What is veganism?

Veganism is the practice of abstaining from the use of animal products, particularly in diet, and an associated philosophy that rejects the commodity status of animals.

Health Benefits

Vegan diets tend to be higher in dietary fiber, magnesium, folic acid, vitamin C, vitamin E, iron, and phytochemicals, and lower in dietary energy, saturated fat, cholesterol, omega-3 fatty acid, vitamin D, calcium, zinc, and vitamin B12. (The American Journal of Clinical Nutrition, 2009)

Environmental

The vegan diet is the optimal diet for the environment, in comparison to a vegetarian or omnivorous diet, because, “out of all the compared diets, its production results in the lowest level of GHG emissions” (Chai 2019)

Political/Economic

- A 2020 Swiss study showed that:
  - A vast majority of vegans are politically motivated and aims to induce change in society at large
  - They are highly engaged in a broad variety of political activities
  - Politically motivated vegans live vegan more strictly and are more politically active than vegans motivated by personal concerns (Kalte 2020)
- A shift to a vegan diet could produce more food for the world; an additional 350 million people (Eswaran, 2018)
- The US could save $250 billion a year in healthcare costs if it switched to a plant-based economy (Eswaran, 2018)

Implications

- Many worldwide organizations that are responsible for investigating the health and safety of foods have stated that well-planned vegan diets are regarded as appropriate for all stages of life, including infancy and pregnancy. (Craig 2009)

Conclusion

A vegan diet is extremely beneficial as it reduces greenhouse gas emissions through the lack of animal consumption, is rich in essential nutrients, is economically favorable, and can lead to a more positive outlook on the natural world and a greater appreciation for living things.

Graph Caption: A global switch to veganism would deliver the largest emissions savings. (Dune, Prater, and Goodman)

Flyer designed by Jules Orcutt, Elizabeth Bain, and Nola Dwyer-Hernandez

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