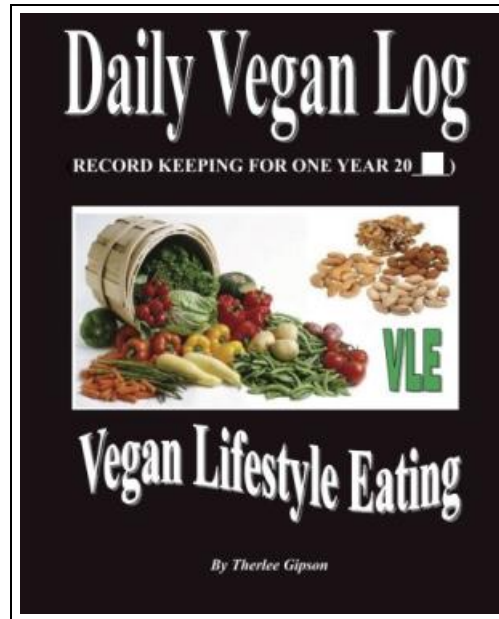


## Daily Vegan Log: Vegan Lifestyle Eating



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Createspace, United States, 2013. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Veganism is the practice of abstaining from the use of animal products, particularly in diet, as well as an associated philosophy that rejects the commodity status of sentient animals. A follower of Veganism is known as a Vegan. Distinctions are sometimes made between different categories of Veganism. Dietary Vegans (or strict Vegetarians) refrain from consuming animal products, not only meat and fish but, in contrast to ovo-lacto Vegetarians, also eggs, dairy products and other animal-derived substances. The term ethical Vegan is often applied to those who not only follow a Vegan diet, but extend the Vegan philosophy into other areas of their lives, and oppose the use of animals or animal products for any purpose. Another term used is environmental Veganism, which refers to the rejection of animal products on the premise that the harvesting or industrial farming of animals is environmentally damaging and unsustainable. Beware of Red Meat. Red meat is our biggest diet contributor of excess protein and saturated fat levels. No one argues that less fat in our diet is healthier, or that saturated fats are the most harmful. Knowing this, livestock growers and butchers have made some changes for the better. Red meat is acid forming in the body; when red meat is cooked too well done, chemical compounds are created that are capable of causing many diseases. Most of us eat more meat than we really need. A 100 gram serving of meat is the size of a deck of cards. Red meat is significantly harder to digest than plant foods. Meat digestion requires more oxygen in the bloodstream. Watch Chinese food, because it has the potential of raising blood sugar level in diabetics. Stay away from smoking and other bad habits; they only make matters worse. Of...



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