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To Be or Not to Be Vegan

In the article “To Be or Not to Be Vegan”, adapted from Veryfit.com by Shereen Lehman, MS, the author tells us about one of the vegetarian eating habits called the vegan diet. Which excludes animal products from the diet, including eggs, honey and dairy products. People choose the vegan diet for various reasons: some choose for health reasons, others for ethical reasons, such as unfair treatment and exploitation of animals, preferring to consume more organic products. In other words, the entire vegan diet is based on plant-based products: fruits, vegetables, beans, whole grains, which have a beneficial effect on the human body.

When and why do people go vegan? Sometimes people choose veganism because they cannot accept animal cruelty. For example, my friend had his own farm with animals, he played with rabbits and pigs and was delighted with it. A few days later, during a family holiday, he asked: “What are we eating so delicious?” He was told that it was a rabbit: “The one with whom you played.” My friend felt horror, disappointment and resentment. After that he refused meat. Also, people refuse to eat chicken eggs, for ethical reasons. Like, for example, my brother is a dentist. He says: “I cannot eat chicken eggs, they are like “living embryos” to me. People also go vegan for health reasons, for example if they are hypersensitive to dairy products (lactose). Giving up milk and eggs improves digestion and overall well-being.

Of course, there are difficulties when switching to this type of food. Being a vegan requires special training, knowledge and discipline. For example, when you buy groceries, read the ingredients and choose vegan. But sometimes it happens that there is no composition of products at all. Or, if you come to visit and everyone eats meat, then the vegan eats fruits, salad, vegetables, dried fruits and nuts. Basically, there is always something to dine on and avoid disruptions. Moreover, today there are so many vegan analogues of everything. There are vegan ice cream, chocolate, pizza, cakes, sweets, pastries, soups. In general, all the usual dishes can be prepared in a vegan version. Even vegetable milk from coconut, almonds, cashews, sesame seeds.

So, if you want to stick to a vegan diet, while enjoying the cuisine of your culture or chatting with non-vegan friends, you can use social media to find like-minded people in any country and city.

Veganism is a way of life today. Choosing it, we do better for ourselves and other people, we save animals and the whole planet.