

VGN 101

	PLANTS	HONEY	EGGS	DAIRY	FISH	MEAT
VEGAN	●					
LACTO VEGETARIAN	●	●		●		
OVO VEGETARIAN	●	●	●			
LACTO-OVO VEGETARIAN	●	●	●	●		
PESCETARIAN	●	●	●	●	●	
MEAT EATER	●	●	●	●	●	●

A vegan diet may consist of fruits, vegetables, nuts, legumes, pulses, grains and anything else that derives from a plant. There are many delicious and cruelty free alternatives for honey, eggs, dairy, fish and meat on the market today.

THE ANIMALS

Billions of animals are slaughtered every year for human consumption. Animals are innocent, intelligent and loyal sentient beings. By adopting a vegan lifestyle you, alone, can save thousands of lives.



THE PLANET

Veganism is the sustainable option for our planet. Producing meat causes mass amounts of pollution, contributes to deforestation and is one of the biggest causes of climate change.



OUR HEALTH

Vegan diets can be rich in vitamins and minerals and tend to be low in saturated fats and cholesterol. It also lowers the risk of serious illnesses and has multiple health benefits.



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WORLD HUNGER

Eating meat is extremely inefficient. If we stopped producing vast amount of crops to feed livestock, and produced the crops for human consumption, we could end world hunger.



WATER

It takes around 25 gallons of water to grow one pound of wheat and 5000 gallons of water to produce one pound of beef. Not eating animals is one of the best ways to help conserve water.



SAVE MONEY

Numerous reports show that eating a vegan diet can save you money e.g. the average UK supermarkets lean beef mince is estimated at £8.00 per kg, whilst their own brand meat-free mince is estimated at £3.86 per kg.



DELICIOUS FOOD

No, vegans don't just eat leaves. We still eat burgers, cake, pizza and ice cream! Going vegan will open your eyes to a whole new range of foods that you may have never tried before.



COMPASSION

Why eat animals if you don't need to? You can have a happy and healthy life without inflicting pain on others.



OUR TOP TIPS

- ✔ Don't be hard on yourself
- ✔ Stay strong & remember why
- ✔ Go at your own pace
- ✔ Be open minded
- ✔ Ask for help
- ✔ Experiment with new foods
- ✔ Join the vegan community
- ✔ Do your research
- ✔ Follow us on social media
- ✔ Veganise your favourite dishes



Not-for-profit website, support group & network for vegetarian & vegan youth.

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