

## Why choose Vegan or Paleo?

10103 tweets were extracted using Twitter's REST API from 27th January, 2017 to 10th March, 2017 using hashtags like **#vegan**, **#vegandiet**, **#veganlifestyle** for Vegan and **#paleo**, **#paleodiet**, **#paleolifestyle** for Paleo.



## What is Veganism?

**Veganism** is a way of eating and living that excludes the exploitation of and cruelty to animals as much as possible.

## Why Vegan?

**Animal cruelty** followed by **health** dominates the reasons to be Vegan, accounting roughly to 78% why people choose to be Vegan.

CAUSE	PERCENTAGE
Animal Cruelty	43
Health	35
Environment	12
Weight Loss	4
Fitness	3
Others	3
Healing	0

## What is Paleo?

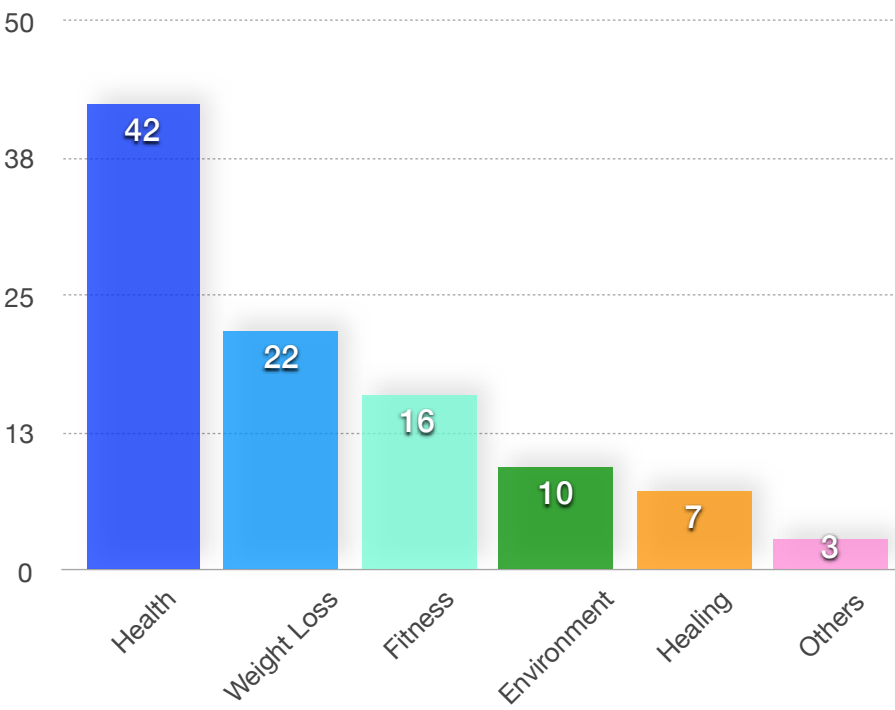
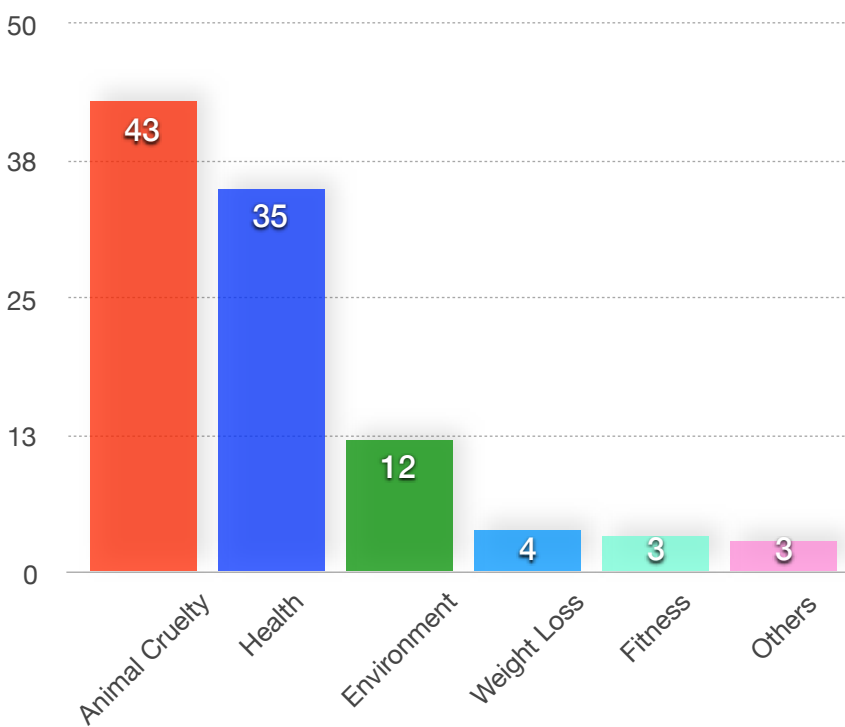
It is a way of eating like our **Paleolithic** ancestors: whole unprocessed foods, vegetables, nuts, fruits, organic meat.

## Why Paleo?

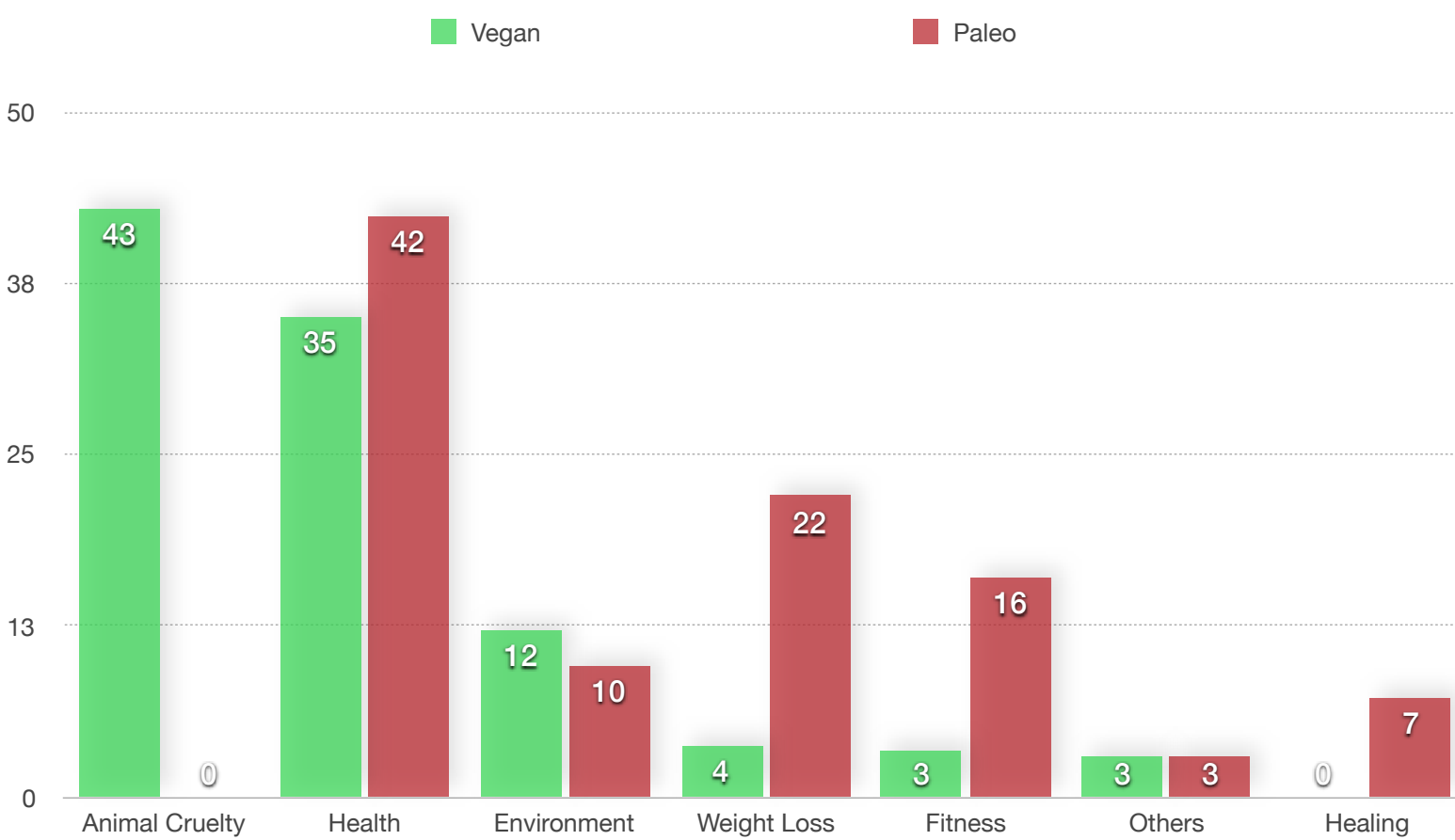
**Health** followed by **weight loss** dominates the reasons to be Paleo, accounting roughly to 64% why people choose to be Paleo.

CAUSE	PERCENTAGE
Health	42
Weight Loss	22
Fitness	16
Environment	10
Healing	7
Others	3
Animal Cruelty	0

Other reasons include clear skin and better hair for Vegan while for Paleo we observe clear skin and better sleep as motivators.



## Vegan vs Paleo?



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Relevant Visualization links - <http://veganoutreach.org/the-reasons-for-going-vegan-2/>

GitHub - <https://github.com/avani1004/ProjectUCSC-Visualisation/>

DataW Report - <https://docs.google.com/document/d/1RyBXxooBJgRnC2ubG0ZME4Wo8b4qvIIENIZPeQqGV7U/edit?usp=sharing>