

Vegetarian

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Introduction

Vegetarianism is the practice of abstaining from meat consumption (red meat, poultry, seafood, insects, and the flesh of any other animal). It may also include abstaining from eating all by-products of animal slaughter.

Vegetarianism should be adopted for various reasons. Many people object to eating meat out of courtesy for sentient animal life. Such ethical motivations have been codified under religious beliefs as well as animal rights advocacy. Other motivations for vegetarianism are health-related, political, environmental, cultural, aesthetic, economic, taste-related, or relate to other personal preferences. Preference for vegetarian foods may also be correlated with one's own socio-economic status and evolutionary factor.



Vegetarians are mainly of two types: pure vegetarian and vegans. Either of the type does not consume meat, fish, eggs but vegan doesn't consume any of animal derivate products such as milk, honey etc.

In different cultures and countries, some other types of people are also considered to be vegetarians such as people who consume fish or eggs. But according to Indian culture and tradition, they are not actual but pseudo vegetarians.

There are different notions about the inception of vegetarian food habits among human beings. As for the anatomical characteristics of humans, they can digest only plant food only. Before the invention of fire, ancient man was a gatherer as he used to collect fruits, grains, and vegetables and ate them raw. Since meat cannot be eaten raw, they couldn't eat or digest meat. With the invention of fire, it became somewhat easy to hunt the animals and cook them to eat. After meat eating was introduced into the society, various groups got formed to support or oppose it.

History of Vegetarianism

However, the earliest record of vegetarianism comes from the 9th century, inculcating tolerance towards all living organisms. Parshwanatha and Mahavira, the 23rd and 24th tirthankaras in Jainism, respectively, revived and advocated ahimsa and Jain vegetarianism between the 8th and 6th centuries BCE; the most comprehensive and strictest form of vegetarianism. In Indian culture, vegetarianism has been closely connected with the attitude of sympathy towards animals (called ahimsa in India) for millennia and was promoted by religious groups and philosophers. The Acharanga Sutra from 5th century BCE advocates Jain-vegetarianism; and forbids the monks from walking on grass in order to avoid inflicting pain on them and prevent small insects dwelling inside from getting killed.

Among the Hellenes, Egyptians, and others, vegetarianism had medical or ritual purification purposes. Vegetarianism was also practiced in ancient Greece and the earliest reliable evidence for vegetarian theory and practice in Greece dates from the 6th century BCE. The Orphics, a religious movement spreading in Greece at that time, also practiced and

promoted vegetarianism. Greek teacher Pythagoras, who promoted the altruistic doctrine of metempsychosis practiced vegetarianism. A fictionalized portrayal of Pythagoras appears in Ovid's *Metamorphoses*, in which he advocates a form of stern vegetarianism. It was through this portrayal that Pythagoras was best known to English-speakers throughout the early modern period and, prior to the coinage of the word "vegetarianism", vegetarians were referred to in English as "Pythagoreans". Vegetarianism was also practiced about six centuries later in another instance (30 BCE–50 CE) in the northern Thracian region by the Moesi tribe (who inhabited present-day Serbia and Bulgaria), feeding themselves on honey, milk, and cheese.

In Japan in 675, the Emperor Tenmu prohibited the killing and the eating of meat during the busy farming period between April and September but excluded the eating of wild creatures. These bans and several others that followed through the centuries were overturned in the nineteenth century during the Meiji Restoration. In China, during the Song Dynasty, Buddhist cuisine became popular enough that vegetarian restaurants appeared where chefs used vegetarian ingredients including beans, gluten, root vegetables and mushrooms and many meat substitutes used even today such as tofu, seitan and konjac that originated in Chinese Buddhist cuisine.

Following the Christianization of the Roman Empire in late antiquity, vegetarianism practically disappeared from Europe as it did elsewhere, except in India. Several orders of monks in medieval Europe restricted or banned the consumption of meat for ascetic reasons. Vegetarianism re-emerged during the Renaissance, becoming more widespread in the 19th and 20th centuries. In 1847, the first Vegetarian Society was founded in the United Kingdom; Germany, the Netherlands, and other countries followed. In 1886, the vegetarian colony Nueva Germania was founded in Paraguay, though its vegetarian aspect would prove short-lived. The International Vegetarian Union, an association of the national societies, was founded in 1908. In the Western world, the popularity of vegetarianism grew during the 20th century because of nutritional, ethical, and—more recently—environmental and economic concerns.

Religion and Diet

Jainism preaches vegetarianism as moral conduct, as do some sects of Hinduism. Buddhism in general does not prohibit meat eating, but Mahayana Buddhism encourages vegetarianism as beneficial for developing compassion. Other denominations that advocate a vegetarian diet include the Seventh-day Adventists, the Rastafari movement, the Ananda Marga movement and the Hare Krishnas. Sikhism does not equate spirituality with diet and does not specify a vegetarian or meat diet.

Bahá'í Faith

In the Bahá'í Faith, `Abdu'l-Bahá, the son of the religion's founder, noted that a vegetarian diet consisting of fruits and grains was desirable, except for people with a weak constitution or those that are sick. He stated that the future society should gradually become vegetarian. `Abdu'l-Bahá also stated that killing animals was contrary to compassion. While Shoghi Effendi, the head of the Bahá'í Faith in the first half of the 20th century, stated that a purely vegetarian diet would be preferable since it avoided killing animals, both he and the Universal House of Justice, the governing body of the Bahá'ís have stated that these teachings do not constitute a Bahá'í practice and that Bahá'ís can choose to eat whatever they wish but should be respectful of others' beliefs.

Buddhism

Theravadins in general eat meat. If Buddhist monks "see, hear or know" a living animal was killed specifically for them to eat, they must refuse it or else it is an offense. However, this does not include eating meat which was given as alms or commercially purchased. In the Theravada canon, Buddha did not make any comment discouraging them from eating meat (except specific types, such as human, elephant, horse, dog, snake, lion, tiger, leopard, bear, and hyena flesh) but he specifically refused to institute vegetarianism in his monastic code when a suggestion had been made.



In several Sanskrit texts of Mahayana Buddhism, Buddha instructs his followers to avoid meat. However, each branch of Mahayana Buddhism selects which sutra to follow. Meanwhile, Chinese, Korean, Vietnamese Buddhism (in some sectors of East Asian Buddhism) monks and nuns are expected to abstain from meat and, traditionally, to abstain from eggs and dairy as well.

Different Buddhist traditions have differing teachings on diet, which may also vary for ordained monks and nuns compared to others. Many interpret the precept "not to kill" to require abstinence from meat, but not all. In Taiwan, vegetarianism excludes not only all animal products but also vegetables in the allium family (which have the characteristic aroma of onion and garlic): onion, garlic, scallions, leeks, chives, or shallots.



Christianity

Various groups within Christianity have practiced specific dietary restrictions for various reasons. The Council of Jerusalem in around 50 AD, recommended Christians keep following some of the Jewish food laws concerning meat. The early sect known as the Ebionites are considered to have practiced vegetarianism. Survivors from their Gospel indicate their belief that – as Christ is the Passover sacrifice and eating the Passover lamb is no longer required – a vegetarian diet may (or should) be observed.

At a much later time, the Bible Christian Church founded by Reverend William Cowherd in 1809 followed a vegetarian diet. Cowherd was one of the philosophical forerunners of the Vegetarian Society. Cowherd encouraged members to abstain from eating of meat as a form of temperance.

Seventh-day Adventists are encouraged to engage in healthy eating practices, and ovo-lacto-vegetarian diets are recommended by the General Conference of Seventh-day Adventists Nutrition Council (GCNC). They have also sponsored and participated in many scientific studies exploring the impact of dietary decisions upon health outcomes. The GCNC has in addition adapted the USDA's food pyramid for a vegetarian dietary approach. However, the only kinds of meat specifically frowned upon by the SDA health message are unclean meats or those forbidden in scripture.

Additionally, some monastic orders follow a pescatarian diet, and members of the Eastern Orthodox Church follow a vegan diet during fasts. There is also a strong association between the Quakers and vegetarianism dating back at least to the 18th century. The association grew in prominence during the 19th century, coupled with growing Quaker concerns in connection with alcohol consumption, anti-vivisection and social purity. The association between the Quaker tradition and vegetarianism, however, becomes most significant with the founding of the Friends' Vegetarian Society in 1902 "to spread a kindlier way of living amongst the Society of Friends."

Hinduism

Though there is no strict rule on what to consume and what not to, the food habits of Hindus vary according to their community, location, custom and varying traditions.

Some sects of Hinduism follow vegetarianism as an ideal. The reasons stated by them are the principle of nonviolence (ahimsa) applied to animals; the intention to offer only "pure" (vegetarian) food to a deity and then to receive it back as prasad; and the conviction that a satvic diet is beneficial for a healthy body. A sattvic diet is lacto-vegetarian where it can include dairy but excludes eggs. A section of Hindus considers the cow as a holy animal whose slaughter is forbidden.



Islam

Some followers of Islam, or Muslims, chose to be vegetarian for health, ethical, or personal reasons. However, the choice to become vegetarian for non-medical reasons can sometimes be controversial due to conflicting fatwas and differing interpretations of the Quran. Though some more traditional Muslims may keep quiet about their vegetarian diet, the number of vegetarian Muslims is increasing.

Sri Lankan Sufi master Bawa Muhaiyaddeen, who established The Bawa Muhaiyaddeen Fellowship of North America in Philadelphia was a strict vegetarian. The former Indian president Dr. A. P. J. Abdul Kalam was also famously a vegetarian.

In January 1996, The International Vegetarian Union announced the formation of the Muslim Vegetarian/Vegan Society.

Many non-vegetarian Muslims will select vegetarian options when dining in non-halal restaurants. However, this is a matter of not having the right kind of meat rather than preferring not to eat meat overall.

Jainism

The food choices of Jains are based on the value of Ahimsa (non-violence). Followers of Jainism believe that all living organisms, including microorganisms, are living and have a soul, and have one or more senses out of five senses. They go to great lengths to minimise any harm to any living organism. Most Jains are lacto-vegetarians, but more devout Jains do not eat root vegetables, because they believe that root vegetables contain many more microorganisms as compared to other vegetables, and that, by eating them, violence against these microorganisms is inevitable. They therefore prefer eating beans and fruits, whose cultivation involves killing fewer microorganisms. No products obtained from already-dead animals are allowed because of potential violence against decomposing microorganisms. Some particularly dedicated individuals are fruitarians. Honey is forbidden, being the regurgitation of nectar by bees and potentially containing eggs, excreta, and dead bees. Many Jains do not consume plant parts that grow underground such as roots and bulbs, because the plants themselves and tiny animals may be killed when the plants are pulled up.



Judaism

While classical Jewish law neither requires nor prohibits the consumption of meat, Jewish vegetarians often cite Jewish principles regarding animal welfare, environmental ethics, moral character, and health as reasons for adopting a vegetarian or vegan diet.

Rabbis may advocate vegetarianism or veganism primarily because of concerns about animal welfare, especially considering the traditional prohibition on causing unnecessary "pain to living creatures" (tza'ar ba'alei hayyim). Some Jewish vegetarian groups and activists believe that the halakhic permission to eat meat is a temporary leniency for those who are not ready yet to accept the vegetarian diet.

The book of Daniel starts in its first chapter with the benefits of vegetarianism. Due to its size, its late time of origin and its revealing content, the book is of particular importance for the time of the following exile, which lasts now for 2000 years and technically still goes on until the Temple in Jerusalem is rebuilt. A diet described as "pulse and water" is presented along benefits such as accordance with the biblical dietary laws, health, beauty, wisdom and visions. Vegetarianism can be seen as a safeguard around the dietary laws or the beautification of them.

Jewish vegetarianism and veganism have become especially popular among Israeli Jews. In 2016, Israel was described as "the most vegan country on Earth", as five percent of its population eschewed all animal products. Interest in veganism has grown among both non-Orthodox and Orthodox Jews in Israel.

Sikhism

The tenets of Sikhism do not advocate a particular stance on consumption of a particular diet but leave the decision of diet to the individual. The tenth guru, Guru Gobind Singh, however, prohibited "Amritdhari" Sikhs, or those that follow the Sikh Rehat Maryada (the Official Sikh Code of Conduct) from eating Kutha meat, or meat which has been obtained from animals which have been killed in a ritualistic way. This is understood to

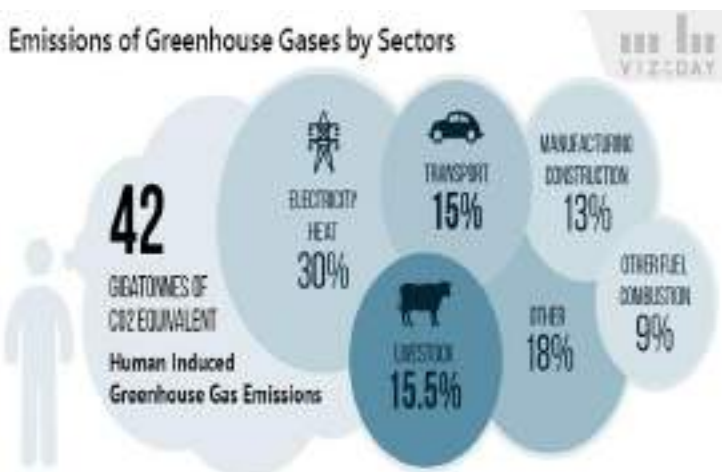
have been for the political reason of maintaining independence from the then-new Muslim hegemony, as Muslims largely adhere to the ritualistic halal diet.

"Amritdharis" that belong to some Sikh sects (e.g. Akhand Kirtani Jatha, Damdami Taksal, Namdhari and Rarionwalay, etc.) are strongly against the consumption of meat and eggs (though they do consume and encourage the consumption of milk, butter and cheese). This vegetarian stance has been traced back to the times of the British Raj, with the advent of many new Vaishnava converts. In response to the varying views on diet throughout the Sikh population, Sikh Gurus have sought to clarify the Sikh view on diet, stressing their preference only for simplicity of diet. Guru Nanak said that over-consumption of food (Lobh, Greed) involves a drain on the Earth's resources and thus on life. The Sikh langar, or free temple meal, is largely lacto-vegetarian, though this is understood to be a result of efforts to present a meal that is respectful of the diets of any person who would wish to dine, rather than out of dogma.

Environment and diet

Environmental vegetarianism is based on the concern that the production of meat and animal products for mass consumption, especially through factory farming, is environmentally unsustainable. According to a 2006 United Nations initiative, the livestock industry is one of the largest contributors to environmental degradation worldwide, and modern practices of raising animals for food contribute on a "massive scale" to air and water pollution, land degradation, climate change, and loss of biodiversity. The initiative concluded that "the livestock sector emerges as one of the top two or three most significant contributors to the most serious environmental problems, at every scale from local to global."

In addition, animal agriculture is a large source of greenhouse gases. According to a 2006 report it is responsible for 18% of the world's greenhouse gas emissions as estimated in 100-year CO₂ equivalents. Livestock sources (including enteric fermentation and manure) account for about 3.1 percent of US anthropogenic GHG emissions expressed as carbon dioxide equivalents. This EPA estimate is based on methodologies agreed to by the Conference of Parties of the UNFCCC, with 100-year global warming potentials from the IPCC Second Assessment Report used in estimating GHG emissions as carbon dioxide equivalents.



Meat produced in a laboratory (called in vitro meat) may be more environmentally sustainable than regularly produced meat. Reactions of vegetarians vary. Rearing a relatively small number of grazing animals can be beneficial, as the Food Climate Research Network at Surrey University reports: "A little bit of livestock production is probably a good thing for the environment".

In May 2009, Ghent, Belgium, was reported to be "the first [city] in the world to go vegetarian at least once a week" for environmental reasons, when local authorities decided to implement a "weekly meatless day". Civil servants would eat vegetarian meals one day per week, in recognition of the United Nations' report. Posters were put up by local authorities to encourage the population to take part on vegetarian days, and "veggie street maps" were printed to highlight vegetarian restaurants. In September 2009, schools in Ghent are due to have a weekly veggiedag ("vegetarian day") too.

Public opinion and acceptance of meat-free food is expected to be more successful if its descriptive words focus less on the health aspects and more on the flavour.

What are the health benefits of a vegetarian diet?

Why are people drawn towards vegetarianism? Some have made the switch for environmental reasons, or because they love animals and have an ethical opposition to eating them. Others just want to live longer, healthier lives. An abundance of scientific research demonstrates that there are significant vegetarian health benefits. Even the federal government recommends that we consume most of our calories from grain products, vegetables, and fruits.

And no wonder: An estimated 70 percent of all diseases, including one-third of all cancers, are related to diet. A vegetarian diet reduces the risk for chronic degenerative diseases such as obesity, coronary artery disease, high blood pressure, diabetes and certain types of cancer including colon, breast, prostate, stomach, lung and esophageal cancer.

It's almost effortless these days to find great-tasting and good-for-you vegetarian foods, whether you're strolling the aisles of your local supermarket or walking down the street at lunchtime. If you need inspiration in the kitchen, look no further than the internet, your favourite bookseller or your local vegetarian society's newsletter for culinary tips and great recipes. And if you're eating out, almost any ethnic restaurant will offer vegetarian selections. In a hurry? Most fast food and fast casual restaurants now include healthful and inventive salads, sandwiches, and entrees on their menus. So rather than asking yourself why to go vegetarian, the real question is why not.



Vegetarian diets are more healthful than the average American diet, particularly in preventing, treating, or reversing heart disease and reducing the risk of cancer. A low-fat vegetarian diet is the single most effective way to stop the progression of coronary artery disease or prevent

it entirely. Cardiovascular disease kills 1 million Americans annually and is the leading cause of death in the United States.

The mortality rate for cardiovascular disease is lower in vegetarians than in nonvegetarians, says Joel Fuhrman, MD, author of *Eat to Live: The Revolutionary Formula for Fast and Sustained Weight Loss*. A vegetarian diet is inherently healthful because vegetarians consume less animal fat and cholesterol (vegans consume no animal fat or cholesterol) and instead consume more fiber and more antioxidant-rich produce another great reason to listen eat veggies!

Formula for Fast and Sustained Weight Loss

The standard American diet—high in saturated fats and processed foods and low in plant-based foods and complex carbohydrates — is making us fat and killing us slowly. According to the Centers for Disease Control and Prevention (CDC) and a division of the CDC, the National Center for Health Statistics, 64 percent of adults and 15 percent of children aged 6 to 19 are overweight and are at risk of weight-related ailments including heart disease, stroke and diabetes.



A study conducted from 1986 to 1992 by Dean Ornish, MD, president and director of the Preventive Medicine Research Institute in Sausalito, California, found that overweight people who followed a low-fat, vegetarian diet lost an average of 24 pounds in the first year and kept off that weight 5 years later. They lost the weight without counting calories or carbs and without measuring portions or feeling hungry.

To live longer

If you switch from the standard American diet to a vegetarian, health-focused diet, you can add about 13 healthy years to your life, says Michael F. Roizen, MD, author of *The RealAge Diet: Make Yourself Younger with What You Eat*. “People who consume saturated, four-legged fat have a shorter life span and more disability at the end of their lives. Animal products clog your arteries, zap your energy, and slow down your immune system. Meat eaters also experience accelerated cognitive and sexual dysfunction at a younger age.”

Residents of Okinawa, Japan, have the longest life expectancy of any group in Japan and likely the longest life expectancy of anyone in the world, according to a 30-year study of more than 600 Okinawan centenarians. Their secret: a low-calorie diet of unrefined complex carbohydrates, fiber-rich fruits and vegetables, and soy.



To build strong bones

When there isn't enough calcium in the bloodstream, our bodies will leach it from existing bone. The metabolic result is that our skeletons will become porous and lose strength over time. Most health care practitioners recommend that we increase our intake of calcium the way nature intended— — through foods. Foods also supply other nutrients such as phosphorus, magnesium and vitamin D that are necessary for the body to absorb and use calcium.

People who are mildly lactose-intolerant can often enjoy small amounts of dairy products such as yogurt, cheese, and lactose-free milk. But if you avoid dairy altogether, you can still get a healthful dose of calcium from dry beans, tofu, soy milk, and dark green vegetables such as broccoli, kale, collards, and turnip greens.



To reduce your risk of food-borne illnesses

The CDC reports that food-borne illnesses of all kinds account for 76 million illnesses a year, resulting in 325,000 hospitalizations and 5,000 deaths in the United States. According to the US Food and Drug Administration (FDA), foods rich in protein such as meat, poultry, fish

and seafood are frequently involved in food-borne illness outbreaks. Skip the animal agriculture woes and enjoy the vegetarian health happiness.

To ease the symptoms of menopause

Many foods contain nutrients beneficial to perimenopausal and menopausal women. Certain foods are rich in phytoestrogens, the plant-based chemical compounds that mimic the behavior of estrogen. Since phytoestrogens can increase and decrease estrogen and progesterone levels, maintaining a balance of them in your diet helps ensure a more comfortable passage through menopause.

Soy is by far the most abundant natural source of phytoestrogens, but these compounds also can be found in hundreds of other foods such as apples, beets, cherries, dates, garlic, olives, plums, raspberries, squash and yams. Because menopause is also associated with weight gain and a slowed metabolism, a low-fat, high-fiber vegetarian diet can help ward off extra pounds.

To have more energy

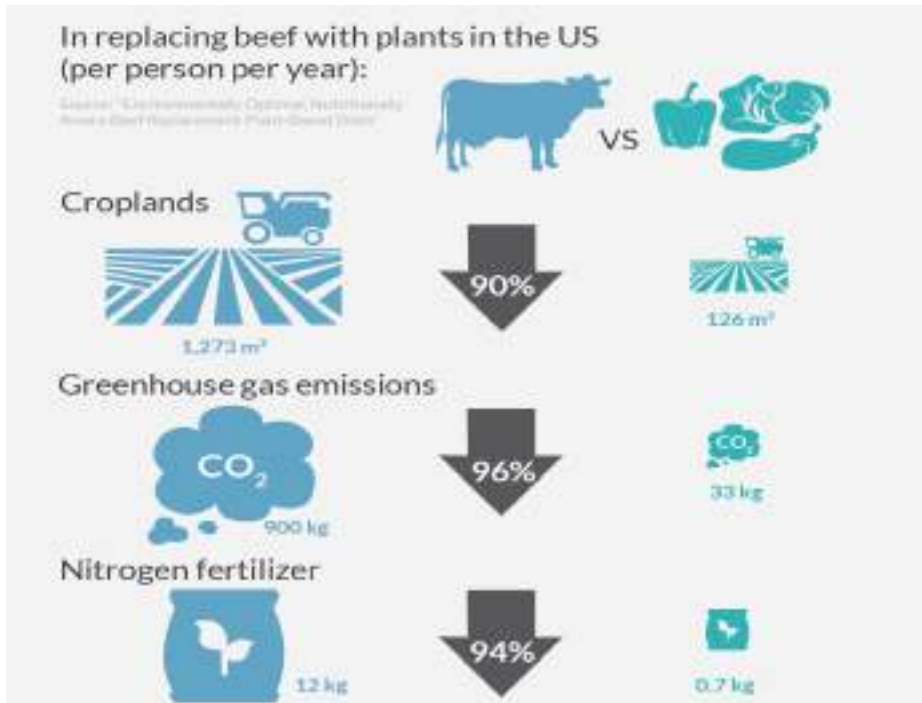
Good nutrition generates more usable energy — energy to keep pace with the kids, tackle that home improvement project, or have better sex more often, Michael F. Roizen, MD, says in *The RealAge Diet*. Too much fat in your bloodstream means that arteries won't open properly and that your muscles won't get enough oxygen.



The result? You feel zapped. Balanced vegetarian diets are naturally free of cholesterol-laden, artery-clogging animal products that physically slow us down and keep us hitting the snooze button morning after morning. And because whole grains, legumes, fruits, and vegetables are so high in complex carbohydrates, they supply the body with plenty of energizing fuel.

To help reduce pollution

Some people become vegetarians after realizing the devastation that the meat industry is having on the environment. According to the US Environmental Protection Agency (EPA), chemical and animal waste runoff from factory farms is responsible for more than 173,000 miles of polluted rivers and streams. Runoff from farmlands is one of the greatest threats to water quality today. Agricultural activities that cause pollution include confined animal facilities, plowing, pesticide spraying, irrigation, fertilizing and harvesting.



To avoid toxic chemicals

The EPA estimates that nearly 95 percent of the pesticide residue in the typical American diet comes from meat, fish and dairy products. Fish, in particular, contain carcinogens (PCBs, DDT) and heavy metals (mercury, arsenic, lead, cadmium) that can't be removed through cooking or freezing.

Meat and dairy products can also be laced with steroids and hormones, so be sure to read the labels on the dairy products you purchase.

To spare animals

Many vegetarians give up meat because of their concern for animals. Ten billion animals are slaughtered for human consumption each year. And, unlike the farms of yesteryear where animals roamed freely, today most

animals are factory farmed: crammed into cages where they can barely move and fed a diet tainted with pesticides and antibiotics. These animals spend their entire lives in crates or stalls so small that they can't even turn around. Farmed animals are not protected from cruelty under the law—in fact, the majority of state anticruelty laws specifically exempt farm animals from basic humane protection.

To create a plate full of colour

Disease-fighting phytochemicals give fruits and vegetables their rich, varied hues. They come in two main classes: carotenoids and anthocyanins. All rich yellow and orange fruits and vegetables—carrots, oranges, sweet potatoes, mangoes, pumpkins, corn—owe their color to carotenoids.



Leafy green vegetables also are rich in carotenoids but get their green color from chlorophyll. Red, blue and purple fruits and vegetables—plums, cherries, red bell peppers—contain anthocyanins. Cooking by color is a fun vegetarian health hack and a good way to ensure you're eating a variety of naturally occurring substances that boost immunity and prevent a range of illnesses.

How to ensure your vegetarian diet is balanced?

There are numerous benefits to a well-planned vegetarian diet, however, if your diet involves eating processed vegetarian food with high intakes of sugar, salt and fat combined with few vegetables, fruits, wholegrains, nuts, and seeds, you're unlikely to be getting the nutrients you need.

Vegetarian diets may, if not appropriately planned, supply lower amounts of calcium, vitamins D and B12, protein and omega-3 essential fatty acids. Minerals such as zinc, iron and iodine also tend to be less bio-available from plant foods, which means you may need to eat more of the relevant food sources to maintain appropriate levels.

Carefully choosing which foods to include, making use of fortified products like plant milk, breakfast cereals and spreads, and eating a wide and varied mixture of foods will go some way to ensuring your diet is well balanced.



A Healthier Meal is a Balanced Meal

A vegetarian diet may not be healthier if it is not a balanced diet. Alarm bells should ring if you eat the same thing day after day, or if you snack a lot on processed food like chips and cookies to fill you up.

It is important to replace the animal products removed from your diet with other food that can provide similar nutrients. A meat-free diet can be lacking in protein, iron, zinc, calcium, vitamin B12 and omega 3 fatty

acids. Vegetarians will need to include alternative sources of these nutrients by ensuring that the following is in their diet:

Beans, lentils, nuts, or seeds

Dairy or soy products such as calcium-enriched soymilk, tofu, and tempeh

Wholegrains



Food should be vitamin B12 fortified if your diet excludes dairy

Worried About Getting Enough Iron?

Vegetarians who eat a balanced diet can meet their iron requirements, as many plant foods have vitamin C, which helps in the absorption of iron. Some plant food sources of iron include:

Legumes: lentils, soybeans, kidney beans, chickpeas, tofu and tempeh

Grains: quinoa, fortified cereals, brown rice and oatmeal

Nuts and seeds: pumpkin seeds, pistachio nuts, sunflower seeds, almonds, cashews, mustard seeds and coriander seeds

Vegetables: leafy green vegetables like spinach, pumpkin, sweet potato, potatoes, bok choy and broccoli



Others: iron-fortified cereals prune juice, raisins, dried fruit like apricot, tomato sauce and tomato paste

Consuming Enough Calcium?

Calcium helps to maintain strong bones and teeth. Calcium also helps muscles and nerves work properly, helps blood to clot, and regulates enzyme activity. Calcium can be found abundantly in dairy products and foods, but for vegans there are other plant-based calcium sources, such as:

Legumes: tofu made with calcium sulphate and tempeh

Vegetables: leafy green vegetables and lady's fingers (okra)

Drinks: calcium-fortified soy, rice milk, oat milk and orange juice



Nuts and seeds: almonds, sesame seeds and tahini

Others: dried fruit, pulses, brown (wholemeal) and white bread, calcium-fortified cereals and oats

And remember, the body also needs vitamin D to absorb calcium, which the body makes on its own when exposed to sunlight.

What About Vitamin B12?

Vegetarians who do not eat eggs and dairy products need to be especially careful to get enough vitamin B12 on a regular basis, either by taking a vitamin B12 supplement daily or eating vitamin B12-fortified food two to three times a day.

Vegetarian Sources of Omega-3 Fatty Acids

Nuts and seeds: flaxseed, chia seeds and walnuts

Legumes: soy oil and soy-based food (such as tofu)

Oils: flaxseed oil, rapeseed oil, olive oil and canola oil

Any Non-Meat Protein Choices?

Proteins are known as building blocks of life - they help to build and maintain your body, fight off disease, and help you feel full longer as they take longer to digest. While meat, eggs and dairy are good sources of protein, there are meatless protein options that include:

Nuts and seeds: quinoa, pumpkin seeds, almonds and walnuts

Pulses and beans: soy products like tofu and soy drinks, lentils, dried beans like chickpeas, kidney beans and black beans

Drinks: soy milk

Others: cereals based on wheat, oats and rice, peanut butter.



Vegetarianism by country

Vegetarian and vegan dietary practices vary among countries. Differences include food standards, laws, and general cultural attitudes toward vegetarian diets.

In some instances, vegetarians that choose to abstain from dairy may be labelled as vegan. However, veganism typically refers to abstaining from any act that may be directly or indirectly injure any sentient being.

The concept of vegetarianism to indicate 'vegetarian diet' is first mentioned by the Greek philosopher and mathematician Pythagoras of Samos around 500 BCE. Followers of several religions such as Buddhism, Hinduism, and Jainism also advocated vegetarianism, believing that humans should not inflict pain on other animals.

Some countries have strong cultural or religious traditions that promote vegetarianism, such as India, while other countries have secular ethical concerns, including animal rights, environmental protection, and health concerns. In many countries, food labelling laws make it easier for vegetarians to identify foods compatible with their diets.

In Jan 2022, Google revealed that searches for "vegan food near me" have dramatically increased in 2021 and attributed it to "breakthrough status", meaning it increased by 5,000 percent or more indicating the rising popularity of vegan diets.

Asia

Of five world regions, the Asia-Pacific region has the highest share of vegetarians (19%) and vegans (9%).

China

In China, a small but growing number of young people in large cities are vegan. An estimated 4 to 5 percent of Chinese are vegetarian.

Chinese folk religion, which is distinct from Taoism, Chinese salvationist religions, and New Religious Movements is similar to Shintoism in Japan insofar as while the killing and eating of animals is not forbidden, it is considered impure and not ideal for a believer. Tofu, soy milk, and seitan, which are popular among vegetarians in the world, originate in China.

With the influx of Buddhist influences, vegetarianism became more popular, but there is a distinction—Taoist vegetarianism is based on a perception of purity, while Buddhist vegetarianism is based on the dual bases of refraining from killing and subduing one's own subservience to the senses. Because of this, two types of "vegetarianism" came to be—one where one refrained from eating meat, the other refraining from eating meat as well as garlic, onions, and other such strongly flavoured foods. This Buddhism-influenced vegetarianism has been known and practiced by some since at least the 7th century. People who are Buddhist may also avoid eating eggs.

The early 20th century saw some intellectuals espousing vegetarianism as part of their program for reforming China culturally, not just politically. The anarchist thinker Li Shizeng, for instance, argued that tofu and soy products were healthier and could be a profitable export. Liang Shuming, a philosopher and reform activist, adopted a basically vegetarian diet but did not promote one for others. In recent years, it has seen a resurgence in the cities among the emerging middle class.

South Korea

According to Korea Vegetarian Union, in between 1 and 1.5 million Korean consumers, or about two to three percent of the population, are estimated to be vegetarians.

Taiwan

There are more than 6,000 vegetarian eating establishments in Taiwan. The country's food labelling laws for vegetarian food are the world's strictest, because it has been estimated that more than 3 million

Taiwanese people eat vegetarian food, which accounts for approximately 13% of the country's population. A popular movement of "one day vegetarian every week" has been advocated on a national level, and on a local level, even government bodies are involved, such as the Taipei City Board of Education. Vegetarian food can be found in meals served on the Taiwan High Speed Rail, Taiwan Railways Administration, major Taiwanese airlines, as well as highway stops.

India

In 2007, UN FAO statistics indicated that Indians had the lowest rate of meat consumption in the world. Some vegetarians in India have been demanding meat-free supermarkets. In Indian cuisine, vegetarianism is usually synonymous with lacto vegetarianism. Most restaurants in India clearly distinguish and market themselves as being either "non-vegetarian", "vegetarian", or "pure vegetarian". Vegetarian restaurants abound, and many vegetarian options are usually available.

Animal-based ingredients (other than milk and honey) such as lard, gelatine, and meat stock are not used in the traditional cuisine. India has devised a system of marking edible products made from only vegetarian ingredients, with a green dot in a square with a green outline. A new mark of a red triangle in a square with a red outline conveys that some animal-based ingredients (meat, egg, etc.) were used, since 2021. Earlier a mark of a red triangle in a square with a red outline used to be used. This was replaced due to issues faced by people with colour blindness in distinguishing between the marks. Products like honey, milk, or its direct derivatives are categorized under the green mark.

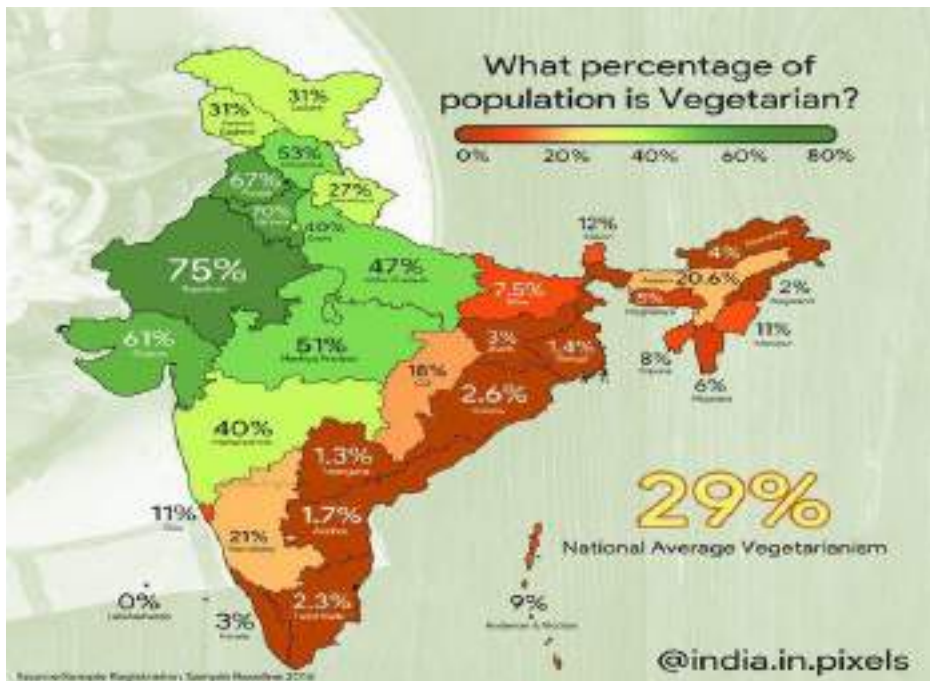


Image of mandatory labelling in India to distinguish vegetarian products (square with green outline and green circle inside) from non-vegetarian products (square with red outline and red triangle inside).

It is noted that, in states where vegetarianism is more common, milk consumption is higher and is associated with lactase persistence. This allows people to continue consuming milk into adulthood and obtain proteins that are substituted for meat, fish and eggs in other areas.

According to a 2006 Hindu-CNN-IBN State of the Nation Survey, 31% of Indians are vegetarian, while another 9% also consume eggs (ovo-vegetarian). Among the various communities, vegetarianism was most common among the Swaminarayan community, Brahmins, Arya Samaj community, Lingayats, Vaishnavites, Jains, Sikhs and, less frequent among Muslims (3%) and residents of coastal states. However, other surveys cited by FAO and USDA estimate 40% of the Indian population as being vegetarian. These surveys indicate that even Indians who do eat

meat, do so infrequently, with less than 30% consuming it regularly, although the reasons are mainly cultural.

According to a 2018 survey released by the registrar general of India, Rajasthan (74.9%), Haryana (69.25%), Punjab (66.75%), and Gujarat (60.95%) have the highest percentage of vegetarians, followed by Madhya Pradesh (50.6%), Uttar Pradesh (47.1%), Maharashtra (40.2%), Delhi (39.5%), Uttarakhand (27.35%), Karnataka (21.1%), Assam (20.6%), Chhattisgarh (17.95%), Bihar (7.55%), Jharkhand (3.25%), Kerala (3.0%), Odisha (2.65%), Tamil Nadu (2.35%), Andhra Pradesh (1.75%), West Bengal (1.4%), and Telangana (1.3%).

An official survey conducted by the Government of India, with a sample size of 8858 and the census frame as 2011, indicated India's vegetarian population to be 28-29% of the total population. Compared to a similar survey done in 2004, India's vegetarian population has increased, although according to conflicting data from the National Family Health Survey in 2015-2016 (NFHS), the share of vegetarianism has declined compared to data from 2005 to 2006. Increases in meat consumption in India have been attributed to urbanization, increasing disposable income, consumerism, and cross-cultural influences.

In 2021, Pew Research Center released the results of a survey of over 29,999 Indians throughout the country which included questions on dietary preferences. According to this study, around 39% of the overall Indian population identifies as a vegetarian (the survey didn't specify a type of vegetarianism and left the definition of the term up to the respondent). In terms of religion, Jains were found to be the most vegetarian at 92%, followed by Sikhs (59%), Hindus (44%), Buddhists (25%), Christians (10%), and finally Muslims (8%).^[28] Among Hindus, however, there are wide regional variations with regard to the percentage of people identifying as vegetarian, with 71% of North Indian Hindus identifying as vegetarian, followed by 61% of Central Indians, 57% of West Indians, 30% of South Indians, 19% of Northeast Indians, and 18% of East Indians identifying as vegetarian. There are also caste differences in rates of vegetarianism, with 40% of lower caste Hindus identifying as vegetarian compared to 53% for general category Hindus. Hindus who

considered religion very important in their lives identified as vegetarian 46% of the time compared to 33% for those who said it was less important.

Singapore

Singapore is the headquarters of the world's first international, vegetarian, fast food chain, VeganBurg. The bigger communities of vegetarians and vegans in Singapore are Vegetarian Society (VSS) and SgVeganCommunity. Vegetarian and vegan places have an active role in the gastronomy of Singapore.

Thailand

There are more than 908 vegetarian eating establishments in Thailand.

Europe

The definition of vegetarianism throughout Europe is not uniform, creating the potential for products to be labelled inaccurately. Throughout Europe the use of non-vegetarian ingredients are found in products such as beer (isinglass among others), wine (gelatine and crustacean shells among others) and cheese (rennet).

Belgium

Since May 2009, Belgium has had the first city in the world (Ghent) with a weekly "veggie day".

A study that surveyed 2436 Belgian individuals found that "21.8% of the respondents believed that meat consumption is unhealthy, and 45.6% of the respondents believed that they should eat less meat." The major reasons persons expressed interest in a more plant-based diet was for taste and health-related reasons. The majority of vegetarians polled think that the meat industry is harmful to the planet, while more than half of the non-vegetarians surveyed disagree with this statement.

Finland

In some cities' schools in Finland, the students are offered two options, a vegetarian, and a non-vegetarian meal, on four school days a week, and one day a week they have a choice between two vegetarian meals, for grades 1 to 12. In secondary schools and universities, from 10 to 40 percent of the students preferred vegetarian food in 2013. Vegetarianism is most popular in secondary art schools where in some schools over half of the students were vegetarians in 2013.

France

France is not known to be friendly towards vegetarians as lunches at public schools must contain a "minimum of 20% of meals containing meat and 20% containing fish, and the remainder containing egg, cheese, or offal.[citation needed] However, under a law called "loi Egalim", which passed in 2018 and came into effect in November 2019, all French schools are required to serve at least one meat-free meal a week. In September 2020, 73% of French nurseries and elementary schools offer at least one meat-free meal a week, according to a recent investigation by Greenpeace.

An Appetite study found that French women were more accepting of vegetarianism than French men.

There has been conflict between vegans and farmers in southern France. A farmers' union known as "Coordination Rurale" advocated for the French to continue eating meat through the slogan "To save a peasant farmer, eat a vegan."

Germany

In 1889, the first "International Veg Congress" met in Cologne, Germany.

In 2016, Germany was found to have the highest percentage of vegetarians (7.8 million, 10%) and vegans (900,000, 1.1%) in the modern

West. A survey from "Forsa" also revealed that approximately 42 million people in Germany identify as flexitarians aka "part time vegetarians." Professionals at the German Official Agencies estimate that by 2020 over 20% of Germans will eat mostly vegetarian. The reason vegetarianism is so prevalent in Germany is not agreed upon, but the movement seems to have experienced much growth from promotion in media and the offering of more non-meat options.

Ireland

While meat and dairy products have traditionally featured prominently in the Irish diet, vegetarianism and veganism have experienced rapid growth in recent decades. In 2018, a study by Bord Bia, a state agency which seeks to support and promote the country's agriculture industry, found that as many as 5.1% of the Irish population are now vegetarian, and up to 3.5% are vegan. A further 10% were described as some form of flexitarian, meaning that they still consumed some meat and dairy products but sought to minimize the number of animal products in their diet. Participants identified a range of motivators for their dietary choices, but personal health and wellness and environmental concerns were among the most common factors cited.

Netherlands

It was reported in 2006 that sales of meat substitutes had an annual growth of around 25%, which made it one of the fastest-growing markets in the Netherlands. In supermarkets and stores, it is sometimes necessary to read the fine print on products to make sure that there are no animal-originated ingredients. Increasingly, however, vegetarian products are labelled with the international "V-label," overseen by the Dutch vegetarian association Vegetarisch Keurmerk.

In July 2020 the NVV (Nederlandse Vereniging voor Veganisme) estimated the number of vegans in the Netherlands at 150,000. That is approximately 0.9% of the Dutch population.

Poland

The capital of Poland, Warsaw, was listed 6th on the list of Top Vegan Cities in the World published by HappyCow in 2019.

Portugal

In 2007, the number of vegetarians in Portugal was estimated at 30,000; which is equal to less than 0.3% of the population. In 2014, the number was estimated to be 200,000 people.[121] Vegan and vegetarian products like soy milk, soy yogurts, rice milk and tofu are widely available in major retailers and sold across the country. According to HappyCow, Lisbon is the 6th city in the world for number of vegan restaurants per capita, more than any other European city.

Romania

Followers of the Romanian Orthodox Church keep fast during several periods throughout the ecclesiastical calendar amounting to a majority of the year. In the Romanian Orthodox tradition, devotees keep to a diet without any animal products during these times. As a result, vegan foods are abundant in stores and restaurants; however, Romanians may not be familiar with a vegan or vegetarian diet as a full-time lifestyle choice.

Russia

Vegetarianism in Russia first gained prominence in 1901 with the opening of the first vegetarian society in St. Petersburg. Vegetarianism began to largely grow after the collapse of the Soviet Union in 1991. Russian vegetarians were found to be mainly those who were wealthy and educated.

Spain

The number of restaurants and food stores catering exclusively, or partially, to vegetarians and vegans has more than doubled since 2011; with a total of 800 on record by the end of 2016, The Green Revolution claims.

Switzerland

According to Agriculture and Agri-Food Canada, Switzerland has the second highest rate of vegetarianism in the European Union (even though Switzerland is not in the EU, it was most likely included with the other EU countries for this study). Older governmental data from 1997 suggest that 2.3% of the population never eat meat and the observed trend seemed to point towards less meat consumption. Newer studies suggest that the percentage of vegetarians has risen to 5% by 2007. According to a 2020 survey by Swissveg, there were 5.1% vegetarians and 1% vegans.

United Kingdom

The Vegetarian Society was formed in Britain in 1847. In 1944, a faction split from the group to form The Vegan Society.

A 2018 study by [comparethemarket.com](https://www.comparethemarket.com) found that approximately 7% of British people were vegan, while 14% were vegetarian. The results of this study however are questioned by the UK Vegan Society who found that the sample was based on only 2,000 people. According to The Vegan Society's larger survey, the number of vegans quadrupled from 2014 to 2018; in 2018 there were approximately 600,000 vegans in the UK, equivalent to 1.16% of the British population as a whole. As well as this, 31% are eating less meat – either for health or ethical reasons, and 19% are eating fewer dairy products.

A 2021 YouGov survey found 8% of respondents said they followed a plant-based diet, and over a third are interested in becoming vegan.

Participation in Veganuary has become increasingly popular, with the number of people signing up rising each year.

North America

Canada

In Canada, vegetarianism is on the rise. In 2018, a survey conducted by Dalhousie University, led by Canadian researcher Sylvain Charlebois, found that 9.4% of Canadian adults considered themselves vegetarians. 2.3 million people in Canada are vegetarians which is an increase from 900,000 15 years ago. Another 850,000 people identify themselves as vegan. The majority of Canada's vegetarians are under 35, so the rate of vegetarianism is expected to continue to rise. This is up from the 4.0% of adults who were vegetarians as of 2003.

United States

In 1971, 1 percent of U.S. citizens described themselves as vegetarians. In 2009 Harris Interactive found that 3.4% are vegetarian and 0.8% are vegan. U.S. vegetarian food sales (dairy replacements such as soy milk and meat replacements such as textured vegetable protein) doubled between 1998 and 2003, reaching \$1.6 billion in 2003. In 2015, a Harris Poll National Survey of 2,017 adults aged 18 and over found that eight million Americans, or 3.4%, ate a solely vegetarian diet, and that one million, or 0.4%, ate a strictly vegan diet. A 2018 Gallup poll estimated that 5% of U.S. adults consider themselves to be vegetarians. Older Americans were less likely to be vegetarian with just 2% of adults aged 55 and older saying they follow a vegetarian diet. Younger generations of Americans are more likely to be vegetarian with 7% of 35- to 54-year-olds and 8% of 18- to 34-year-olds following a vegetarian diet.

Many American children whose parents follow vegetarian diets follow them because of religious, environmental, or other reasons. In the government's first estimate of how many children avoid meat, the number is about 1 in 200. The CDC survey included children ages 0 to 17 years.

By U.S. law, food packaging is regulated by the Food and Drug Administration, and generally must be labelled with a list of all its ingredients. However, there are exceptions. For example, certain trace ingredients that are "ingredients of ingredients" do not need to be listed.

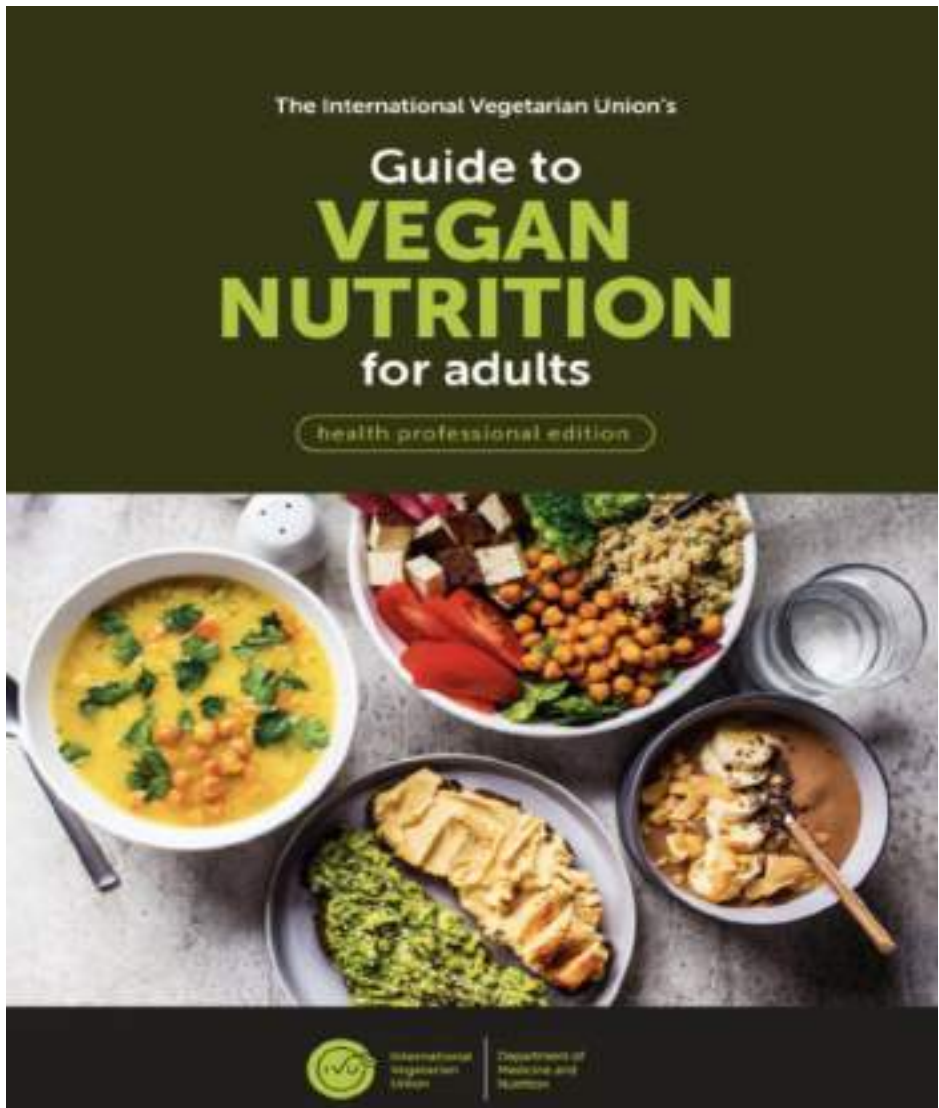
Top vegan/vegetarian organizations in the world

This is a list of vegetarian or vegan organizations. Vegetarian organizations are located in numerous locations and regions around the globe. Their main goal is to promote vegetarianism among the public and to support and link individuals and organizations that practice, promote or endorse vegetarianism.

The biggest vegetarian organization is the International Vegetarian Union (IVU), which acts as a connecting umbrella organization.

1. American Vegan Society (AVS)
2. Christian Vegetarian Association (CVA)
3. Dutch Society for Veganism / Nederlandse Vereniging voor Veganisme (NVV)
4. Earthsave
5. European Vegetarian Union (EVU)
6. French Vegetarian Society / Société végétarienne de France (FVS)
7. Hare Krishna Food for Life
8. Indonesia Vegetarian Society (IVS)
9. International Vegetarian Union (IVU)
10. Jewish Veg
11. North American Vegetarian Society (NAVS)
12. Peepal Farm
13. Physicians Committee for Responsible Medicine (PCRM)
14. ProVeg Germany
15. ProVeg Netherlands
16. ProVeg International
17. Swissveg
18. The Vegan Society
19. Tibetan Volunteers for Animals (TVA)
20. Toronto Vegetarian Association (TVA)
21. Vegan Awareness Foundation
22. Vegan Outreach
23. Vegan Prisoners Support Group (VPSG)
24. Vegan Society of Indonesia (VSI)

- 25. Vegetarian Society
- 26. Vegetarian Society (Singapore) (VSS)
- 27. Viva! Health
- 28. World Esperantist Vegetarian Association / Tutmonda Esperantista Vegetarana Asocio (TEVA)



Plant based food industry

The industrial meat industry faces a rising tide of challenges related to business, ethical, and environmental concerns.

Big corporations have begun the shift into plant-based protein amid pressure from upstarts and changes in consumer behaviour. JBS, one of the world's largest meat companies, launched its own meatless protein in June 2020 and acquired Dutch plant-based meat manufacturer Vivera, Europe's third-largest plant-based foods producer, for \$408M (€341M) in April 2021. Other meatpackers offering their own lines of plant-based alternatives include Tyson, Smithfield, Hormel, and Cargill.

Meanwhile, startups using technology to engineer meat in labs or manufacture it from plant-based products are rising in popularity.

In 2019, one of the world's biggest alternative protein brands, Beyond Meat, which manufactures the plant-based Beyond Burger, went public at a valuation of almost \$1.5B. The company reported net revenues of \$407M in 2020.

Beyond Meat began offering direct-to-consumer (D2C) sales in August 2020 and announced partnerships with Yum! Brands and McDonald's in 2021. It also intends to expand its manufacturing capabilities in the Chinese and European markets throughout this year.

In particular, the company is looking to make inroads in Asian markets, inking deals to offer its products at Starbucks and select KFC, Pizza Hut, and Taco Bell stores in China. Its Beyond Pork products are the first Beyond product developed specifically for the Chinese market.

Beyond Meat's chief competitor, Impossible Foods, has also seen aggressive growth. The Redwood City-based company has aggregated more than \$1.5B in total disclosed funding. Its products can be found at chains like Burger King, Qdoba, White Castle, and Red Robin. Valued at \$4B as of March 2020, Impossible Foods has seen rapid expansion, forging partnerships with Kroger, Starbucks, and Trader Joe's.

Impossible Foods president Dennis Woodside has said he expected the company's retail footprint to expand more than 50-fold in 2020 alone.

The greatest concentration of alternative meat deals has occurred in the US, which is home to a well-developed food and beverage sector. At the same time, there are also developed and fast-growing meatless markets in Europe and Asia.

As Covid-19 has an increasingly negative impact on the meat industry, Chinese consumers are also opting for animal-free alternatives — and US-based companies are looking to break into the market. Sales of Eat Just's egg product on JD.com and Tmall have reportedly jumped 30% since the outbreak, while companies like Impossible Foods and Beyond Meat are working to launch their products in mainland stores.



Vegetarian Egg should not be promoted

There is a trend towards lab grown vegetarian eggs or other meat products. A lot of people find it ethical to consume these products as they don't kill or harm an animal but from our perspective if a person is really becoming vegetarian, one should try to refrain from non-vegetarian food items even from if they are plant based because if not then at least in our conscious we are still consuming meat of eggs. One needs to be clear from conscious as well in really becoming vegetarian.

What would happen if the world suddenly went vegetarian?

First, Food production accounts for one-quarter to one-third of all anthropogenic greenhouse gas emissions worldwide, and the brunt of responsibility for those numbers falls to the livestock industry. Despite this, how our dietary choices affect climate change is often underestimated. In the US, for example, an average family of four emits more greenhouse gases because of the meat they eat than from driving two cars – but it is cars, not steaks, that regularly come up in discussions about global warming.

“Most people don't think of the consequences of food on climate change,” says Tim Benton, a food security expert at the University of Leeds. “But just eating a little less meat right now might make things a whole lot better for our children and grandchildren.”

Marco Springmann, a research fellow at the Oxford Martin School's Future of Food programme, tried to quantify just how much better: he and his colleagues built computer models that predicted what would happen if everyone became vegetarian by 2050. The results indicate that – largely thanks to the elimination of red meat – food-related emissions

would drop by about 60%. If the world went vegan instead, emissions declines would be around 70%.

“When looking at what would be in line with avoiding dangerous levels of climate change, we found that you could only stabilise the ratio of food-related emissions to all emissions if everyone adopted a plant-based diet,” Springmann says. “That scenario is not very realistic – but it highlights the importance that food-related emissions will play in the future.”

Food, especially livestock, also takes up a lot of room – a source of both greenhouse gas emissions due to land conversion and of biodiversity loss. Of the world’s approximately five billion hectares (12 billion acres) of agricultural land, 68% is used for livestock.

Should we all go vegetarian, ideally, we would dedicate at least 80% of that pastureland to the restoration of grasslands and forests, which would capture carbon and further alleviate climate change. Converting former pastures to native habitats would likely also be a boon to biodiversity, including for large herbivores such as buffalo that were pushed out for cattle, as well as for predators like wolves that are often killed in retaliation for attacking livestock.

The remaining 10 to 20% of former pastureland could be used for growing more crops to fill gaps in the food supply. Though a relatively small increase in agricultural land, this would more than make up for the loss of meat because one-third of the land currently used for crops is dedicated to producing food for livestock – not for humans.

The effect on health is mixed, too. Springmann’s computer model study showed that everyone should go vegetarian by 2050, we would see a global mortality reduction of 6-10%, thanks to a lessening of coronary heart disease, diabetes, stroke, and some cancers. Eliminating red meat accounts for half of that decline, while the remaining benefits are thanks to scaling back the number of calories people consume and increasing the amount of fruit and vegetables they eat. A worldwide vegan diet would further amplify these benefits: global vegetarianism would stave off about 7 million deaths per year, while total veganism would knock that

estimate up to 8 million. Fewer people suffering from food-related chronic illnesses would also mean a reduction in medical bills, saving about 2-3% of global gross domestic product.

But realising these projected benefits would require replacing meat with nutritionally appropriate substitutes. Animal products contain more nutrients per calorie than vegetarian staples like grains and rice, so choosing the right replacement would be important, especially for the world's estimated two billion-plus undernourished people. "Going vegetarian globally could create a health crisis in the developing world, because where would the micronutrients come from?" Benton says.

But fortunately, the entire world doesn't need to convert to vegetarianism or veganism to reap many of the benefits while limiting the repercussions.

Instead, moderation in meat-eating's frequency and portion size is key. One study found that simply conforming to the World Health Organization's dietary recommendations would bring the UK's greenhouse gas emissions down by 17% – a figure that would drop by an additional 40% should citizens further avoid animal products and processed snacks. "These are dietary changes that consumers would barely notice, like having a just-slightly-smaller piece of meat," Jarvis says. "It's not this either-or, vegetarian-or-carnivore scenario."

Certain changes to the food system also would encourage us all to make healthier and more environmentally-friendly dietary decisions, says Springmann – like putting a higher price tag on meat and making fresh fruits and vegetables cheaper and more widely available. Addressing inefficiency would also help: thanks to food loss, waste and overeating, fewer than 50% of the calories currently produced are actually used effectively.

In fact, clear solutions already exist for reducing greenhouse gas emissions from the livestock industry. What is lacking is the will to implement those changes.

How to become vegetarian?

If you are not a vegetarian, considering eliminating an entire food group from your diet can be a bit daunting to a prospective herbivore, let's discuss some of the things which can help to make it a success.

Inform Others

If you are committed to making a change, the people who are around you should be aware of it. Your family and those you eat with regularly should know about your decision not to eat meat. Many of the habits one can change is by informing others, becoming a vegetarian is large enough that you should probably mention it to people who might end up cooking with you.

But don't expect people around you who aren't vegetarians to be particularly supportive. The purpose of informing the people around you is that they are aware of your decision, not to form a cheerleading section.

Try Out New Foods

A vegetarian diet has the potential to be incredibly varied and satisfying, but if your solution is simply to cut out all meat and not expand your diet it will probably be dull. With many different ethnic and new meatless options available, you will probably have a lot more choices than you can handle.

Creating a new dietary base takes time and patience, but once you have filled your cooking repertoire with plant options you likely won't even notice the difference.

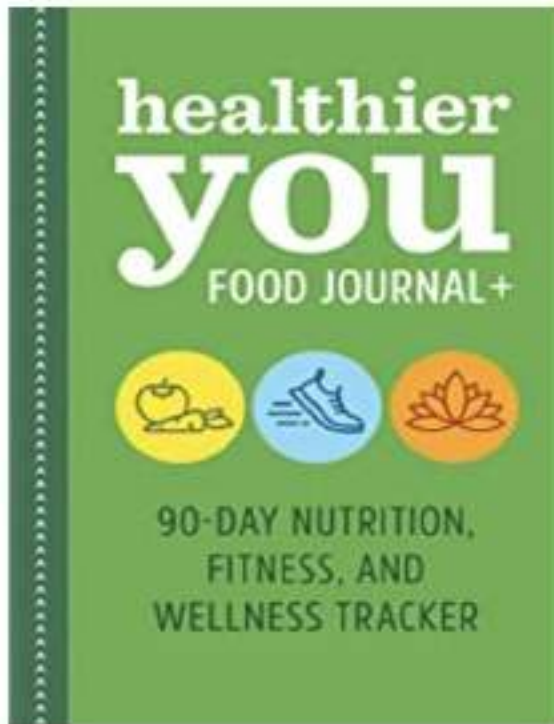


Make it a Habit

Try to set up a 30-Day Trial to test out becoming a vegetarian in which one may stuck to the program fully for an entire month. Although the initial trial can be somewhat difficult, the habit becomes conditioned in you until you are at the point where it would be harder not to continue. The principles of conditioning, leverage, replacement, and experimentation all apply to making this change as well.

Keep a Journal

A good way to conduct an experiment is through a journal. At the end of each day, one may try to write down a subjective rating of what one feels about levels of mental clarity, and physical and mental energy before and after starting the trial. Along with this one may write down any solutions one may have discovered or problems one may have overcome during that day.



Worry Less About Protein, More About Health

The protein myth has been shouted so loud in our culture that people believe it. Plants have enough protein, especially lentils, nuts, and seeds.

Some famous vegetarian personalities

Vegetarianism and veganism are becoming more and more visible and popular dietary choices. But the idea of skipping meat isn't new by any means—people have done it since ancient times. Here are a few of history's most famous vegetarians.

Pythagoras

The name of the ancient philosopher Pythagoras of Samos (c. 570—c. 500–490 BCE) is so closely tied to the idea of eschewing meat and fish that until the word vegetarianism was coined in the 1840s, such diets were often called “Pythagorean.” The 4th-century-BCE mathematician and philosopher Eudoxus of Cnidus reported that the Pythagoreans refused to eat any animals and even went so far as to avoid hunters and butchers.



Leonardo da Vinci

There is some enticing evidence that he practiced vegetarianism. First, there is a contemporary letter that describes Leonardo as refusing to eat animal flesh. It is a letter from the Italian explorer Andrea Corsali to Giuliano de' Medici (Leonardo's patron) describing the vegetarians Corsali had encountered in India: “Certain infidels called Guzzarati are

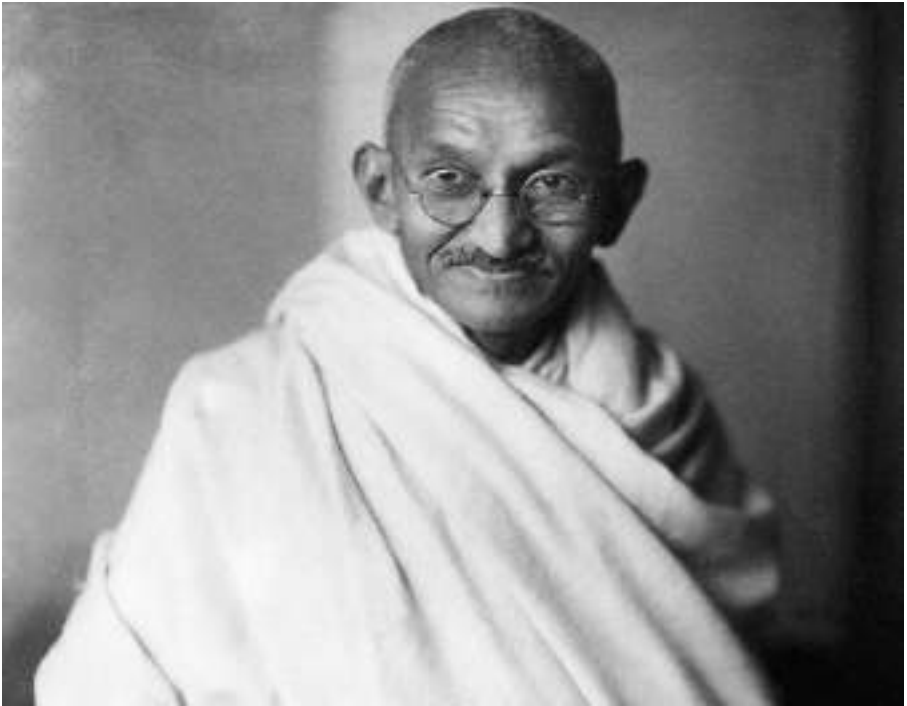
so gentle that they do not feed on anything which has blood, nor will they allow anyone to hurt any living thing, like our Leonardo da Vinci.”

Leonardo’s writings display a deep concern with animal welfare and horror over the fact that animals are raised to be killed and eaten by humans.



Mahatma Gandhi

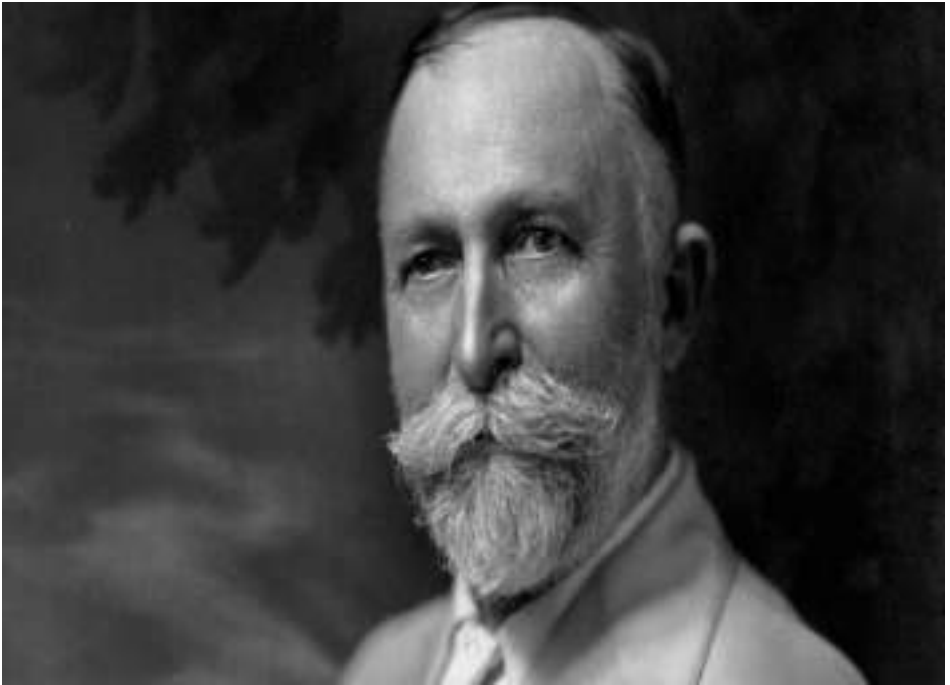
The great Indian leader and activist was a vegetarian from childhood, having been raised in a Vaishnava Hindu family that practiced vegetarianism. Mahatma Gandhi reaffirmed his commitment to vegetarianism while studying law in England, even though it often meant walking 10 or 12 miles a day to find vegetarian restaurants.



John Harvey Kellogg

At the turn of the last century, the medical doctor and health-food evangelist John Harvey Kellogg was the foremost proponent of vegetarianism in the United States. Kellogg promoted vegetarianism as part of a philosophy of “biologic living” that also required adherents to avoid alcohol and tobacco and to exercise vigorously.

He sought to accomplish this by placing his patients on a bland diet that was low in protein and high in carbohydrates. Two of the food products that he invented for that diet, granola and cornflakes, are still around today.



Bill Clinton

Mr Bill Clinton adopted a vegan diet in 2010 on medical advice after undergoing emergency surgery for chest pains and credits it with giving him a new burst of energy.

"I have more energy. I never clog. For me, the no dairy thing, because I had an allergy, has really helped a lot. And I feel good," he has been quoted as saying.

while coping with heart disease and the usual complaints of aging, he has managed to change his diet drastically, lose more than 30 pounds and keep the weight off.



Maneka Gandhi

Maneka Sanjay Gandhi is the Indian union cabinet minister for women and child development. The widow of Sanjay Gandhi, Maneka is an outspoken vegan and animal rights activist.



Narendra Modi

Prime minister Narendra Modi is a known vegetarian. Prime Minister Narendra Modi's vegetarianism rubbed off on his Emirati hosts during one of his trips to UAE. Modi's meat-loving hosts decided to go green in his honour for their meals together, revealed chef Sanjeev Kapoor, who was in-charge of the kitchen.

Keeping in mind Modi's food preference as well as those of the PM's hosts, Kapoor chalked out the menu for lunch and dinner. In fact, the Sheikhs were so impressed with the vegetarian fare, that they remarked that turning vegetarian seemed like quite the option, recalls Kapoor.



Conclusion

Vegetarian diet is a boon to health. It can help a person to have a lower cholesterol level, lower weight, lower blood pressure, and a reduced risk of developing cardiovascular diseases. It also helps in preventing deadly chronic diseases like diabetes and cancer. It may also help in prolonging longevity. In my opinion, I would suggest everyone consider a vegetarian diet as an option to adjuvant therapy in case if someone is on the borderline of developing any kind of the diseases like diabetes, cardiovascular diseases, kidney stones, hyperlipidemia, and cataracts or is suffering from depression.