

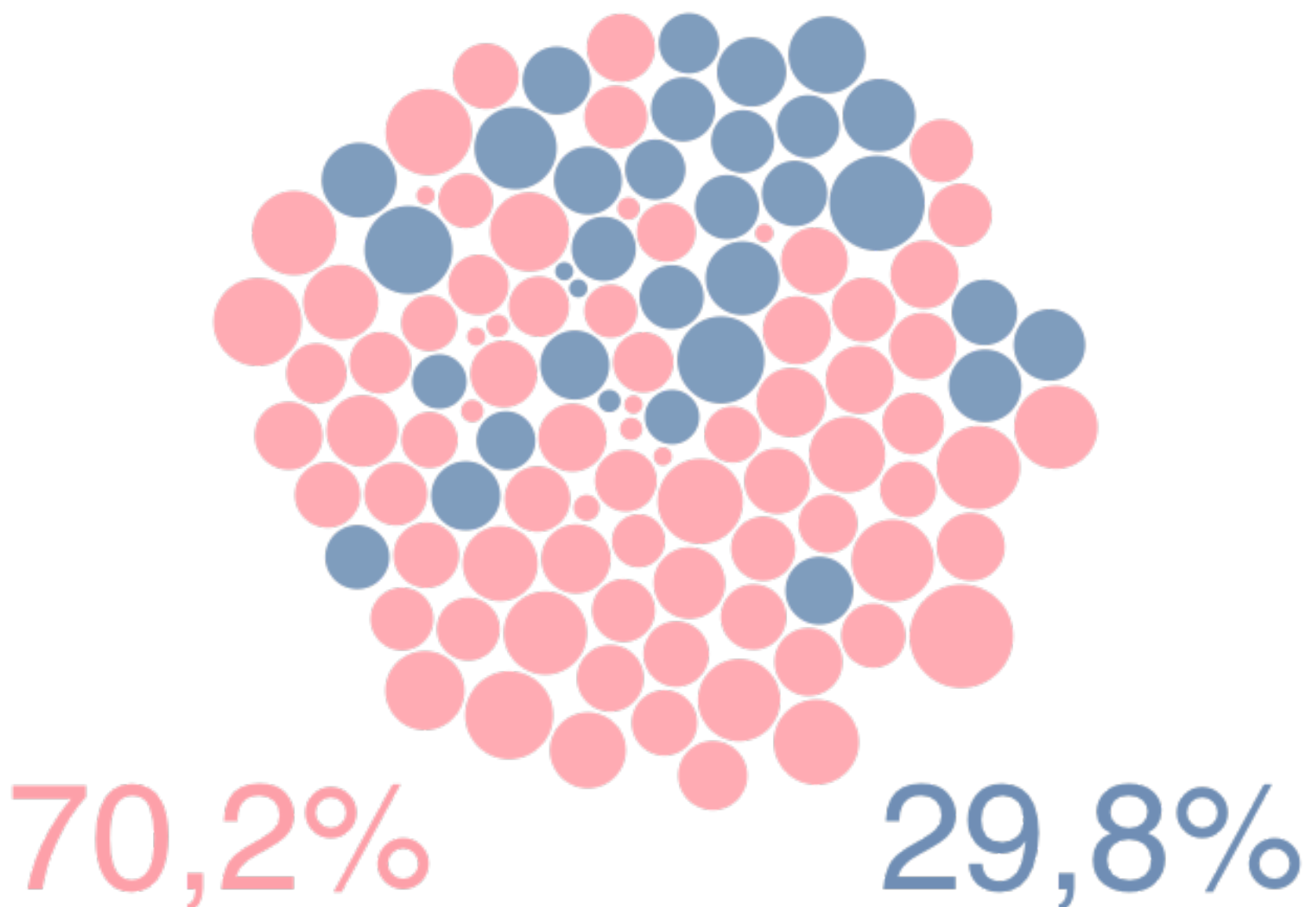
Vegan and vegetarian food nutrition - the new food trends?

I developed an interest in the subject having come into contact with vegetarian and vegan lifestyles in my everyday life ever more often.

Nutrition is no longer a marginal phenomenon in today's world.

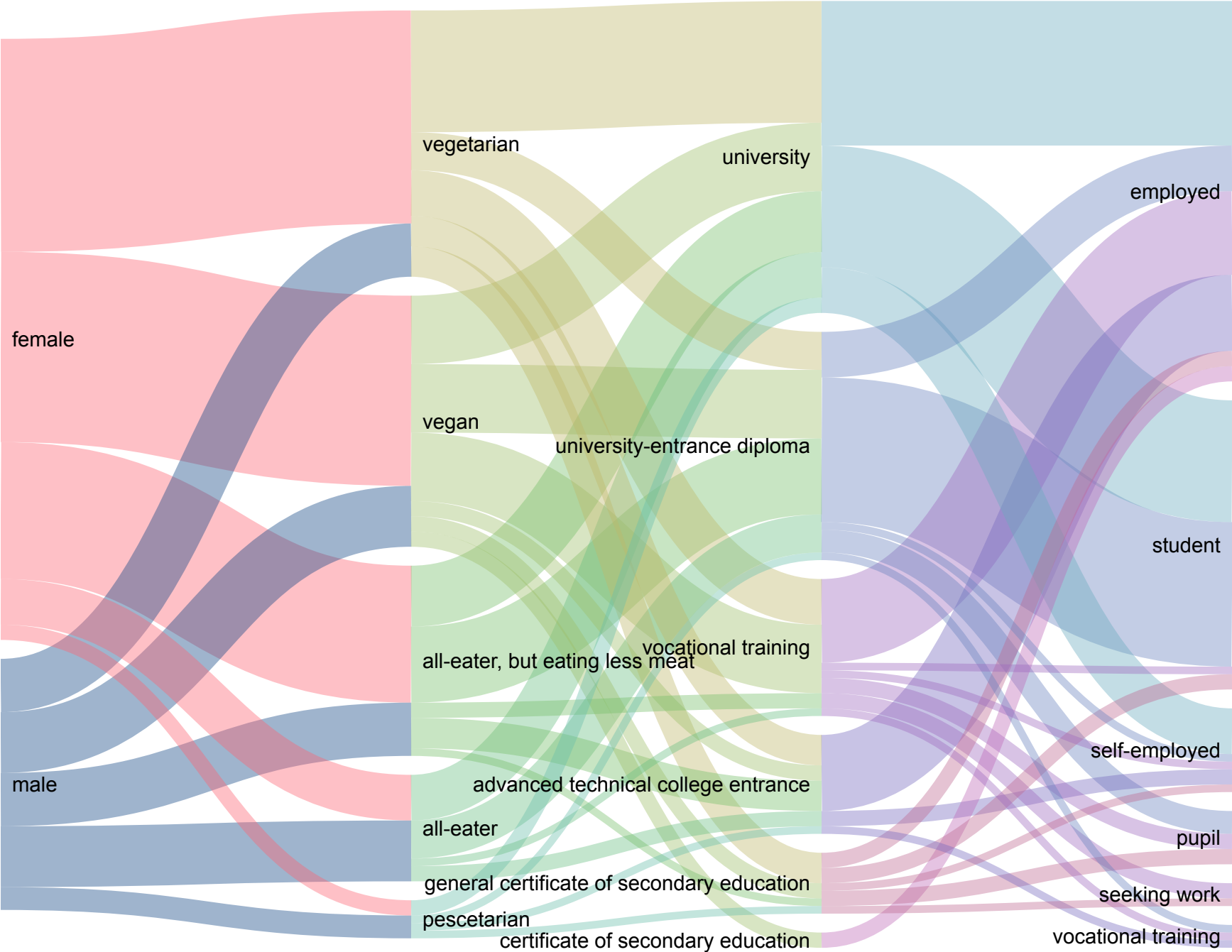
- Chart 1

Gender



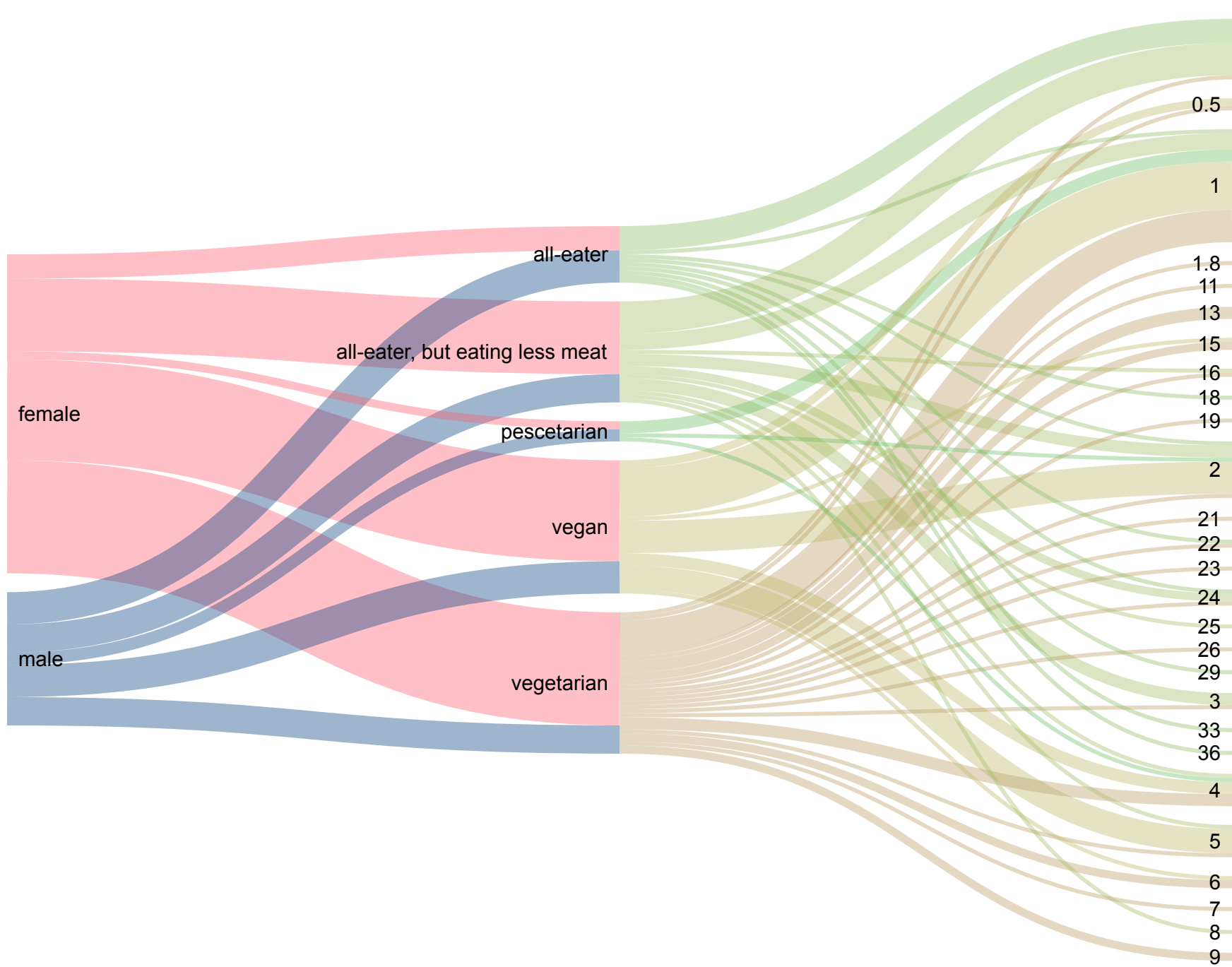
- Chart 2

What do they eat?
educational background
professional career



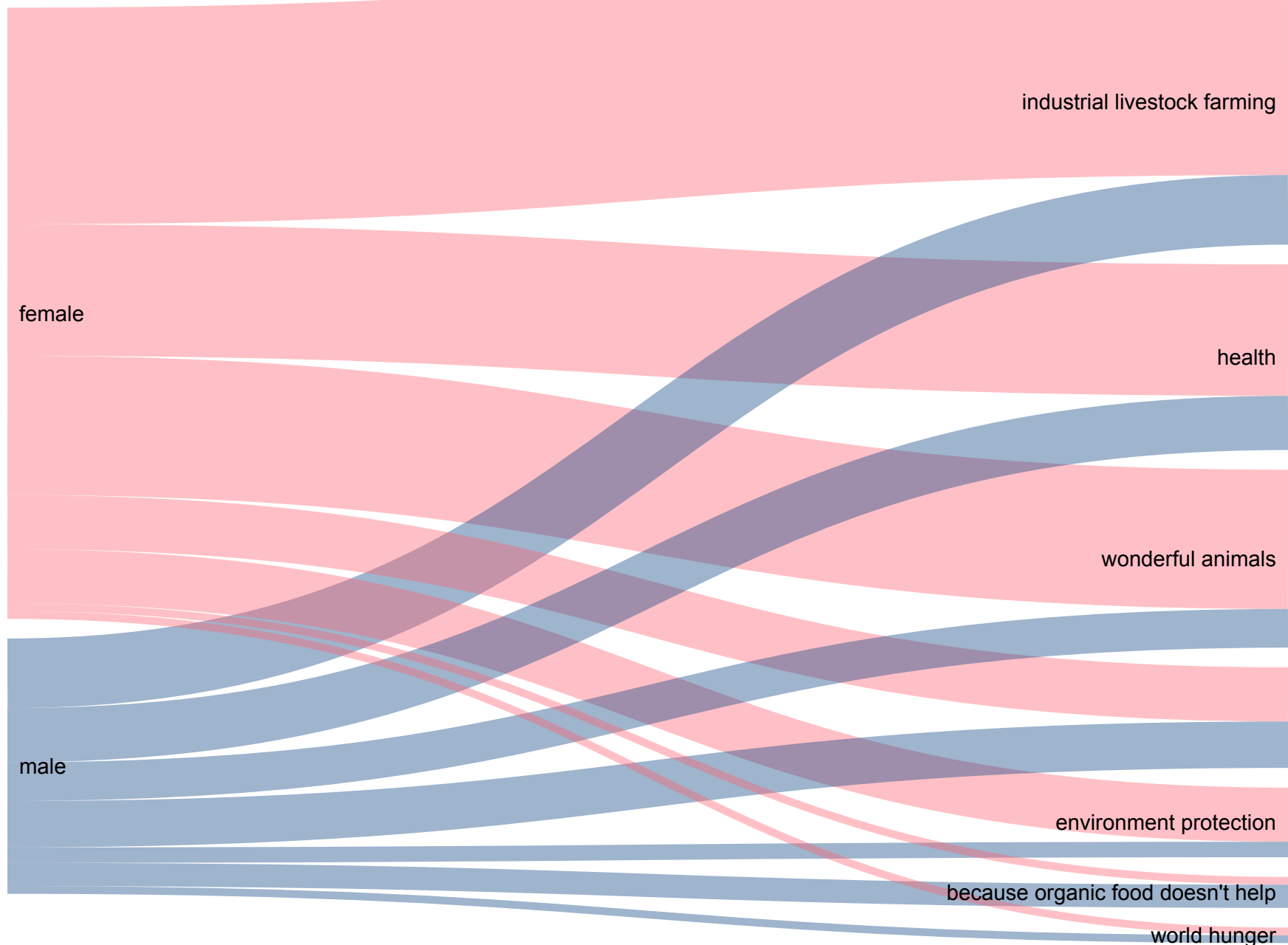
• Chart 3

How long have you been eating like this (years)



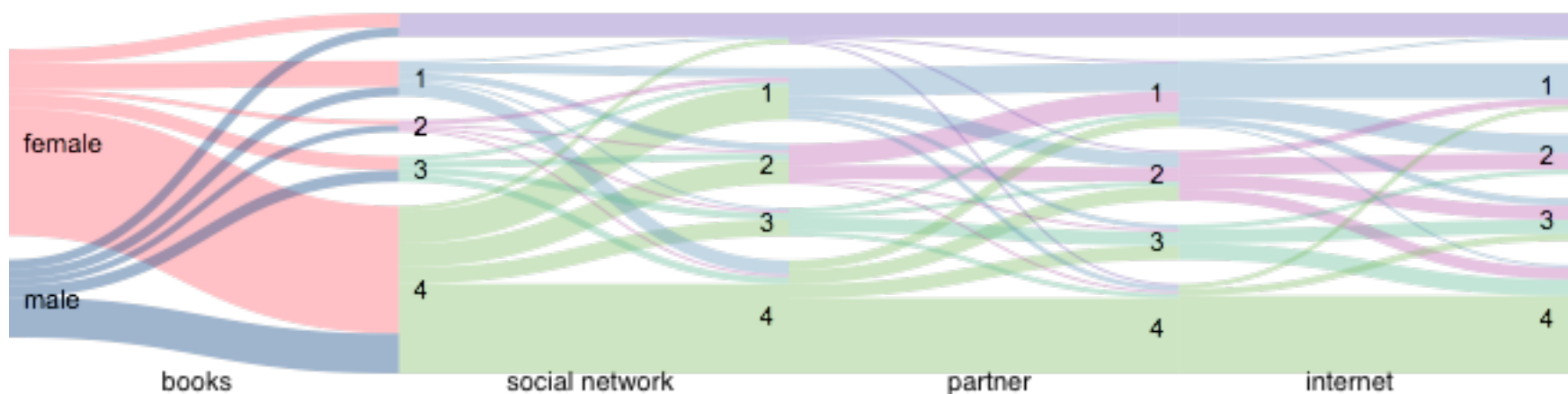
- **Chart 4**

What was crucial for their decision?



• Chart 5

Who or what has their decision to be vegetarian or vegan to particularly affected



• Chart 6

What do they eat most?
How often do you cook a week?

