

For the Animals

Preventing the exploitation of animals is not the only reason for becoming vegan, but for many it remains the key factor in their decision to go vegan and stay vegan. Having emotional attachments with animals may form part of that reason, while many believe that all creatures have a right to life and freedom. Avoiding animal products is one of the most obvious ways you can take a stand against animal cruelty and animal exploitation everywhere. Roughly 60 billion land animals and over a trillion marine animals are used and killed for food per year. Vegans argue this is not needed as plant based food and drink alternatives are available in many areas around the world.

For Health Reasons

More and more people are turning to a vegan diet for the health benefits: increased energy, younger looking skin and feeling younger are just some of the claims from enthusiastic plant eaters. There are certainly many scientifically proven benefits to vegan living when compared to the average western diet. Some research has linked vegan diets with lower blood pressure and cholesterol; lower rates of heart disease; and less risk of developing type 2 diabetes and some types of cancer.

Well-planned plant-based diets are rich in protein, iron, calcium and other essential vitamins and minerals. The plant-based sources of these nutrients tend to be low in saturated fat, high in fibre and packed with antioxidants. This helps reduce some of the modern world's biggest health issues like obesity, heart disease, type 2 diabetes and cancer.

For People

A vegan lifestyle is a more sustainable way of feeding human populations. A plant-based diet requires only one third of the land needed to support a meat and dairy diet. With rising global food and water insecurity due to many environmental and economic problems, there's never been a better time to adopt a more sustainable way of living, and a vegan diet can offer just that. Avoiding animal products is not just one of the simplest ways an individual can reduce the strain on food, as well as other resources, it's the simplest way to take a stand against inefficient food systems. These unfortunately generally affect the poorest people all over the world.

For the Environment

The production of meat and other animal products places a heavy burden on the environment - from crops and water required to feed the animals, to the transport and other processes involved from farm to fork. The vast amount of grain feed required for meat production is a significant contributor to deforestation (forests being cut down), habitat loss and species extinction. In Brazil alone, the equivalent of 5.6 million acres of land is used to grow soya beans for animals in Europe. On the other hand, considerably lower quantities of crops and water are required to sustain a vegan diet, making the vegan diet a more suitable option for many people who take environmental issues into consideration.