

# Eating Vegan Q and As

## 1. Isn't Vegan food tasteless?

It shouldn't be at all, just follow recipes from trusted sources.

## 2. Isn't it very hard to eat only Vegan food?

It's probably much easier than you think, especially for a limited period I like Lent. When people switch to eating Vegan most discover it's easier than they'd imagined. If and when you decide to go Vegan permanently focus on 'crowding out' animal-based foods rather than cutting them out. Don't eliminate a meat, dairy, or egg product from your diet permanently until you've found two or three great new Vegan foods that can take their place. It eliminates all feelings of strain and sacrifice. Your diet actually becomes more interesting, varied, and delicious as you fill it with more and more Vegan foods.

Invest in a Vegan guidebook, which can provide invaluable pointers while making your journey quicker and easier. '[But I Could Never Go Vegan](#)' is full of recipes, and has gorgeous full-colour food photography throughout. Or download the free [Veganuary Celebrity Cookbook](#) and have a look at the other helpful resources on the website. You may find an ingredient which isn't readily available in French supermarkets if you do try health food shop, Google to either source or find a substitute.

And remember you won't be alone; you can reach out to the Holy Trinity Vegan WhatsApp group for help.

## 3. Won't I be deficient in protein if I give up eating meat?

World Health Organisation (FAO) figures show the average person in developed countries has a surfeit of protein in their diet. In 2015 their data show the average person in the US and Canada gets a 90g a day, a fifth more than the recommended amount. The average European is not far behind with 85g of protein a day.

There are an abundance of vegetables, nuts, seeds, beans and grains with very good levels of protein. Many nuts and seeds are valuable sources of protein. Many nuts and seeds are valuable sources of protein such as raw, unsalted almonds and pistachios. Although not strictly speaking a nut, peanuts are particularly rich in protein.

Soybeans are high protein and are used to make tofu, tempeh which, along with soymilk, can form protein-rich ingredients for many dishes. White beans, split peas, kidney beans and black beans are good sources also.

Whole grains such as quinoa, oats, wholemeal bread, brown rice and wholewheat pasta are also very good, as are beans, quinoa seeds being particularly protein-rich.

Certain pulses and legumes such as lentils and chickpeas are rich in protein. Many dishes use chickpeas as an ingredient, such as curries and hummus use chickpeas as a key ingredient.

Green peas, Brussel sprouts, sweetcorn, asparagus, spinach, potatoes and cooked broccoli are all good sources. Fruits with good protein levels are guava, passion fruit, avocado, pomegranates, apricots, blackberries and raspberries.

## 4. Isn't it more expensive to eat Vegan?

Meat is expensive (chicken less so) so by cutting it out you'll save money if you use a substitute such as tofu is widely available these days and particularly good value in Lidl.

Oxford University research published in the Lancet Planetary Health concluded that, in countries such as the US, the UK, Australia and across Western Europe, adopting a vegan, vegetarian, or flexitarian diet could slash your food bill by up to one-third. Vegan diets were the most affordable and vegetarian a close second.

If you look at our and other Vegan recipes you'll see the bulk of ingredients are everyday fruit, vegetables, beans, oils etc. These days regular supermarkets stock an ever growing range of Vegan Foods, as do Bio stores of course.

### **5. Can you be healthy as a Vegan?**

Yes, you can be *really* healthy as a Vegan. According to the [Academy of Nutrition and Dietetics](#), appropriately planned vegan, diets are healthful, nutritionally fine.

You can meet all of your nutritional requirements on a fully plant-based diet. Vegans usually get plenty of fibre, plant-based protein, healthy fat, important minerals, and vitamins from their diet.

### **6. Does a Vegan diet provide sufficient vitamins and nutrients?**

Although you can get all of the calcium you need from a vegan diet, Vegans may get less of certain nutrients—such as calcium, iron, zinc, and vitamin D—than meat-eaters. However, that doesn't mean that you have to be deficient if you manage your diet. For example, Vegans eat a lot more fruits, vegetables, grains, pulses, soy foods, nuts, and seeds than non-Vegans," which feature vitamins A, C, E, K, and B, as well as potassium and magnesium.

Raw almonds are the kings as a calcium source. High-calcium plant-based foods include soy milk, tofu, fortified nut milks, beans, kale, tahini, sweet potatoes, watercress, okra, and chia seeds. What's more, the calcium found in many plant-based foods such as dark leafy greens is more bioavailable than the calcium found in cow's milk. The body absorbs approximately 33 percent of the total calcium in dairy, but a whopping 62 percent of the calcium in broccoli is absorbed upon digestion for example.

Vitamin B12 is needed to form red blood cells and DNA and is also a key player in the function and development of brain and nerve cells. Whereas meat is big source of B12, plants are lacking so you want to take a supplement. Similarly, vitamin D is also not abundant in a Vegan diet. Livestock get it from sunlight which is what you can do. This may be difficult in Winter, or if you don't go outside enough, so you may want to take a supplement.

### **7. Haven't humans evolved to eat animals?**

Just because something is "natural", or because we have done it for a long time, doesn't mean it's the right thing in the 21<sup>st</sup> century. The sad reality is that our planet simply cannot support the world continuing to eat meat in anywhere near the quantity we in developed economies have been doing.

Whilst meat may have been crucial to survival in the past, especially during periods of famine, we now know that we can be healthy without eating animals. In fact, skipping meat can be very beneficial to our health!

### **8. How can I live without cheese?**

Learning about what most dairy cows go through may turn your stomach over (and your emotions) such that you may not want to have it anymore. If you still can't kick the habit trying Vegan cheese.

There are many good brands that regularly come out with new Vegan cheeses, and you can even make Vegan cheese at home. Check this out [almond ricotta](#) and [cheese sauce](#).

You can buy Vegan cheese in the likes of Auchan, Carrefour and E Leclerc. In a road test for these notes, a soft cheese and a grated one were tested and found to be a more than acceptable Emmental look alike. Cheese might be the most challenging food to let go of, but you can find many tasty dishes that don't even require any cheese. Just take it step by step!

### **9. What about 'lab' cultivated meat, poultry and fish?**

These are based on extracting a limited number of stem cells so they don't involve any killing, pain or discomfort so they could be an acceptable part of a Vegan diet. They could also be environmentally a lot Greener than raising living beings, however, the very small scale of current production means it's not clear how beneficial they'll environmentally be in mass volume.

All such products are expensive and given very limited sales it's not clear if they will get to mass scale which would permit prices to fall to an affordable level.