



The Vegan Diet isn't just a Salad Only Club!



Contrary to popular belief, veganism consists of a lot more than a salad-only club. Not only do you not need to give up good food, but vegan meals can be colorful, nutrient-dense, and incredibly delicious, offering endless opportunities for creativity in the kitchen.

What is a Vegan Diet?

A vegan diet is a diet comprised of entirely plant-based food and excludes all animal products. The concept of veganism dates back to ancient Indian and Mediterranean societies, where non-violence and compassion toward all living things were highly valued.

Today, approximately 88 million people around the world follow a vegan lifestyle. Despite its growing popularity, there are still plenty of misconceptions about what veganism truly involves.

Common Myths About Vegan Diet

Myth 1: Vegans Don't Get Enough Protein.

This is one of the most common misconceptions about veganism. While vegans don't eat meat, they have plenty of other protein-rich options, including tofu, tempeh, beans, lentils, seeds, and nuts.

Because most plant-based proteins don't provide all the essential amino acids, it's important to pair them with whole grains to form complementary proteins- foods that work together to supply all the amino acids your body needs.

Examples of Complementary Proteins:

- Peanut butter + whole wheat bread
- Hummus + pita bread

- Beans + rice

Myth 2: Veganism Is Expensive

You don't need to buy pricey meat substitutes or trendy products to eat vegan. A vegan diet can be affordable when you shop smart: choose fresh or frozen fruits produce, buy grains and beans in bulk, and freeze extras to extend their shelf life. Planning your grocery list and using coupons can also help keep costs down.

Myth 3: All Vegan Foods Are Healthy.

Not every vegan-labeled product is nutritious. Potato chips, candy, and vegan ice cream might fit the definition of "plant-based" but they're not exactly nutrient powerhouses. Like any diet, balance is key- focus on whole, minimally processed foods such as fruits, vegetables, whole grains and plant-based proteins.

The Bottom Line

Veganism isn't for everyone, but it's a wonderful way to explore new foods and incorporate more plants into your diet. Even if you're not ready to go fully vegan, adding a few plant-based meals each week can boost nutrition and variety in your routine.

Still skeptical? Try out the featured vegan meal this week and see for yourself!

[Get a PDF of a vegan recipe!](#)