach, lentils, peas, nuts, mushrooms, broccoli, the list goes on. Many of them are actually a healthier source than animal products and have more protein per calorie than meat.

So, next time when you think of consuming meat for protein, do remember you're consuming the same plant-based protein but through dead tissue or extracted produce from an animal. Thus, choose the less cruel route.

Is a plant-based diet nutritionally lacking?

Many of us mistakenly think that a vegan diet doesn't provide all the necessary nutrients and vitamins needed to live healthy.

Plant-based foods provide all the nutrients we need. According to the Academy of Nutrition, a well-planned vegan diet is healthy, nutritionally adequate, and appropriate for all stages of life.

For many nutrients and vitamins there are so many plant-based sources like for Omega-3 fats we have flax seeds and walnuts; as iron in green leafy veggies, beans and lentils; zinc in soy products and

nuts; iodine in sea vegetables; and calcium in soy, almonds, tahini and chia. For vitamin B12, one can take vegan-friendly vitamin B12 supplements.

A balanced vegan diet is known to boost the immune system, enable better heart function, provide more endurance, and promote healthier skin.

Isn't veganism expensive?

When you go to a supermarket, do you find vegetables to be priced higher than steak? At a restaurant, is vegetable pasta more expensive than bacon strips?

You already have your answer.

Meat and dairy products tend to be the most expensive food items in stores. Grains, rice, fresh and dried fruits, seeds, nuts, beans, and legumes are intrinsically vegan food items that are routinely consumed by people whether they're vegan or not, are usually cheaper than most animal products. A vegan diet can easily work within any budget.

Can you get enough iron and calcium without animal products?

Many in society think that dairy products such as milk help bones to become stronger. But this is only because people are fixated on getting calcium only from animal milk. We have been consuming certain foods for so long that we never thought of finding alternatives.

In reality, dairy products are the carriers of calcium, which is the reason for bone strength. When it comes to taking calcium from vegan food products there are sources available like spinach, soy-based foods, figs, beans, chia, lentils, peas, sesame seeds, almonds, and turnips that help to boost calcium in the food intake.

Can dairy products be replaced with vegan food products?

Several vegan myths and misconceptions revolve around the replacement of dairy products by vegan food products.

Yes, dairy products can be replaced with vegan food products, and many people successfully adopt a vegan diet without compromising their nutritional needs.

Milk from soy, almond, coconut, oat, and rice are alternatives to cow's milk. To replace dairy yogurt; soy, almond, coconut, and cashew yoghurts are available. Vegan cheese made from nuts, soy, or coconut can be used in place of traditional dairy cheese.

Margarine, coconut oil, and other plant-based spreads can replace regular butter in cooking and baking. Non-dairy ice creams made from almond, coconut, soy, or cashew milk offer a wide range of flavours and textures.

Coconut, almond, soy, and oat-based creamers are available to replace dairy creamers in coffee and recipes. Applesauce, mashed bananas, flaxseeds, and chia seeds can be used as egg substitutes in baking.

As vegan alternatives have come a long way in terms of health benefits that it becomes the key to successfully transitioning of one to a vegan diet.

Aren't plant-based diets bland?

People might think that vegan meals lack flavour. But there are countless herbs, spices, and cooking techniques that can be used to enhance the taste of plant-based dishes. The vegan diet has an abundance of creativity and delicious possibilities that redefine the very essence of flavour that not only nourishes our body but also delights our palate.

For example, if having a salad for a meal, load it up with beans or lentils for protein, add some nuts or seeds for crunch, and an avocado – style with green. Now, a simple green salad transformed into a flavorful and satisfying meal.

Every dish can be veganised. So, mix it up and experiment. Don't let the myths outweigh the many positives associated with following a plant-based diet.

The options available are continuously increasing as the number of vegans continues to rise, and there are countless recipe possibilities. There is a substitution or alternative for just about every animal product, from meats to milks to chocolates.

From protein-packed plant warriors to nutrient-rich green havens, join us as we debunk these myths and separate facts from fiction in the captivating narrative of veganism.

Keep exploring, stay curious, and let your enthusiasm be the driving force behind the incredible knowledge that lies ahead.

Stay tuned....as our story is still unfolding, the more myth and the best parts are yet to be discussed with you!