



Your guide to going
vegan





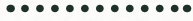
Welcome to Animal Aid's guide to going vegan














If you're new to veganism, or thinking of going vegan,
this handy guide will cover everything you need to
know, including:

- **Delicious** plant-based recipes
- **Advice** on vegan nutrition
- **Tips** on buying animal-free products
- **The benefits of veganism** for animals, for you and for the planet

Ready? Let's get started!

Contents



 Introduction	4
 Recipes	6
 Nutrition	18
 Animal ingredients to avoid	21
 Tasty alternatives to meat and fish	24
 Tasty alternatives to dairy and eggs	26
 Animal-free shopping	29
 Eating in	32
 Eating out	33
 The suffering of farmed animals	35
 Go vegan for your health	40
 Go vegan for the planet	42
 Animal Aid's animal-friendly shop	44



What is veganism?

Veganism is about putting compassion for animals into practice by living a cruelty-free life.

It means avoiding animal suffering wherever possible by **not buying or using products that come from animals**, as well as not participating in other forms of cruelty, such as visiting zoos or betting on animal racing.



Vegans follow a completely plant-based diet and do not eat anything that comes from an animal, including meat, fish, eggs, dairy products and honey.



Vegans also make sure that other things they use in their daily lives, such as **toiletries** and **cosmetics**, are free of animal products and have not been **tested on animals**. They also choose **not** to wear **wool, leather, silk, fur** or other clothing made from any animal-derived materials.

Why go vegan?

Being **vegan** means that you no longer contribute to industries such as animal farming and product testing that result in **the suffering and deaths of hundreds of millions of animals every year**, including those reared for milk and eggs (see pages 35-39).

A **balanced plant-based diet** is also **very healthy**, being naturally low in saturated fat and cholesterol and high in vitamins, minerals and fibre. Studies show that **vegans suffer lower rates of many diet-related illnesses**, such as obesity, heart disease, diabetes and certain types of cancer (see pages 40-41).

With animal farming having a massive impact on **climate change**, **water pollution** and **deforestation** (see pages 42-43), being vegan is also great for the environment.

Supermarkets and high street shops now stock a wider selection of vegan products than ever before – offering everything from dairy-free ice cream to faux fish fingers – so it's never been easier to go cruelty-free.

'With good planning and an understanding of what makes up a healthy, balanced vegan diet, you can get all the nutrients your body needs.'

- NHS Live Well Guide



Recipes



Tofu Scramble

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 SERVES 2

Ingredients

- 250g firm, plain tofu
- 1 garlic clove – peeled and crushed
- 1 tsp turmeric
- 1 tsp mixed herbs
- 1 tsp chilli flakes (optional)
- Soy sauce – a few splashes
- 2 tbsp vegetable oil for frying
- 2-4 slices of bread for toasting

Method

- 1** • Mash the tofu and then mix in the other ingredients.
- 2** • Heat the oil in a saucepan over a medium heat, then add the tofu mix and stir until heated through, approximately 3 minutes.
- 3** • Serve on toast.

French Toast with Berry Compote

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 SERVES 4

Ingredients

French toast

- 300ml soya milk
- 2 tbsp maple syrup
- 1 tbsp vanilla extract
- 20g plain flour
- 1 tsp ground cinnamon
- 4 tbsp sunflower oil for frying
- 8 slices thick white bread

Compote

- 4 handfuls blueberries
- 6 strawberries – sliced
- 1 handful raspberries
- 2 tbsp maple syrup
- 1 lemon – juiced

Method

- 1 •** In a jug, mix together the soya milk, maple syrup and vanilla extract.
- 2 •** In a large bowl, mix together the flour and cinnamon. Pour the milk mixture into the flour mixture and whisk until smooth to create a thick batter.
- 3 •** Heat the oil in a frying pan until hot. Dip the bread slices in the batter to coat, then fry for 2-3 minutes on each side until golden.
- 4 •** Whilst the slices are frying, make the compote by putting the blueberries, strawberries, raspberries, maple syrup and lemon juice into a pan and cooking over a medium heat until the fruit has softened. Stir regularly to avoid sticking.
- 5 •** Serve with the hot French toast.



Created by Katy Beskow –
www.littlemissmeatfree.com

Thai Bean Burgers & Sweet Potato Wedges

 SERVES 4

Ingredients

Potato Wedges

- 3 large sweet potatoes
- 1 tbsp olive oil
- Sprig of rosemary – leaves taken off stalk
- Freshly ground black pepper

Burgers

- 1 garlic clove – peeled and chopped
- 2.5cm (1 inch) piece of fresh ginger – peeled and grated
- 1 small red chilli
- Handful fresh coriander leaves
- 1 small lemongrass stalk – topped and tailed, then smashed under the handle of a knife and chopped
- 1 lime – juiced
- 1 tbsp soy sauce
- 2x 400g tin butter beans – drained and rinsed
- 6-8 spring onions – chopped
- 100g plain flour
- Freshly ground black pepper
- Olive oil for frying

Method

- 1 • Pre-heat oven to 180C / 350F / Gas 4
- 2 • Cut the potatoes into wedges and place on an oiled baking sheet. Turn in the oil. Sprinkle with rosemary and pepper. Bake for approximately 20-25 minutes.
- 3 • Put the garlic, ginger, chilli, coriander, lemongrass, lime juice and soy sauce in a food processor and blend into a smooth paste. (If you don't have a food processor or blender, chop the ingredients very, very finely.) Roughly mash the butter beans, add the chopped spring onions and paste, mix well and mould into burger-shaped patties.
- 4 • Put the flour on a plate and season with freshly ground black pepper. Gently turn the patties in the flour to coat. In a large frying pan, add the oil and fry the burgers on a high heat for a few minutes on each side.
- 5 • Serve with salad.



Vegetable Quiche



SERVES 4

Ingredients

Pastry

- 1 pack of ready-to-use vegan shortcrust pastry (available from most supermarkets)

OR

- 250g plain flour, and
- 125g dairy-free margarine (see p.27)

Veggie filling

- Olive oil for frying
- 1 medium onion – peeled and chopped
- 1 red pepper – de-seeded and chopped
- 1 broccoli head – chopped
- Handful of mushrooms – chopped (or vegetables of your choice)
- 3-4 garlic cloves – peeled and crushed
- 250g tofu (plain, smoked or silken)
- Splash of unsweetened soya milk
- 100g dairy-free cheese (see p.26)
- Salt and pepper to taste



Method

1 • Pre-heat oven to 200C / 400F / Gas 6

2 • Pastry: If not using ready-made pastry, rub the margarine into the flour until it resembles fine breadcrumbs. Add just enough water to make a smooth dough that is not sticky. Roll out on a floured board to size, then press into a greased 25-30cm quiche dish.

3 • Filling: Fry the onion lightly for a few minutes. Add the other vegetables and garlic and fry until they begin to soften. Take off heat and set aside.

4 • Break up the tofu into a blender and grate in the cheese. Add a little milk, then blend together until it forms a paste. Add this mixture to the cooked vegetables and stir well.

5 • Fill the pastry case with the vegetable and tofu mixture, then bake for 40-50 minutes or until browned on top. Allow to cool/set for a short while before slicing and serving with a salad.



Lasagne

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 SERVES 3-4

Ingredients

Tomato sauce

- 1 tbsp olive oil for frying
- 2 onions – peeled and chopped
- 2-4 garlic cloves – peeled and crushed
- Freshly ground black pepper
- 1 tin of chopped tomatoes
- 3 tbsp tomato purée
- 2 tsp yeast extract
- 1 tbsp herbs for seasoning
- 600ml vegetable stock
- 300g of frozen soya mince
- 1 pack of egg-free lasagne sheets

White sauce

- 60g dairy-free margarine
- 60g plain flour
- 750ml unsweetened soya milk
- 1 tsp English mustard
- 120g melting dairy-free cheese (e.g. VBites melting cheezly) – finely grated
- Plus a little extra 'cheese' for grating over the top
- 4 tbsp nutritional yeast flakes (e.g. Engevita, available from health food shops – optional for extra cheesy flavour)
- Freshly ground black pepper

Method

- 1 • Pre-heat oven to 190C / 375F / Gas 5
- 2 • In a large pan, heat 1 tbsp oil and fry onions until soft. Add garlic, black pepper, chopped tomatoes, tomato purée, yeast extract and herbs. Pour the vegetable stock into the pan, followed by soya mince. Cook until the mince has absorbed most of the liquid and then turn off heat.
- 3 • Meanwhile, make the white sauce by melting the margarine in a saucepan. Once melted, stir in the flour and cook for a further minute, stirring constantly so as not to burn. Then slowly add the soya milk and mustard to the flour mixture and stir constantly. Stir in the dairy-free cheese and bring to the boil. Then simmer for a few minutes until a nice thick 'custard' is made, stirring frequently. Taste it, season with pepper and add the nutritional yeast flakes for added 'cheese' taste if desired.
- 4 • In a large oven dish, put a layer of the tomato sauce, then a layer of lasagne sheets over this, then a layer of white sauce. Repeat the layers ending with the white sauce. Sprinkle with grated cheese.
- 5 • Cook in oven for 40 mins or until browned on top. Check a knife will cut easily through. Let the dish stand for 5 to 10 minutes before eating.
- 6 • Serve with green vegetables or garlic bread and salad.

Tip: If you can't use all the tomato sauce in the lasagne dish because it is not deep enough, use the remainder as a bolognese sauce with spaghetti the next day or as the base for a shepherd's pie.





Mushroom Stroganoff

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 SERVES 4

Ingredients

- Dairy-free margarine for frying (see p.27)
- 2 medium onions – peeled and chopped
- 3 large garlic cloves – peeled and crushed
- 500g mushrooms – sliced
- 150ml vegan white wine (see p.23)
- 1 heaped tbsp cornflour
- 250ml soya cream (e.g. Alpro Soya Cuisine)
- Lemon juice
- Freshly ground black pepper

Method

- 1 • Fry the onions and garlic in a little margarine until soft. Add the mushrooms and cook through. Once the mushrooms are cooked, add the wine and simmer until it has mostly evaporated.
- 2 • Mix three tablespoons of water with the cornflour to make a paste and then add this and the cream to the vegetables. Simmer for 15 minutes. Add water if it starts to dry out. Add a good squeeze of lemon juice and season with black pepper.
- 3 • Serve with rice.



Sausage and Bean Casserole

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 SERVES 2-4

Ingredients

- 2 tbsp olive oil for frying
- 1 onion – peeled and sliced
- 1 courgette or carrot – sliced (optional)
- ½ tsp smoked paprika
- 400g tin chopped tomatoes or ½ jar passata
- 400g tin white beans e.g. butter beans or cannellini
- 4 vegan sausages (e.g. Fry's, see p.24) – sliced
- ½ tsp vegetable bouillon powder
- Chopped parsley to taste
- Freshly ground black pepper to taste

Method

1 • Heat the oil in a pan and sauté the onion and courgette (or carrot) until soft. Add the paprika and stir briefly. Then add the tomatoes, beans and sausages. Add the bouillon powder and stir. Add water if needed.

2 • Cook for 10 minutes until the liquid is reduced. Add fresh parsley and black pepper as required. Serve with jacket potato, rice or crusty bread.

Created by Liz Hughes – www.ourlizzy.com

Chocolate Orange Sponge Cake

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SERVES 8-10

Ingredients

Sponge

- 180ml water
- 175g brown sugar
- 100ml sunflower oil (or other light vegetable oil)
- 300g white self-raising flour
- 2 tsp baking powder
- 2 heaped tbsp cocoa powder

Chocolate orange icing

- 100g dairy-free margarine (see p.27)
- 150g icing sugar – sifted
- 50g cocoa powder – sifted
- 1 small orange – juiced and zested

Method

- 1 • Pre-heat oven to 180C / 350F / Gas 4
- 2 • Grease two 18cm / 7inch cake tins with dairy-free margarine.
- 3 • **Sponge Cake:** Mix the water, sugar and oil in a pan and heat gently, stirring until the sugar dissolves. Leave to cool and then add the dry ingredients, folding the mixture together carefully – rather than beating it – until well mixed. Pour into tins and bake for approx 30 mins. Leave to cool for only 2 or 3 mins. Gently go around the edge with a blunt knife and turn out onto a wire rack. Leave to cool.
- 4 • **Icing:** In a bowl, beat the margarine until soft then gradually add the icing sugar and cocoa, beating until smooth. Add only a little of the orange juice and zest at a time – you'll need far less liquid than you think – and mix thoroughly. Spread half the icing onto one cake and put the other cake on top. Coat the top of the finished cake with the remaining icing.

Image: flavourphotos



Strawberry and Kiwi Cheesecake



SERVES 6-8

Ingredients

Base

- 350g vegan digestive biscuits
- 75g dairy-free margarine (see p.27)

Cheesecake mixture

- 3 lemons – zested and juiced
- 450g silken tofu
- 100ml soya milk
- 100ml sunflower oil
- 100g soft brown sugar
- 1 tsp vanilla essence

Topping

- 85g vegan strawberry jelly crystals (see p.25)
- 1 kiwi – sliced

Method

1 • Pre-heat oven to 160C / 325F / Gas 3

2 • Grease a loose-bottomed, deep, 20cm / 8inch cake tin with dairy-free margarine.

3 • Cheesecake: Crush the digestives until they resemble fine breadcrumbs. Melt the margarine gently in a saucepan, pour in the biscuit crumbs and mix well. Press the biscuit-mix firmly into the cake tin until about 1cm deep.

4 • Put the tofu, soya milk, sunflower oil, sugar and vanilla essence into a food processor with the lemon juice and zest. Blend together until the mixture is smooth and creamy. Pour the blended mixture onto the base, smooth the top and place in the oven for one hour or until the top turns a rich golden brown.

5 • Topping: Allow the cheesecake to cool. Follow the instructions on the jelly packet. Arrange the slices of kiwi fruit on top of the cheesecake, then pour on the hot jelly. Leave to cool and then place in the fridge to set.



Image: Sarah Tildesley



Chocolate Chip Cookies

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MAKES 24

Ingredients

- 225g dairy-free margarine
- 250g sugar
- 1 tbsp molasses
- 1 tsp vanilla extract
- 500g plain flour
- 1 tbsp soya flour
- 1 tsp bicarbonate of soda
- 1 tsp salt
- 100ml soya milk
- 150-200g plain chocolate chips

Method

- 1** • Pre-heat oven to 190C / 375 F / Gas 5
- 2** • Cream the margarine, sugar, molasses and vanilla with an electric whisk (or a wooden spoon).
- 3** • Sift in the flours, bicarbonate and salt. Whisk until well mixed. Then add the chocolate chips and soya milk and fold in. Lightly grease two flat baking sheets with dairy-free margarine. Using your hands, roll the dough into balls, then press down onto the tray to form cookies. Bake for 10 minutes. Transfer to a cooling rack.

*Featured in 'Another Dinner is Possible' by Isy and Mike.
Available from Animal Aid.*



Image: Fern Tor B&B

Fernbocker Glory

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 MAKES 1

Ingredients

- Dairy-free vanilla ice cream (see p.27)
- Vegan chocolate cake (bought or home-made – see recipe on p.14)
- Tinned raspberries and the juice, or fresh raspberries and some fruit juice
- Provamel or Alpro chocolate dessert
- Dairy-free chocolate ice cream (see p.27)
- Soya cream (see p.26)

Method

- 1 • Take a tall ice cream glass and layer the ingredients from the bottom up in the following order: vanilla ice cream, chocolate cake, raspberries with juice, chocolate dessert, chocolate ice cream and to finish off, a raspberry and some soya cream on the top.

Created by Cliff and Jane from Fern Tor B&B, South Molton, Devon (www.ferntor.co.uk)



Nutrition

Providing you eat a balanced and varied diet, you can obtain all your body's nutritional requirements from plant-based foods.

Protein – needed for energy, growth and the body's repair:

Protein needs are automatically met by a balanced plant-based diet. Tofu, rice, all kinds of beans, pulses, wholegrains, soya milk and cereals are rich sources.

Omega 3 – important for a healthy nervous system and to support the heart: Animal-free sources include plant oils, such as flaxseed, rapeseed and hemp, and these, unlike fish oils, do not contain pollutants from the contaminated seas. Other lesser sources of Omega 3 include nuts and seeds (especially walnuts), green leafy vegetables and grains.

Vitamins

Vitamin A – important for good vision, bone growth and a healthy immune system: carrots, sweet potatoes, spinach, green leafy vegetables, watercress, tomatoes, yellow and red peppers, mangoes, apricots.

B Vitamins – for proper functioning of the brain, heart and nerves, and for blood formation: green leafy vegetables, mushrooms, avocados, beansprouts, wholemeal bread, nuts, bananas, currants and other dried fruits, sunflower and sesame seeds, yeast extracts.

Vitamin B12 – important for maintaining a healthy nervous system: The most reliable sources are yeast extracts, nutritional yeast flakes (e.g. Engevita), fortified soya products (e.g. milk and margarine) and breakfast cereals. If it's more convenient, simply take a 10 microgram B12 supplement daily.

Vitamin C – important for a strong immune system, and healthy skin, blood vessels and gums: green leafy vegetables, broccoli, cabbage, green peppers, parsley, potatoes, frozen peas, oranges and other citrus fruits, blackcurrants, kiwi fruit.

Vitamin D – needed for healthy bones: Vitamin D is produced by our bodies on exposure to sunlight, so during winter months, you will need a top-up. You can obtain Vitamin D (in the animal-free version known as D2) from fortified soya milks, dairy-free margarines and breakfast cereals.

Vitamin E – protects cells from damage and increases muscle strength: olive oil, red peppers, tomatoes, wholegrains and wheatgerm (e.g. in wholemeal bread), tahini (sesame seed paste), nuts (especially hazelnuts and almonds), seeds, avocados.

Minerals

Calcium – needed for strong bones and proper functioning of nerves, muscles, kidneys and heart: Products such as breakfast cereals, soya milk and non-dairy margarine are fortified with calcium. Nuts, seeds, green leafy vegetables, tofu, wholemeal bread and dried fruit are good natural sources.

Iodine – important for the healthy functioning of the thyroid: Seaweeds are rich sources, particularly kelp and hijiki. Powdered seaweed can be added when cooking, but if you are not keen on the slightly fishy flavour, then iodine can be bought as a food supplement in tablet form, or as iodine-enriched salt.

Iron – needed for the production of blood cells and transporting oxygen: green leafy vegetables, beans and lentils, tofu, pumpkin seeds, figs, dried apricots, dates.

Magnesium – important for healthy metabolism and bones: green leafy vegetables, broccoli, almonds and cashew nuts, wholegrain bread, yeast extract, soya beans and tofu, bananas.

Potassium – for maintaining water balance and regulating blood pressure, and for healthy functioning of the heart, brain and nerves: potatoes, pumpkin, tomatoes, Brazil nuts, chickpeas, strawberries, bananas, oranges.

Selenium – for healthy cells and immune function: wholegrains, porridge oats, rice, beans, pulses, nuts (especially Brazil nuts).

Zinc – for a healthy immune system and to promote wound healing: wholegrains, brown rice, baked beans, lentils, pumpkin, sesame seeds, nuts, tofu.



Animal ingredients to avoid

As well as obvious things such as meat, milk, eggs and honey, there are a host of other food ingredients that come from animal products. Here's a list of the most common ones to avoid.

Whey

A milk by-product that is often used in processed foods, especially baked goods (biscuits, cakes, etc.) and breakfast cereals.



Animal-free alternative:

Choose a dairy-free version of the product you want to buy

Gelatine

A jelly-like substance made from boiled animal bones, skin and ligaments.



Animal-free alternative:

Agar, carrageenan or pectin

Vitamin D3

A vitamin supplement often found in breakfast cereals that is usually made from oily fish or lanolin (from sheep), but may come from plant-based sources.



Animal-free alternative:

Look out for the plant-based version, vitamin D2, or products specifically labelled as vegan

E120 (cochineal or carmine)

Red food colouring made from insects.



Animal-free alternative:

Avoid products with lots of E numbers, or use non-animal versions, such as E160d

E904 (shellac) & E901 (beeswax)

Resins produced by insects that are used to glaze both food and non-food items.



Animal-free alternative:

Avoid products with lots of E numbers or choose un-glazed/un-waxed versions

E322 (lecithin)

A fatty substance found in nerve tissue, egg yolk and blood. Used to emulsify fats and oils.



Animal-free alternative:

Soya lecithin & sunflower lecithin

Lactose

A sugar usually derived from cows' milk.



Animal-free alternative:

Other forms of sugar can be used, depending on the situation, or choose a dairy-free version of the product you want to buy (see p.26-27)

Casein

A milk protein that is the main component of cheese and is sometimes used as a food additive.



Animal-free alternative:

Choose a dairy-free version of the product you want to buy (see p.26-27)

Suet, dripping & lard

Solid fat from the bodies of cows, pigs or sheep.



Animal-free alternative:

Vegetable suet, dairy-free margarine (see p.27), coconut oil and other vegetable oils

Albumin

Proteins found in egg whites and blood, often used as binding agents.



Animal-free alternative:

Choose an egg-free version of the product you want to buy (see p.26-27)

Worcestershire sauce

A flavouring sometimes used in processed foods that contains anchovies (small fish).



Animal-free alternative:

Vegan versions of Worcestershire sauce are produced by Biona, Geo Organics, Tiger Tiger and Granovita. Also try mushroom ketchup.

Quorn

A meat substitute made from mycoprotein, which also usually contains egg and milk proteins.



Animal-free alternative:

Quorn has a limited range of vegan products with clearly labelled packaging, or you can choose from a number of other vegan meat substitutes (see p.24-25)

Alcohol

You may be surprised to hear that not all alcoholic drinks are suitable for vegans.

Many beers and wines are cleared using animal products such as isinglass, which comes from the swim bladders of fish. Others may include ingredients such as blood, bone marrow, egg white, fish oil, gelatine, milk or shellfish.

However, there are still plenty of drinks that are suitable for vegans. Spirits are usually okay, but watch out for those made with honey or cream. Most lagers and ciders are filtered without the use of animal products, so are perfectly fine, but some still use isinglass. Sadly, most ales and bitters are unsuitable, especially those served from hand pumps in bars and pubs (cask beers); however, many bottled versions are vegan-friendly.

Some wineries and breweries state on the bottle whether the drink is suitable for vegans, and some supermarkets - including Co-op, Sainsbury's and Marks & Spencer - now label their own-brand beverages.

For other brands, a comprehensive list of which are vegan can be found at www.barnivore.com or you can check with the manufacturer directly.



Tasty alternatives to meat and fish

The range of delicious meat substitutes that are suitable for vegans is now bigger than ever. Here is a selection of the leading brands available in the UK.

Please note that whilst we try to keep information up to date, the ingredients of some products may be altered without notice, so do check packaging to be certain.

● Burgers

Fry's • VBites • Vegusto • Cauldron* Frozen Wholefood Burgers • Linda McCartney* (except Mozzarella 1/4lb burger) • Quorn* Hot & Spicy Burger • Vegetarian's Choice • Dragonfly • Amy's Kitchen* • Dee's • Taifun • Vivera • Gosh! • Moodley Manor • Sgaia Mheat • Viana • More Than Meat • Sojade • Sojasun • Some supermarket own-brands* • For making your own: Granose Burger Mix • Amisa Veggie Burger Mix • Just Wholefoods Organic vegetarian Burger Mix.

● Sausages

Linda McCartney* • Fry's • VBites • Vegusto • Cauldron* Frozen Wholefood Sausages • Tofurkey • Dee's • Taifun • Wicken Fen • Dragonfly • Vegetarian's Choice • Wheaty • Viana • Vegandeli • Vegourmet • Vivera • For making your own: Granose Sausage Mix • Direct Foods Sosmix • Just Wholefoods Organic Vegetarian Banger Mix.

● Tofu

Cauldron* • Blue Dragon* • Clearspring • Clear Spot • Taifun • Dragonfly • Viana • Yatuka • Marigold • Mori-Nu • The Tofoo Co. • Unbranded from Asian supermarkets.

● Mince

Linda McCartney* • Fry's • VBites • Vegusto • Granose • Vivera • Moodley Manor • Sojasun • Some supermarket own-brands* • Textured vegetable protein (TVP).



● Fish

VBites • Quorn* • Linda McCartney* • Fry's • Clear Spot • Vegourmet.

● Jelly

Just Wholefoods jelly crystals • Ahmed jelly crystals • Fruitypot JellySqueeze*
• Some supermarket own-brands.

● Other

Linda McCartney* (pies, sausage rolls, pulled 'chicken' and hoisin 'duck') • Fry's (schnitzels, nuggets, meat-style strips, pies, sausage rolls and roasts) • VBites (fake meat slices, bacon-style rashers, roasts, pizzas, pies, paté, meat-style pieces, nuggets, quiche, faux meatballs, schnitzels, pasties, sausage rolls, etc) • Quorn* (chicken-style pieces, nuggets and fillets) • Vegusto (fake meat slices, roasts, and schnitzels) • Tofurkey (fake meat slices, roasts, bacon-style rashers) • Wheaty (fake meat slices, faux steaks, kebab and meat-style pieces) • Taifun (fake meat slices and fillets) • Amy's Kitchen* (range of ready meals) • Vivera (meat-style pieces, paté and schnitzels) • Viana (steak, fillets, nuggets and kebab) • Sgaia Mheat (rashers and steaks) • More Than Meat (sausage rolls and sausage patties) • Moodley Manor (roast and bacon-style rashers).

* Please note: Not *all* products made by these companies are suitable for vegans – please check packs for details.

These are **just a few** of the many **meat and fish alternatives** you can eat!





Tasty alternatives to dairy and eggs

● Soya milk

Supermarket own-brands* • Holland & Barrett own brand* • Alpro • Provamel • So Good • Granovita • Sojade • Sojasun • Plamil • Bonsoy • Soya Soleil • Vive Soy • Ecomil (powdered) • Soy Dream • Joya.

● Other non-dairy milk

Rice Dream • Oat Dream • Coconut Dream • Almond Dream • Nut Dream • Spelt Dream • Ecomil (almond, coconut, hazelnut, hemp, quinoa, sesame, also powdered varieties) • Good Hemp • Oatly • Alpro (almond, hazelnut, coconut, rice, oat) • Provamel (almond, cashew, hazelnut, macadamia, coconut, rice, oat, spelt) • Almond Breeze • Koko Dairy Free (coconut) • Provitamil (oat) • Rebel Kitchen (coconut) • Rude Health (almond, hazelnut, brown rice, coconut, oat) • Joya (rice, almond, oat, coconut, multigrain) • Plenish (almond, coconut, cashew, hazelnut) • Califia Farms (oat, almond, coconut) • Supermarket own-brands*.

● Cream

Alpro (soya and coconut) • Provamel • Oatly (creamy oat and creamy oat fraiche) • Soyatoo carton (soya, coconut, rice) • Soyatoo squirty (soya, rice) • Schlagfix carton (sweetened and unsweetened) • Schlagfix squirty • Ecomil (almond and coconut).

● Cheese

Violife (block, slices, cream cheese) • VBites 'Cheezly' • Bute Island Foods 'Sheese' (block, grated and cream cheese) • Vegusto 'No-Moo' • Sainsbury's 'Deliciously Free From'* (block, grated and cream cheese) • Tesco 'Free From'* (block and cream cheese) • Tofutti (block, slices, grated and cream cheese) • Tyne Chease • Teese • Vegourmet 'Jeezini' and 'Jeezo' • Follow Your Heart 'Vegan Gourmet' • Wilmersburger • MozzaRisella • Vegamigo.

● Yogurt

Alpro • Provamel • Co Yo • Coconut Collaborative • Koko Dairy Free • Tesco 'Free From'* • Sojasun • Sojade • Joya • Nush.

● Mayonnaise

Granovita • Really Not Dairy (original, chipotle, roasted garlic) • Tiger Tiger • Plamil (plain, garlic, chilli, tarragon, lemongrass) • Follow Your Heart 'Vegenaise' • Geo Organics • Mr Organic • Probios • Moodley Manor.

● Margarine

Pure • Vitalite • Flora Freedom* • Koko Dairy Free • Supermarket own dairy-free ranges* • Biona* • Suma*.

● Ice cream

Swedish Glace • Almond Dream • Coconut Collaborative • Alpro • Co Yo • Supermarket 'Free From'* • Booja Booja • Fry's • Food Heaven • Ice Delight • Nana Nice Cream • Mamma Cucina • Frill • Whole Creations • Many sorbets.

● Custard

Alpro • Provamel • Oatly • Suma Custard Powder* • All Natural Custard Powder • Orgran Custard Mix • Bird's Custard Powder*.

● Egg Replacer

Orgran 'No Egg' • Ener G • Follow Your Heart 'VeganEgg' • Free and Easy • The Vegg • Megga Exx • Vegamigo Omlett Mix.

* Please note: Not all products made by these companies are suitable for vegans – please check packs for details.





Animal-free shopping

You can now find many vegan products in supermarkets, high street shops and online, but where are the best places to go for cruelty-free shopping?

Health food shops

Independent health food shops, as well as major chains like Holland & Barrett, often stock a wide variety of vegan alternatives to meat and dairy products (see p.24-27), with independent stockists often willing to order things in specially, if you ask. They are also a great place to go to bulk-buy nuts, pulses and whole grains and to find some of the more exotic ingredients required for certain vegan recipes. A small but growing number of health food shops are even stocking vegan-only products, so please support these if you can.

Supermarkets

Most supermarkets now have a 'Free From' aisle where you can usually find speciality vegan products. Some also have additional refrigerated and frozen 'Free From' sections for meat and dairy substitutes. Sainsbury's and the Co-op have taken the step of labelling their own-brand products as 'suitable for vegans' where applicable, and Tesco and Asda are currently introducing the measure. Online supermarket Ocado also has a dedicated vegan section with a wide range of products.





Online stores

There are a number of specialist internet-based retailers who can deliver vegan products right to your door. Some of these focus on particular product types, such as dairy-free chocolate or vegan cheese, whilst others offer a broad range of animal-free items. You can find many of these companies by searching online, but here is a small selection:

www.alternativestores.com

www.animalaidshop.org.uk

www.shopvegan.co.uk

www.vegancross.com

www.veganstore.co.uk

www.vegantown.co.uk

www.veggiestuff.com

shop.thevegankind.com



Clothing and footwear

With wool coming from exploited animals, and leather, silk and fur being the products of slaughter, these are obviously not suitable for vegans. But you need not go naked! Most clothing retailers stock a range of affordable, durable and fashionable clothing and accessories made from synthetic materials or natural plant fibres, such as cotton, linen and hemp.



Some high street shoe shops sell leather-free footwear, but you will find a much greater selection available from these online retailers:

www.alternativestores.com

www.freerangers.co.uk

www.animalaidshop.org.uk

www.veganline.com

www.bboheme.com

www.veganstore.co.uk

www.beyondskin.co.uk

www.vegetarian-shoes.co.uk

www.eco-vegan-shoes.com

www.wills-vegan-shoes.com

www.ethicalwares.com

Toiletries, cosmetics and household products



Whilst labels such as the internationally recognised '**leaping bunny**' logo can provide assurance that a product has not been tested on animals, it may still contain ingredients that come from animals, including some of those listed on p.21-22, making it unsuitable for vegans.

The Co-op, Superdrug and Lush Cosmetics label which of their toiletries and household products are vegan-friendly. There are also a number of companies that specialise in animal-free products:

Household cleaners: Astonish • Bio-D • Faith In Nature • Suma

Toiletries and cosmetics:

Beauty Without Cruelty •
Faith In Nature • Honesty
Cosmetics • Fairy Pants •
Amie Skincare • Eyes Lips
Face • Pacifica • Inika





Eating in

Simple suggestions for **breakfast**, **lunch** and **dinner**

Breakfast

- **Porridge**, soya milk & maple syrup
- **Toast** & peanut butter
- **Fruit salad**, muesli & soya yogurt
- **Beans** on toast
- **Fruit smoothie**
- **Vegan grill** or **fry-up**: with vegan sausages and 'bacon', fried mushrooms, fried tomatoes, hash browns & beans

Lunch

- **Baked potato**, salad & beans
- **Tortilla wrap** with falafels, salad & houmous
- **Vegetable soup** & roll
- **Vegan curry** ready-meal
- **Sandwich** – see right
- **Pot noodle** or pot rice

Dinner

- **Spaghetti** with vegan bolognese
- **Spicy tofu stir-fry** with rice or noodles
- **Vegan bangers & mash** with vegetables
- **Roasted vegetables** & cous cous
- **Pasta**, jar of sauce & veg
- **Vegetable curry** (fried onion, tin chopped tomatoes, curry paste, veg of choice)



Sandwich suggestions

- Peanut butter & banana
- Marmite & tomato
- Avocado, tomato & houmous
- Grated carrot, houmous, pine nuts & cucumber
- Cheatin' chicken, salad & egg-free mayo
- Dairy-free cheese & pickle
- Dairy-free cream cheese & apricot jam
- Cheatin' turkey slices & egg-free mayo
- Cheatin' ham with tomato & mustard
- Vegan sausages & ketchup
- VLT (vegan bacon, lettuce & tomato)
- Roasted vegetables & houmous
- Avocado, raw spinach, cucumber & egg-free mayo
- Dairy-free cream cheese, olives & sun-dried tomatoes
- Toasted Cheatin' ham, dairy-free cheese & tomato



Eating out

More and more restaurants, including major high street chains, are now offering vegan options on their menus. And even if you can't find anything suitable, chefs can often adapt vegetarian dishes by leaving out cheese or cream, or even make something just for you, especially if you call in advance. Don't be afraid to ask.

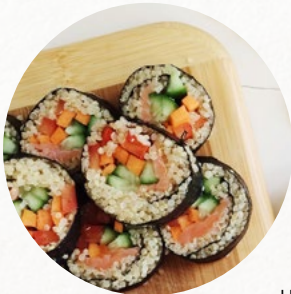
There is also a growing number of independent vegetarian and vegan eateries that can provide 100 per cent plant-based meals. To find one near you, visit www.happycow.net

Asian restaurants



Some Asian countries have a long history of meat-free cooking, which makes Asian restaurants great for finding vegan options. **Indian restaurants** are especially good, but be sure to **avoid paneer** (cheese) and **ghee** (butter oil), and make sure that your meal doesn't contain **yogurt** or **cream**. You

can always ask your waiter to make sure these are left out. Many dishes at **Chinese, Thai** and **Vietnamese restaurants** are also vegan-friendly, just order rice noodles or plain rice instead of egg ones, and ask them not to use fish sauce.



High street chains

A number of major restaurant franchises now have vegan options available. These include:

- JD Wetherspoon's
- Nando's
- Pizza Express
- Toby Carvery
- Wagamama
- Handmade Burger Co.
- Zizzi's
- Ask Italian
- Harvester
- Bella Italia
- YO! Sushi
- Las Iguanas

Other familiar, big-name restaurants can also adapt items from their menu to make them suitable for vegans by, for example, leaving out cheese.

Snacks and sandwiches

If you need to grab a quick bite to eat, you can find vegan food to go at most branches of **Caffè Nero**, **Pret A Manger**, **Starbucks**, **Marks & Spencer** and the **West Cornwall Pasty Company**.

You can also find staples like jacket potatoes and chips at many cafés, which you can have with **baked beans**, **houmous**, **salad** or **another vegan topping**. And you'll also find **vegetable spring rolls**, **onion bhajis**, and **falafel** in supermarkets and many convenience stores.



A close-up photograph of a pig's face, showing its eye, ear, and snout. The pig has light brown, slightly matted fur. The background is a soft, out-of-focus green, suggesting an outdoor setting.

The suffering of farmed animals

Approximately
ONE BILLION
farmed animals are
killed for food each
year in the UK.

Every animal farmed for his or her meat, eggs or milk is an individual with a unique personality. Just like us, they can be shy, playful and affectionate. And they are all capable of feeling fear, pain and distress.

Farmed animals are typically locked-up, forcibly impregnated, fattened and slaughtered. They are exploited to their limits so that farmers can get the most profit from them. Their flesh, milk and eggs are often sold in ways designed to hide the fact that they come from living, feeling beings.

Most farmed animals are kept in **huge, crowded, barren units for the whole of their short lives**. Pigs, chickens, turkeys and ducks have long been kept this way and now dairy cows, goats and sheep are increasingly being factory-farmed too. To try to prevent bored and stressed animals from hurting each other, farmers subject them to mutilations, such as beak trimming, castration and the removal of their tails, usually without anaesthetic.



Life is no better for those animals, such as sheep, who are left out in fields in the driving rain and snow, or scorching heat. They are often left without any shelter or even enough feed and drinking water. Every year around one-in-20 adult sheep die of cold, starvation, sickness, injury or complications in pregnancy. They often die before the farmer realises anything is wrong.

Free-range and organic

Don't be fooled by these labels. 'Free-range' animals can still be kept in crowded barns for most of their lives with only limited access to the outside. Organic farming is largely for the benefit of people who don't want drugs, pesticides and other chemicals in their food. Whilst this can mean that animals are kept in cleaner conditions to prevent them from getting sick, it can also mean that animals don't receive the medicines they need when they do get sick. But regardless of whether animals are raised under factory farm, free-range or organic conditions, **they all face a terrible slaughterhouse death**, usually at just a few weeks or months old – just a tiny fraction of their natural lifespan.



Humane slaughter?

Killing other creatures so that we can eat them can never be regarded as humane when **no animal wants to die**. Secret filming by Animal Aid inside a number of randomly chosen British slaughterhouses has revealed **terrible cruelty**. We have seen sadistic use of stunning equipment to torture animals; sheep being



picked up by their ears and fleeces and thrown across rooms; pigs having cigarettes stubbed out on their faces; a ewe being stunned and killed whilst suckling her lamb; and animals being kicked, punched and beaten. We found **little difference** in the treatment of animals at conventional slaughterhouses, 'higher welfare' establishments and non-stun, religious abattoirs – **all resulted in terrible suffering**.



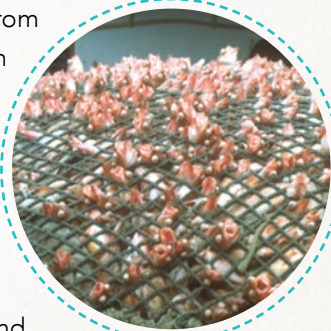
A calf is trodden on at the slaughterhouse, filmed secretly by Animal Aid

Do fish suffer?

There is now convincing scientific evidence that fish and crustaceans – such as lobsters and crabs – are capable of feeling pain and stress.

Fish have a brain, nervous system and pain receptors.

When hauled up from the sea, the sudden change in pressure can rupture their internal organs, cause their eyes to pop out and push their insides out through their mouths. They die from crushing, suffocation or from being sliced open on the deck of the ship.



Commercial fishing is causing fish populations to **collapse all over the world**. The blue fin tuna and other species continue to be caught and killed, despite being listed as **endangered**. Eating farmed fish actually makes the problem worse because four tons of ocean-caught fish are needed to feed just one ton of farmed fish.

In the crowded, underwater cages on fish farms, **disease is common** and spreads quickly, often infecting wild fish, too. Many become infested with **lice that eat them alive**. There are **few laws** covering the welfare of fish and they may be killed in any of a number of ways, including clubbing, gassing, suffocation, being bled to death or being gutted alive.



What's wrong with milk?

The dairy cow is one of the most exploited of all farmed animals. Selectively bred to produce unnaturally large and ever-increasing quantities of milk, she is also subjected to a constant cycle of pregnancies, usually by artificial insemination.

To produce milk, a cow must be made pregnant, which of course results in a calf being born. These calves are considered **by-products** by the dairy industry, which usually **separates** them from their mothers at just one or two days old. This is so that the milk meant for them can be **bottled for people to drink**. Separating a mother and her calf is extremely **distressing** for both – cows have been known to break out of fields in search of their stolen babies.



Every year, tens of thousands of male calves are shot in the head soon after birth, as they will never produce milk and won't gain weight quickly enough for beef production. Many others are sent away to be raised on veal farms and will be slaughtered at just a few months old.

Dairy cows in the UK have long been **kept in sheds** for around half the year. But, increasingly, they are being subjected to a '**zero grazing**' regime under which they are shut in almost permanently.

Disease is common and, at some point in their short lives, most dairy cows will suffer from a serious illness such as **lameness** or **mastitis**, which is an acutely painful infection of the udders. The natural lifespan of a cow is around 25 years, but on modern dairy farms they are often exhausted and deemed uneconomical by the age of **five**. The next stop is the **slaughterhouse**.

Milk from sheep and goats is produced in a similar way. Some goat farms even give their unwanted billy kids to the local hunt kennels to be fed to the hounds.



What's wrong with eggs?

The chicks of egg-laying hens begin their lives inside giant incubators. At just a day old, all of the males will be removed and killed, usually by being gassed. This is the case for all kinds of egg production, including so-called 'higher welfare' eggs. The females will be taken away to spend the rest of their lives laying eggs.



Hens in an 'enriched' cage

Despite conventional battery cages being banned in the UK since 2012, around half of the eggs laid in this country still come from hens kept in crowded, barren cages.

In so-called 'enriched' cages, each bird has **little more space than an A4 sheet of paper**. There is no bedding and they can barely move around, let alone stretch their wings. Most hens are also **mutilated**, having the tips of their beaks **removed** by an infrared beam to prevent them from harming each other in the stressful conditions.

Even free-range and organic hens are usually **kept in sheds with thousands of other birds**. They may have access to the outside for as little as half their lives, but because the sheds are so crowded, most of the hens find it difficult to reach it anyway. Those who do manage to leave their sheds struggle to cope with **diseases** and **weather conditions** outside due to their **immune systems being weakened** by selective breeding. Because of this, free-range chickens have one of the **highest on-farm death rates** in the industry.



Chicks on a conveyor belt in a hatchery

Producing **unnaturally large numbers of eggs** drains calcium from the hens' bodies, leaving them with **brittle bones** that can break easily, as well as a range of other health problems. After around just **72 weeks** of life, they are unable to lay the number of eggs required of them by the farming industry and they are sent to the **slaughterhouse** to be killed and made into cheap meat products.



Honey

Bees kept for honey suffer in the same way as any other animal raised for food. Many bees die when farmers remove honeycomb from the hives and extract the honey within. The sugar syrup with which it is often replaced leaves the bees malnourished and at greater risk of disease. In fact, certain modern bee-keeping practices have been linked to Colony Collapse Disorder, which is killing bees all over the world.

Honey is the bees' food store to see them through the winter. They need it to survive and thrive, but human beings do not. Honey can be easily replaced with natural sugars such as agave nectar or maple syrup.

Go vegan for your health

Scientific studies have shown that vegans have a lower risk of obesity, heart disease, stroke, diabetes and some cancers.

Heart disease and stroke

Animal products contain saturated fats and cholesterol, which block arteries leading to high blood pressure and an increased risk of heart disease and stroke. Whereas plant-based foods tend to be naturally low in saturated fats and contain no cholesterol, which may explain why vegans suffer less from these diseases. The vegan diet is also high in vitamins, minerals, fibre and phytochemicals that are good for your health.

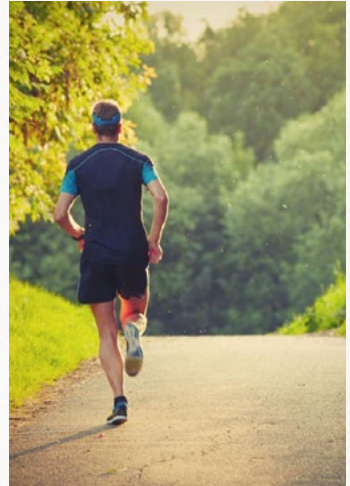


Cancer

Several scientific studies have revealed that **vegans suffer lower rates of certain common cancers** – particularly breast, prostate, bowel and pancreatic cancers – whilst a number of animal-based foods have been linked to an **increased risk of cancer**. Most notably, the **World Health Organization** has publicly stated that **processed meats**, such as bacon, sausages and ham, cause bowel cancer, and that other red meats probably do as well. A powerful **growth hormone** called IGF-1, which is found in milk and dairy products, has also been found to **accelerate the growth of tumours**.

Infectious diseases and antibiotic resistance

Crowded, filthy, modern animal farms, with their stressed and enfeebled ‘inmates’, are breeding grounds for a whole range of **diseases**, including **campylobacter**, **salmonella**, **MRSA**, **E. coli** and **meningitis**. People often catch these diseases from eating or handling meat, milk or eggs, leading to **serious illness** and sometimes **death**. In an attempt to prevent outbreaks, many farmers give their animals **large quantities of antibiotics**. In fact **more** antibiotics are given to animals worldwide than to sick people. But this practice is causing some bacteria to become **resistant** to antibiotics, making them even **more dangerous**.



Go vegan for the planet

Animal farming uses more land, energy and water than plant-based agriculture and is a significant cause of pollution.

According to the **United Nations**, animal farming is responsible for **more greenhouse gas emissions than all of the motorised transport on Earth**. It is a **major source** of methane and nitrous oxide emissions, which warm the Earth much faster than carbon dioxide. These gases are generated during feed production, as the animals digest their food, and from their manure.

A 2014 Oxford University study found that the carbon footprint of the vegan diet is up to 60 per cent lower than a meat-based one and 24 per cent lower than a vegetarian diet.

But the **environmental impact** of animal agriculture goes **beyond climate change**. It is a major driving force behind **deforestation**, with **70 per cent** of former rainforest in the Amazon now being used for **grazing animals**. It is also the single biggest cause of **water pollution** in the UK and in many other countries, **killing wildlife** and causing **disease** outbreaks.



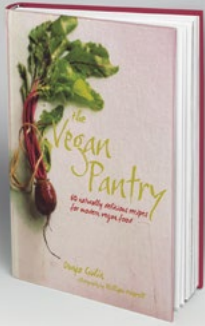
Animal agriculture is a terribly **inefficient** way to produce food. We currently feed a third of all edible crops to farmed animals, and use more than two thirds of all farmland to graze them on. Yet animal products provide just a **small fraction of our nutrient intake**. In short, **we get less food out of animals than we put into them**.

Plant-based foods provide far more calories, protein and other nutrients from a much smaller area of land, meaning we can feed far more people on a plant-based diet.

And it's not just land that is wasted producing animal products. Did you know that it takes **twice as much water** to produce a litre of cows' milk compared to a litre of soya milk, or that you could get **six vegan burgers** for the amount of water needed to produce just **one** beef burger?



Slurry pours into local water supplies as a result of intensive animal farming



Animal Aid's animal-friendly shop



Animal Aid stocks a range of
animal-friendly goods...

... including delicious **vegan chocolates** and **snacks, cards, books, organic beer, cider and wine**, cruelty-free **cosmetics** and **toiletries, household products, clothing, footwear** and **more**.

To request a free catalogue:



Call **01732 364546** ext **222** or visit



www.animalaidshop.org.uk



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