

Veganism Cheatsheet

This cheatsheet provides a quick reference for key features of veganism, including food choices, health benefits, and environmental impact. Use this cheatsheet as a reference to help you understand and adopt a vegan lifestyle.

Food Choices

- A vegan diet excludes all animal products, including meat, dairy, eggs, and honey
- Plant-based foods, such as fruits, vegetables, legumes, grains, and nuts, are the foundation of a vegan diet
- Vegan alternatives to animal products include plant-based milks, cheeses, meats, and eggs

Health Benefits

- A vegan diet can be a healthy way to meet nutrient needs, as long as it is well-planned and includes a variety of foods
- Vegan diets are typically high in fiber, antioxidants, and other beneficial nutrients
- Vegan diets may reduce the risk of chronic diseases, such as heart disease, type 2 diabetes, and certain types of cancer
- Vegan diets may also promote weight loss and improve overall health markers, such as cholesterol and blood pressure

Environmental Impact

- Animal agriculture is a major contributor to greenhouse gas emissions, deforestation, and water pollution
- A vegan diet can reduce the environmental impact of food production, as plant-based foods require fewer resources to produce than animal products
- Veganism promotes animal welfare and reduces the demand for animal products, which can help reduce the number of animals raised and killed for food

Tips for Adopting a Vegan Lifestyle

- Start by gradually reducing your intake of animal products and increasing your intake of plant-based foods
- Experiment with new recipes and cuisines to discover new plant-based foods and flavors
- Educate yourself about vegan nutrition to ensure you are meeting your nutrient needs
- Connect with other vegans for support and community
- Be patient and kind to yourself, as transitioning to a vegan lifestyle can take time

Resources

- [The Vegan Society](#)
- [Plant-Based Nutrition](#)
- [Cowspiracy: The Sustainability Secret](#) (documentary)