



Going Veggie...For the environment

What is Veganism?

Reception

Arpita Jain

Nutritionist, Govinda's Ltd.

Happy Earth Day everyone!

Earth Day is a special day celebrated all over the world on April 22nd every year

On Earth Day people come together to learn about how we can protect the environment and keep earth clean and healthy





It is important to protect the
environment because we share the earth
with lots of amazing plants and animals

What's a vegan?



- Being vegan is about making a decision to not eat or use any animal product.
- Vegans do not eat anything that comes from an animal. They do not eat seafood, eggs, dairy products, honey, meat or any foods which contain them.

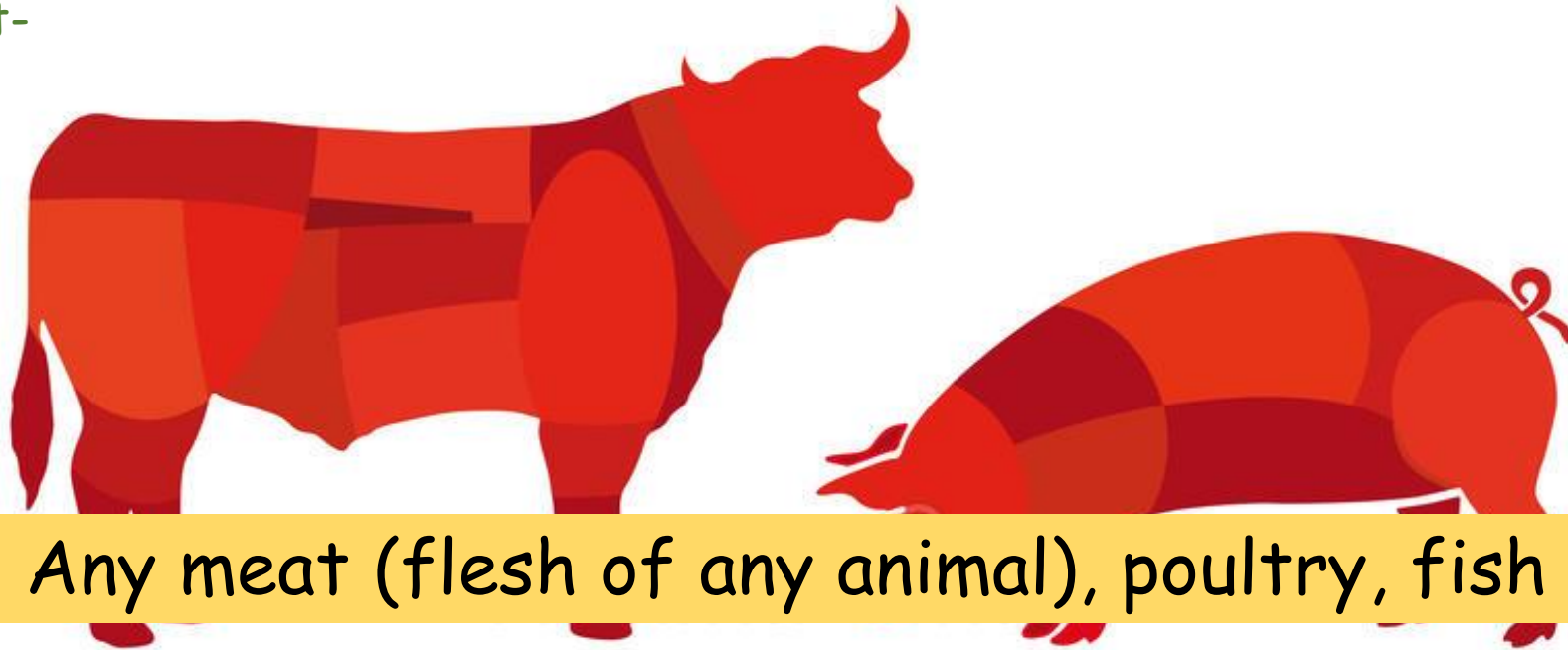
Veganism is a way of living that does not use animal products



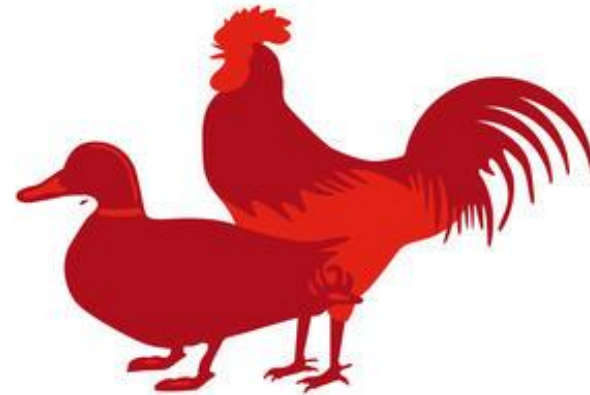
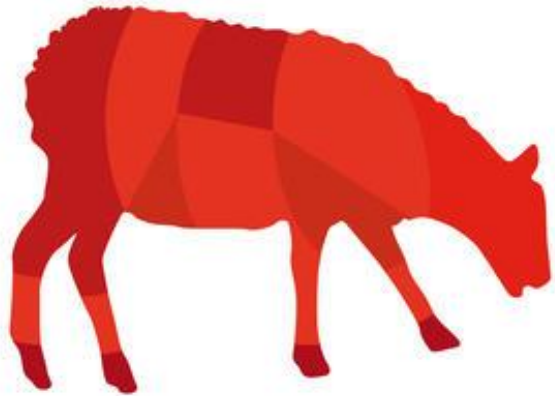
A vegan
is someone who
does not eat-



✓ Does not eat-

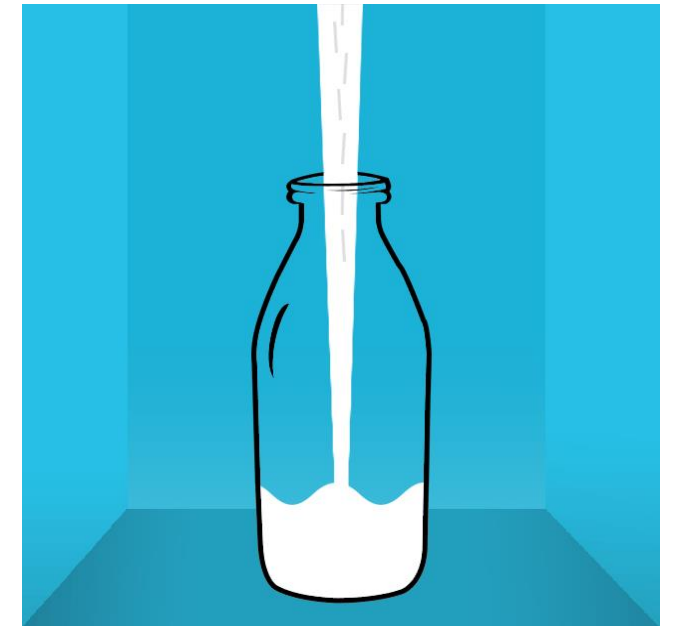
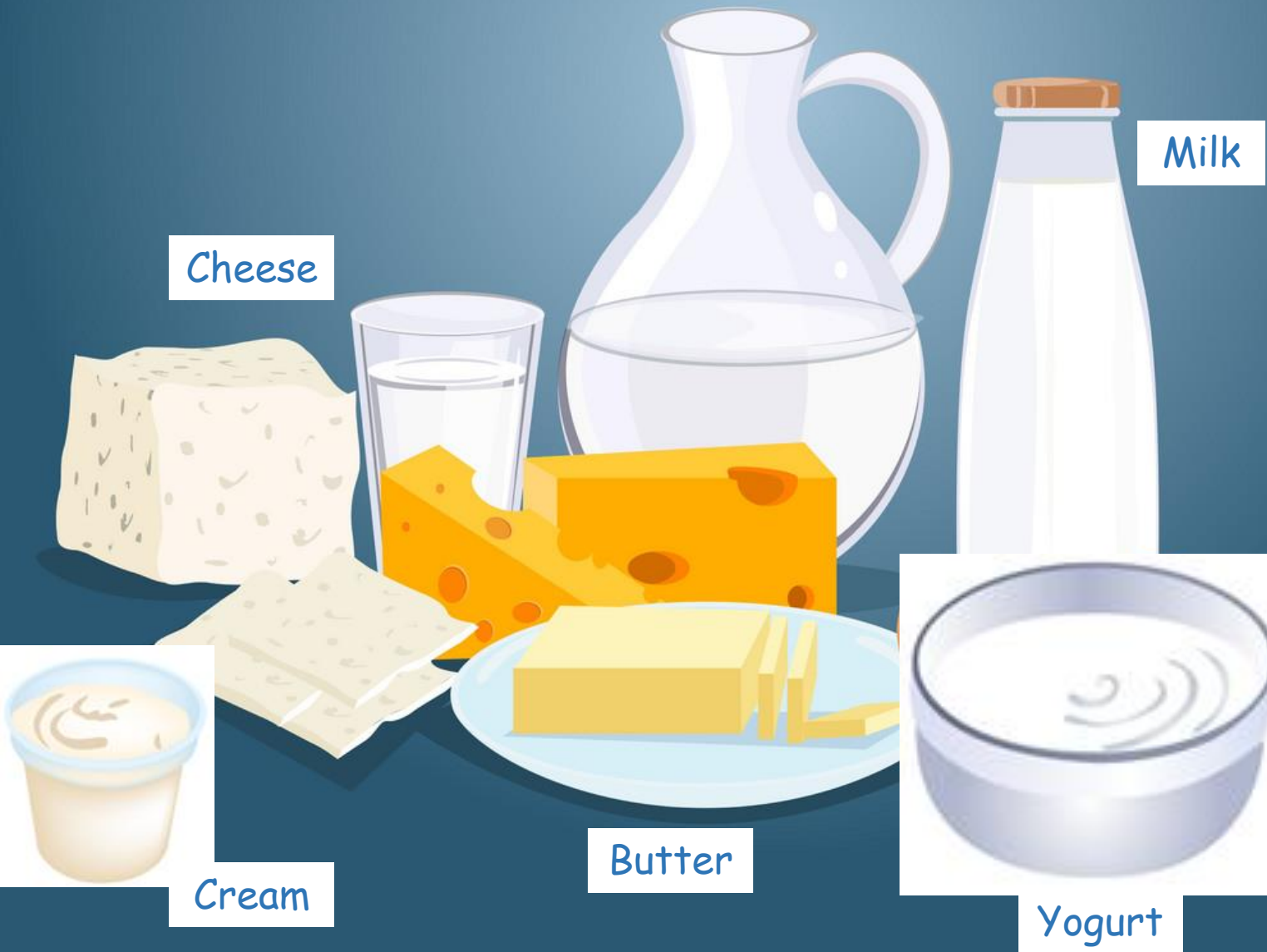


Any meat (flesh of any animal), poultry, fish

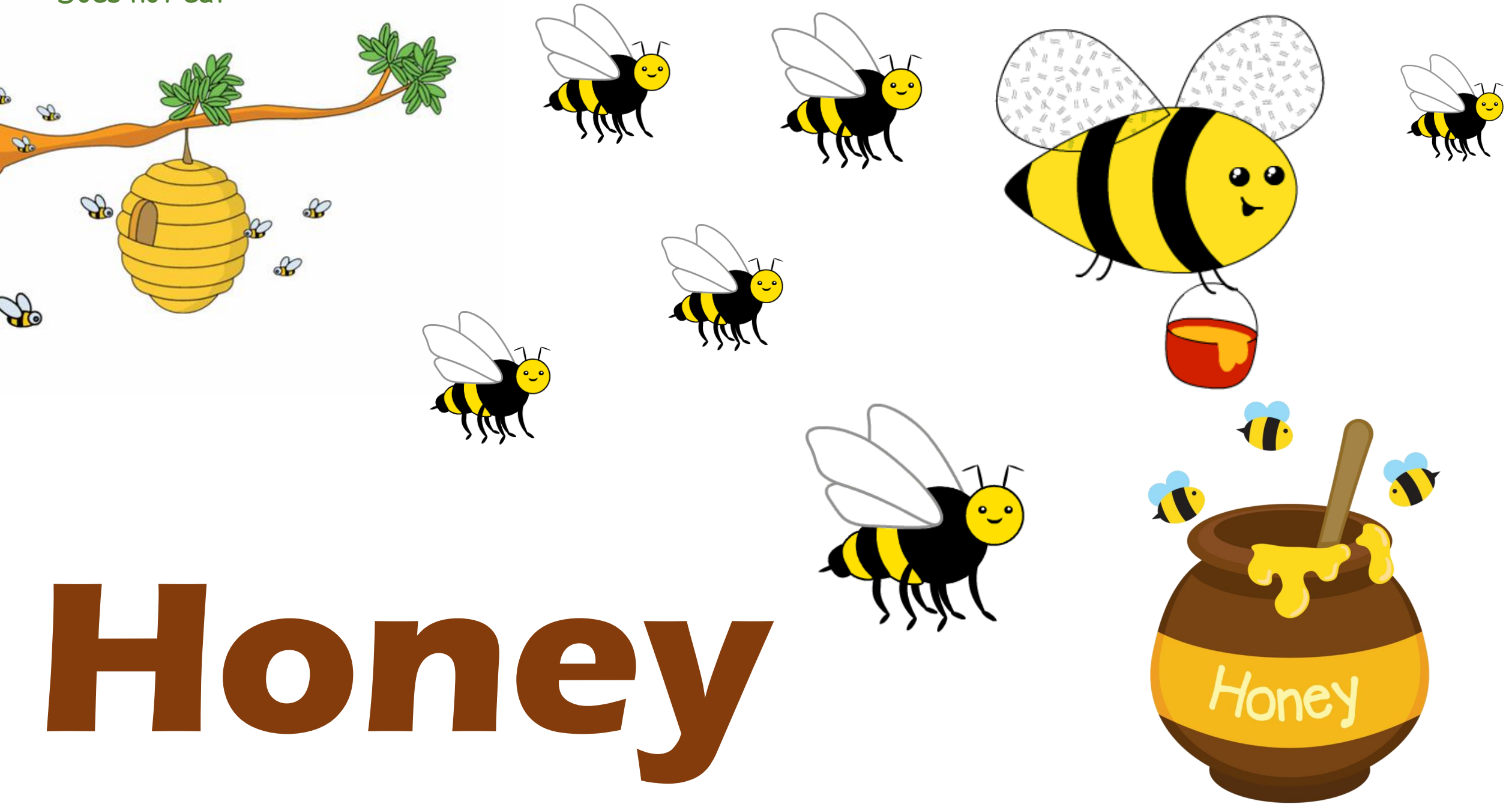


✓ Does not eat-

Dairy products



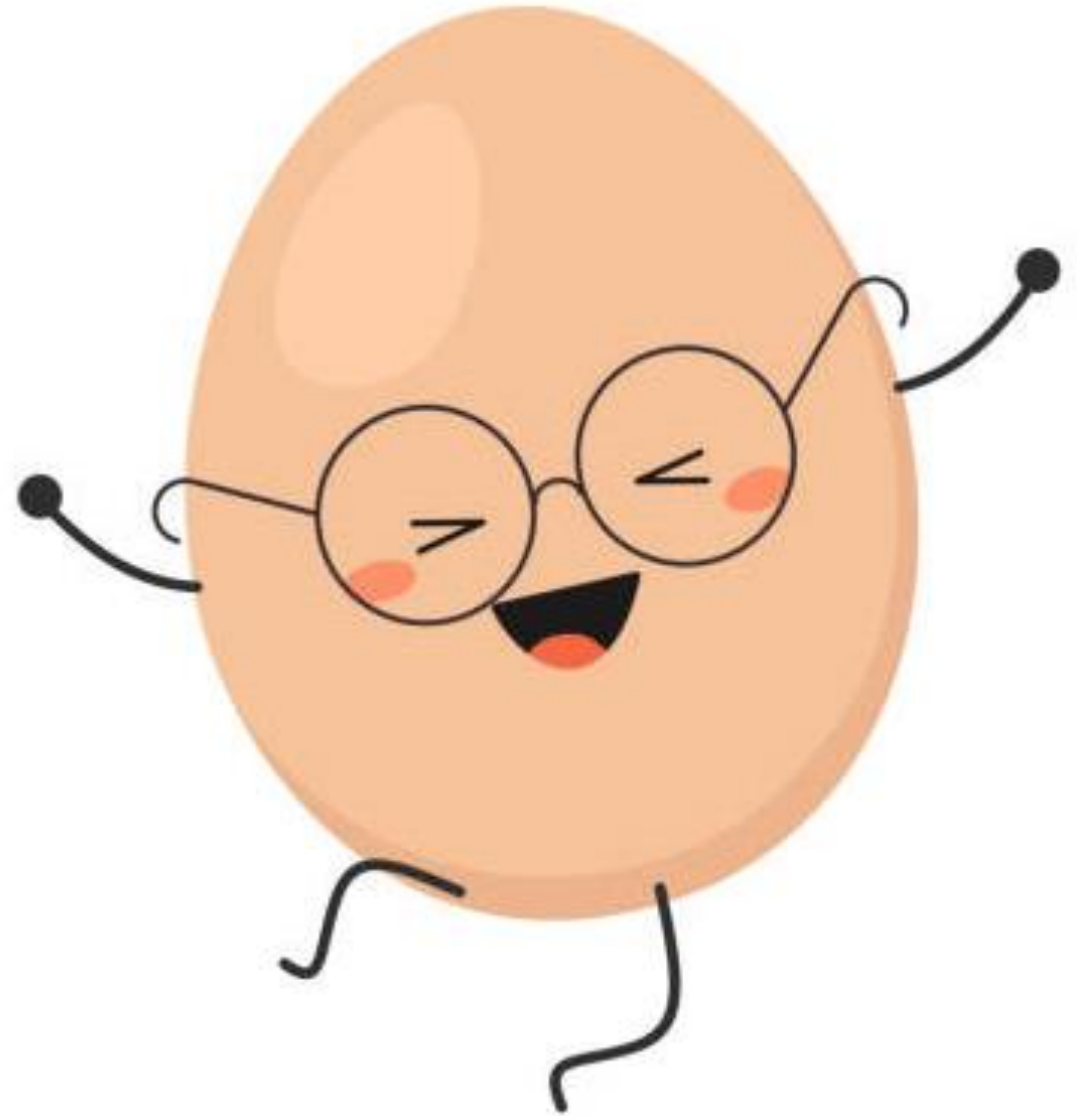
✓ Does not eat-



Honey

Eggs

✓ Does not eat-



They also avoid wearing-

Leather



Cows

Wool



Sheep

Silk



Silkworm

That is obtained from animals or insects



Do you know any vegans?



Learn to love your labels





Remember:

- Any product labelled as 'vegan' is also suitable for vegetarians!
- A vegan label means that the product also does not contain dairy, eggs or honey.

What vegans love to eat

Fruits and Veggies

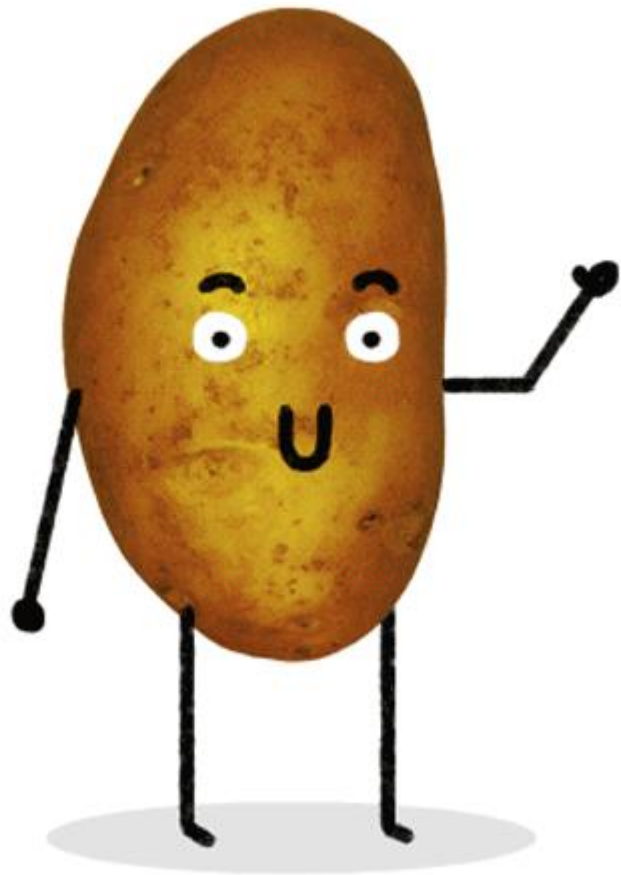




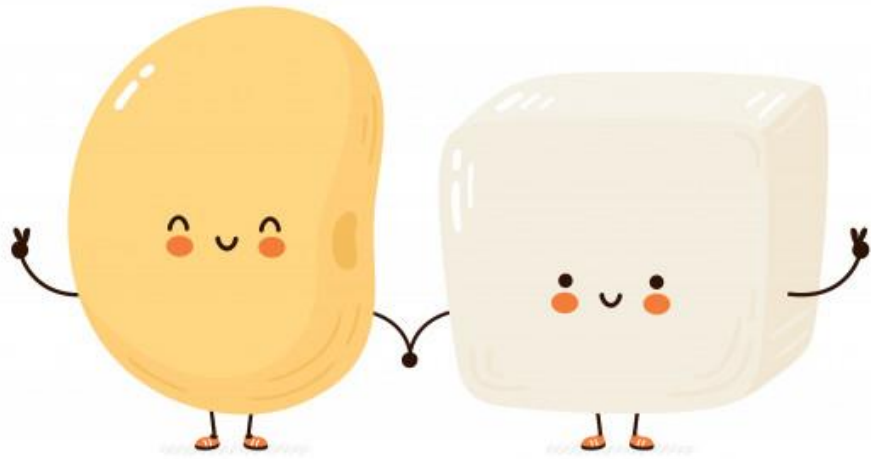
- ✓ Beans
- ✓ lentils
- ✓ Nuts
- ✓ seeds



Pasta, potatoes, grains, rice, wheat



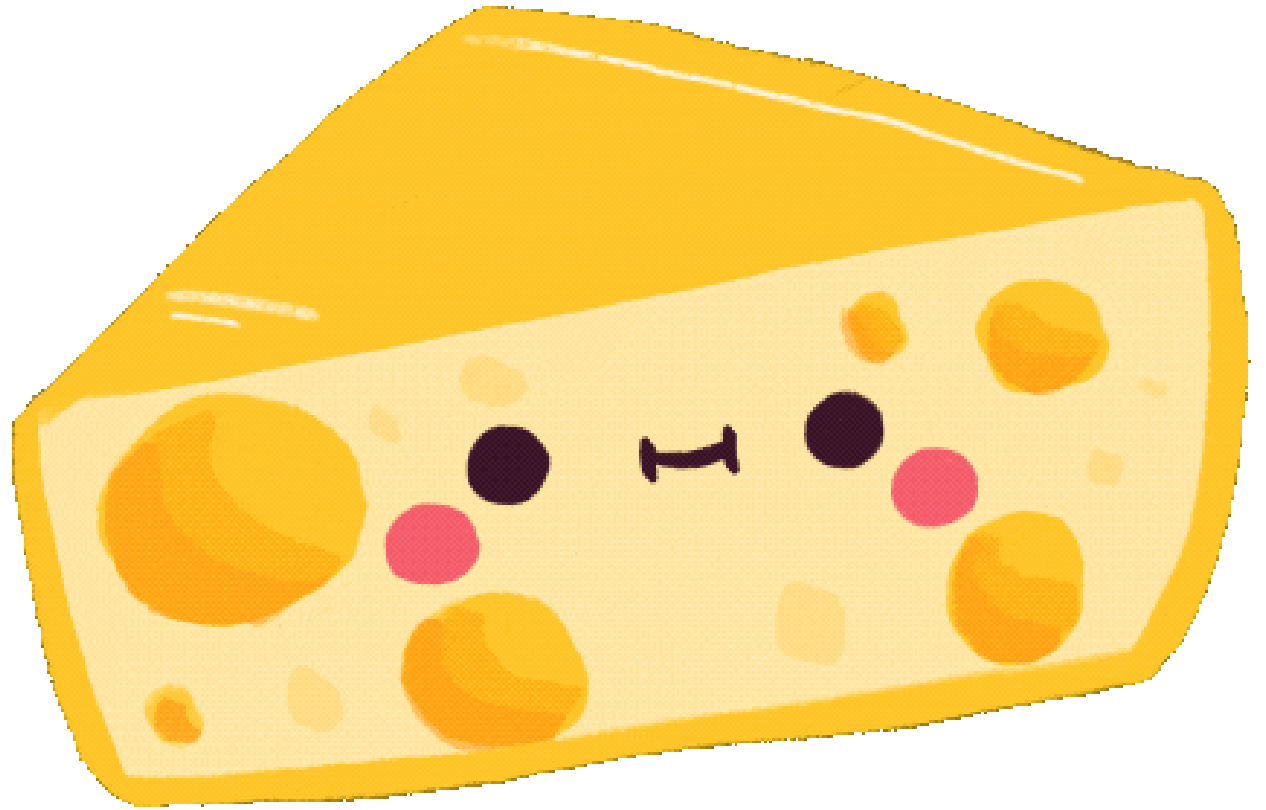
Soy products such soy milk, tofu, tempeh



Plant based milks (rice, oat, almond, coconut, cashew),



Vegan
cheese

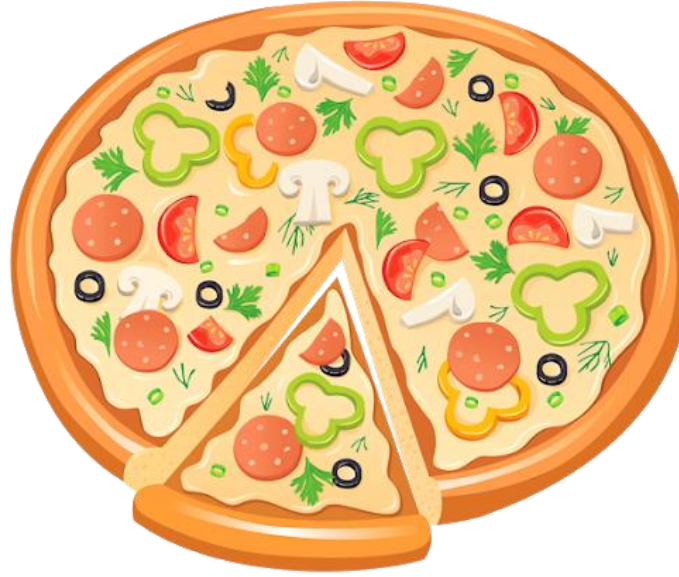
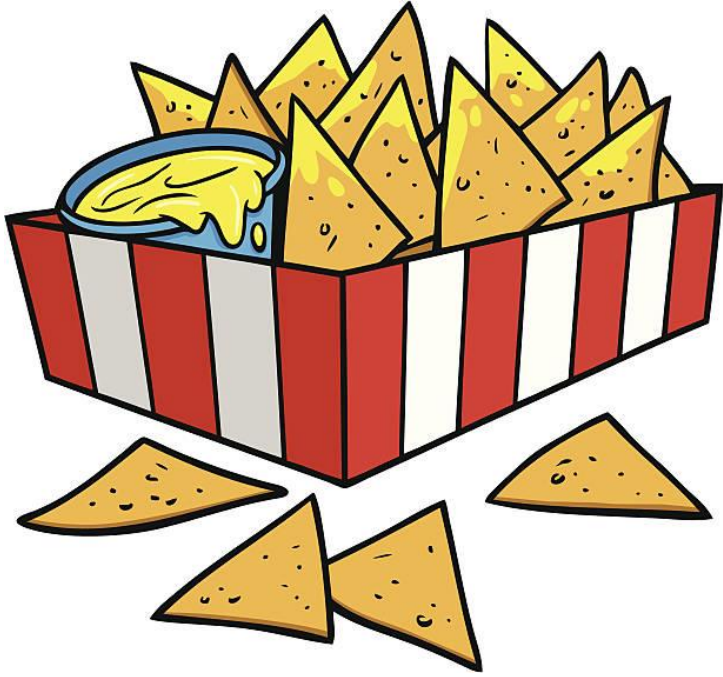




Baking and sweets

using vegan ingredients





Vegan nachos, pizza, burritos, shepherds pie, stir fries, curries, chips, burgers, pies

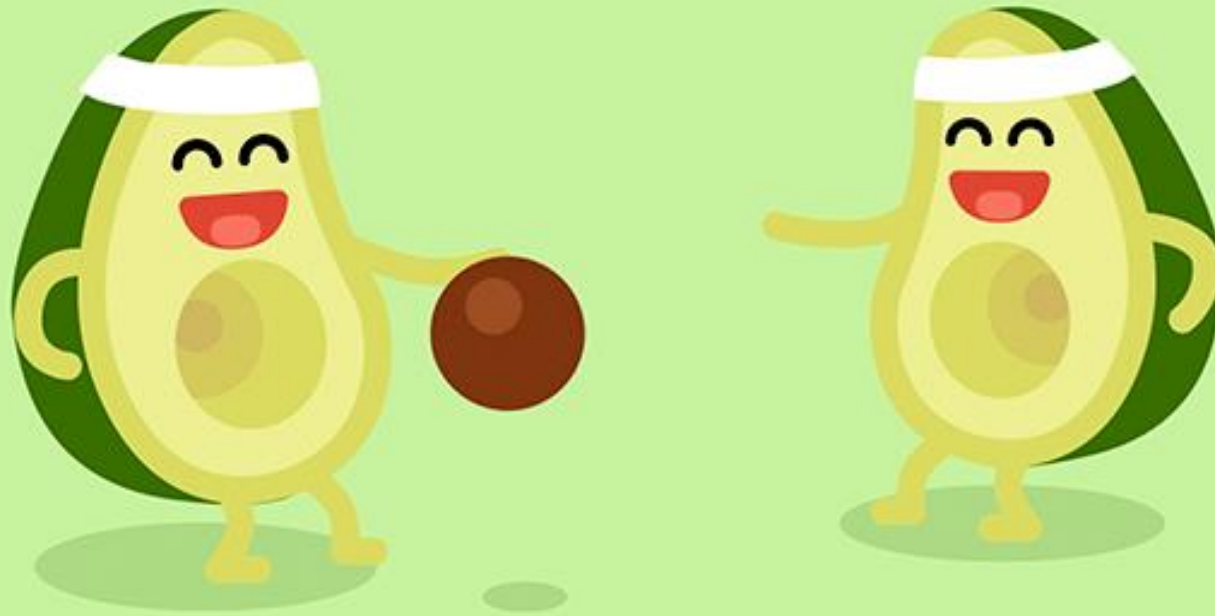


WHY VEGAN?

- Protecting the planet

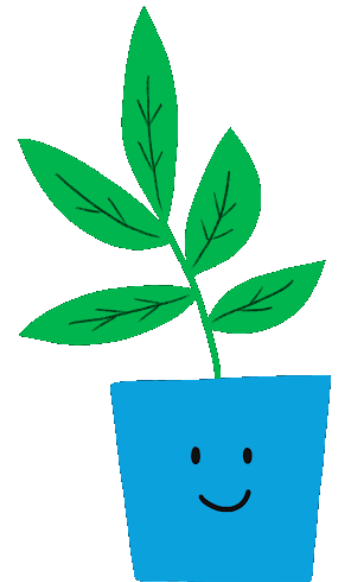


A balanced vegan diet includes all the nutrients you need to stay on healthy



Eating a diet rich in vegetables and fruits is good for your health

HEALTH



Love and compassion for animals



FRIENDS
NOT FOOD



BE KIND



GO VEGAN
HAVE EMPATHY

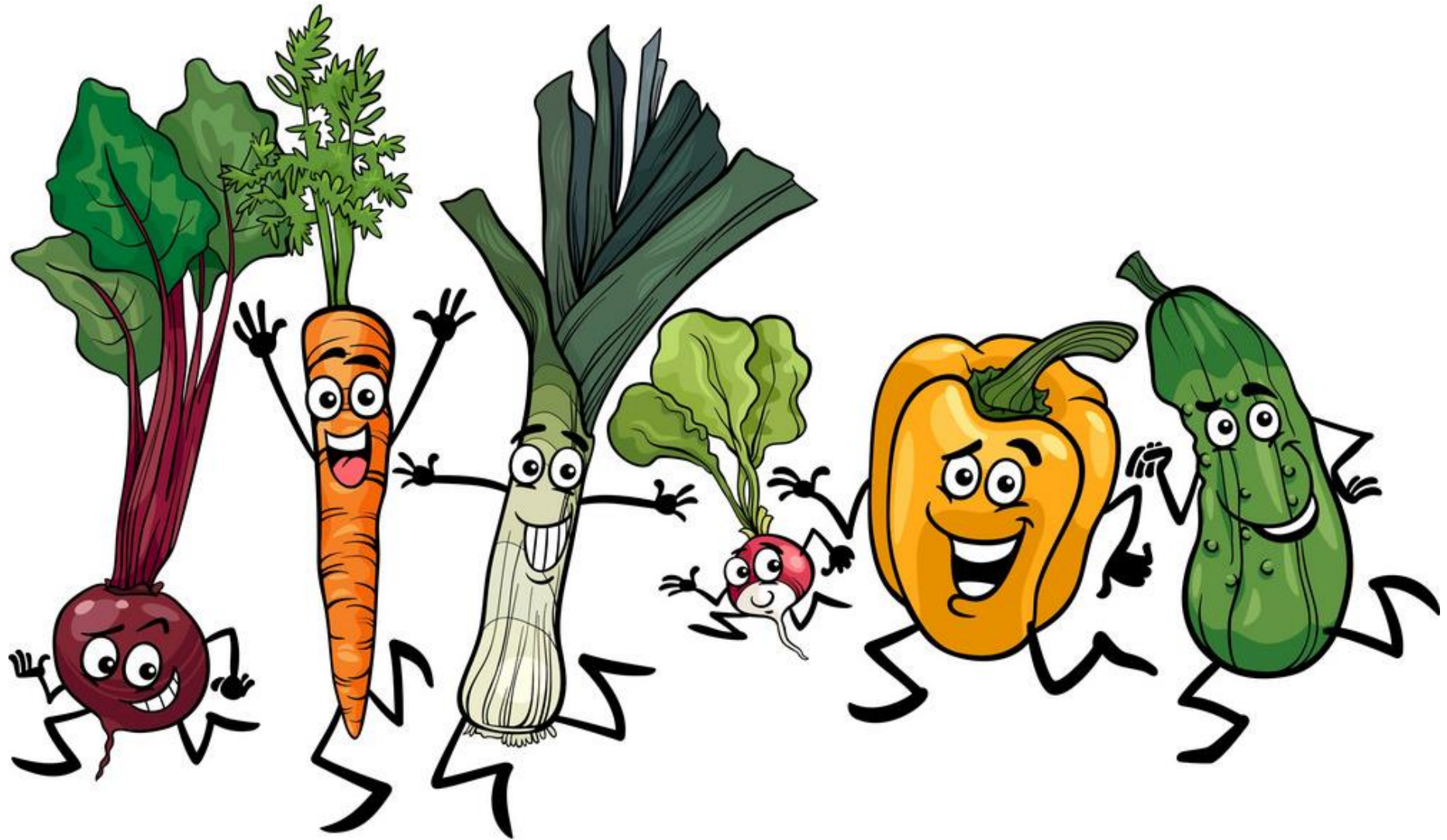


WHAT IS VEGETARIAN?

Vegetarians are similar to Vegans in that they do not eat meat.

Vegetarians may or may not include eggs, dairy and honey in their diets.

There are over **4 million** vegetarians and vegans in the UK - and many more people are choosing to eat less meat for health or environmental reasons



Vegan or Non-Vegan?

tomatoes



spinach



nuts



potatoes



honey



butter



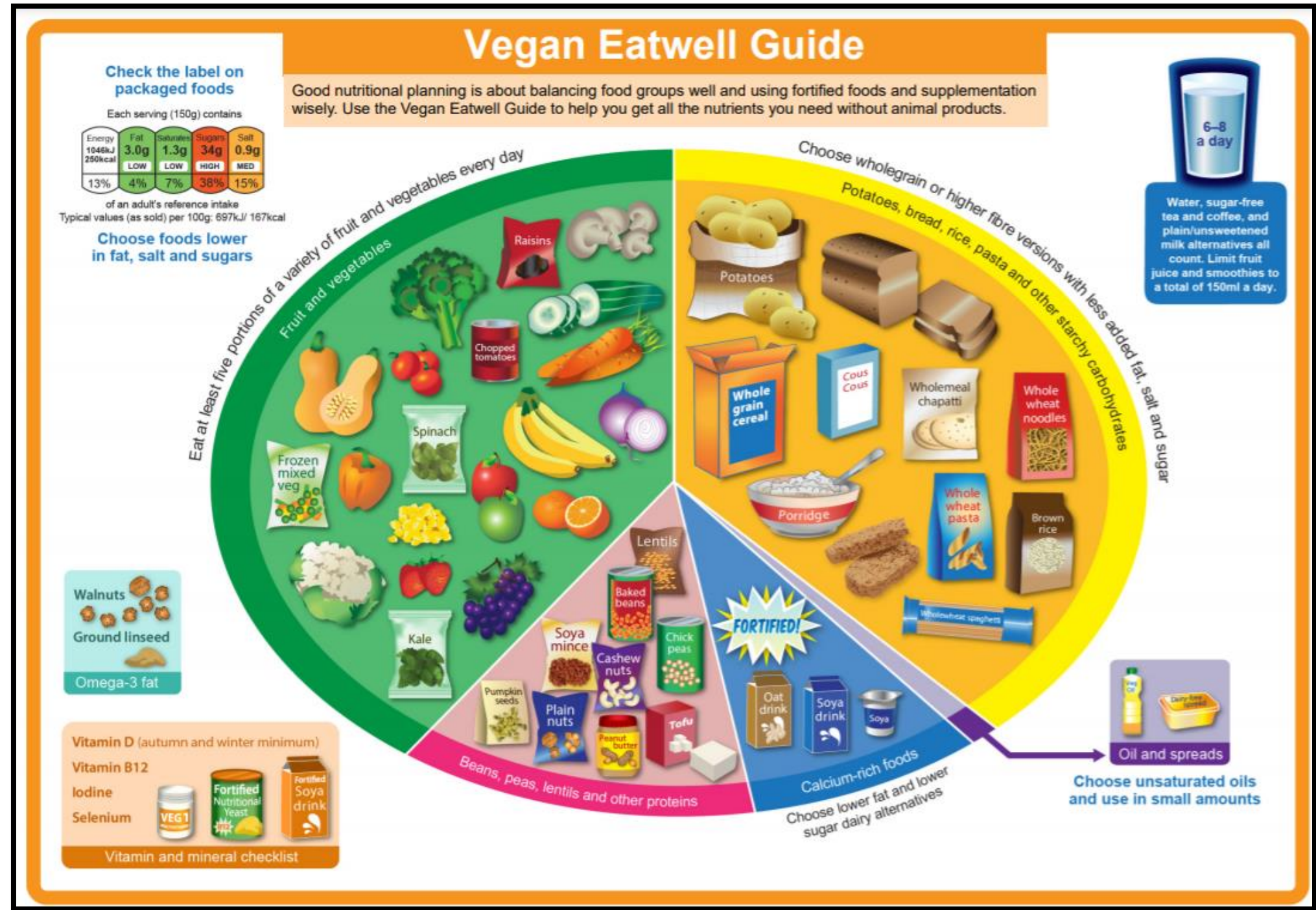
dairy milk



milk chocolate



Do you remember?





This Earth Day,
eat more plants!

Happy Earth day



Thank
You