



Founded by Pandit Nardev Vedalankar (1985)

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Compassion



Nonviolence



For the people



For the planet



For the animals

## ITS TIME TO CONSIDER VEGANISM

### Ahimsa (Non – violence) & Sustainability

Until now, vegetables were merely a side dish with the main course being meat. Overnight attitudes have changed. The world is transforming as people become increasingly aware of what the production of meat entails. Unfortunately, as a result of this silence and ignorance, we have continued eating meat with serious harm to our health and the environment. We were lured by attractive advertising and marketing which guided our every decision and conveniently we forgot our true values. We need to return to our roots which are grounded in the Vedic virtue of "Ahimsa", meaning "no harm to any individual or living being". It is our responsibility to ensure that whatever we use and consume does not cause harm and promotes sustainability. The younger generations are taking a bold stance and raising their concerns in a much louder voice; they know that foreseeable future does not paint a beautiful picture. In every century a revolution of ideas emerges where there is a rejection of unjust practices like slavery, gender inequalities, racism which had become

accepted norms. Now the fight is to save the environment in which we live. We have to learn how to co-exist peacefully with all of creation before it's too late. A very important concern is our diet and what we eat. Eating can cause untold harm yet it can be changed into a practice that is beneficial to our co-existence with nature and creation. Below, are some of the reasons why people have moved towards a Vegan Diet.

### The cost of consumption

The common misconception is that the consumption of food has no impact on the environment. This could not be further from the truth. Studies are showing that a meat-based diet and its production is one of the leading causes of global warming. The statistics will shock you.

***Veganism is a way of living that seeks to exclude - as far as possible and practicable - all forms of exploitation of, and cruelty to, animals for food, clothing or any other purpose...***

***By extension, it promotes the development and use of animal - free alternatives for the benefit of animals, humans and the environment.***

## Environmental Impact

33 million square kilometres of land (which is like the size of Africa) are used as pasture for livestock. This results in the loss of millions of valuable trees. We all know that trees absorb the carbon dioxide we breathe out and they then transform it into the oxygen which is vital to our very existence. We are depleting the earth of these trees and this is a major reason why global levels of carbon dioxide are going up. It is estimated that for every pound of meat sourced from rainforest livestock, 55 sq. feet of rainforest land is destroyed. Thus, livestock grazing is the leading cause of deforestation and species extinction.

Animal agriculture is responsible for more greenhouse gas emissions than the combined emission of fumes from the exhaust systems of all forms of transportation worldwide. Livestock and the by-products, account for at least 32 billion tons of carbon dioxide per year, or 51% of all worldwide greenhouse gas emissions.

We are currently growing enough food to feed

10 billion people on a daily basis, however at least 50% of this grain produced is fed to livestock. 82% of the world's starving children live in countries where food is fed to livestock, and these animals are in turn slaughtered, sold to and eaten by rich people in developed countries.

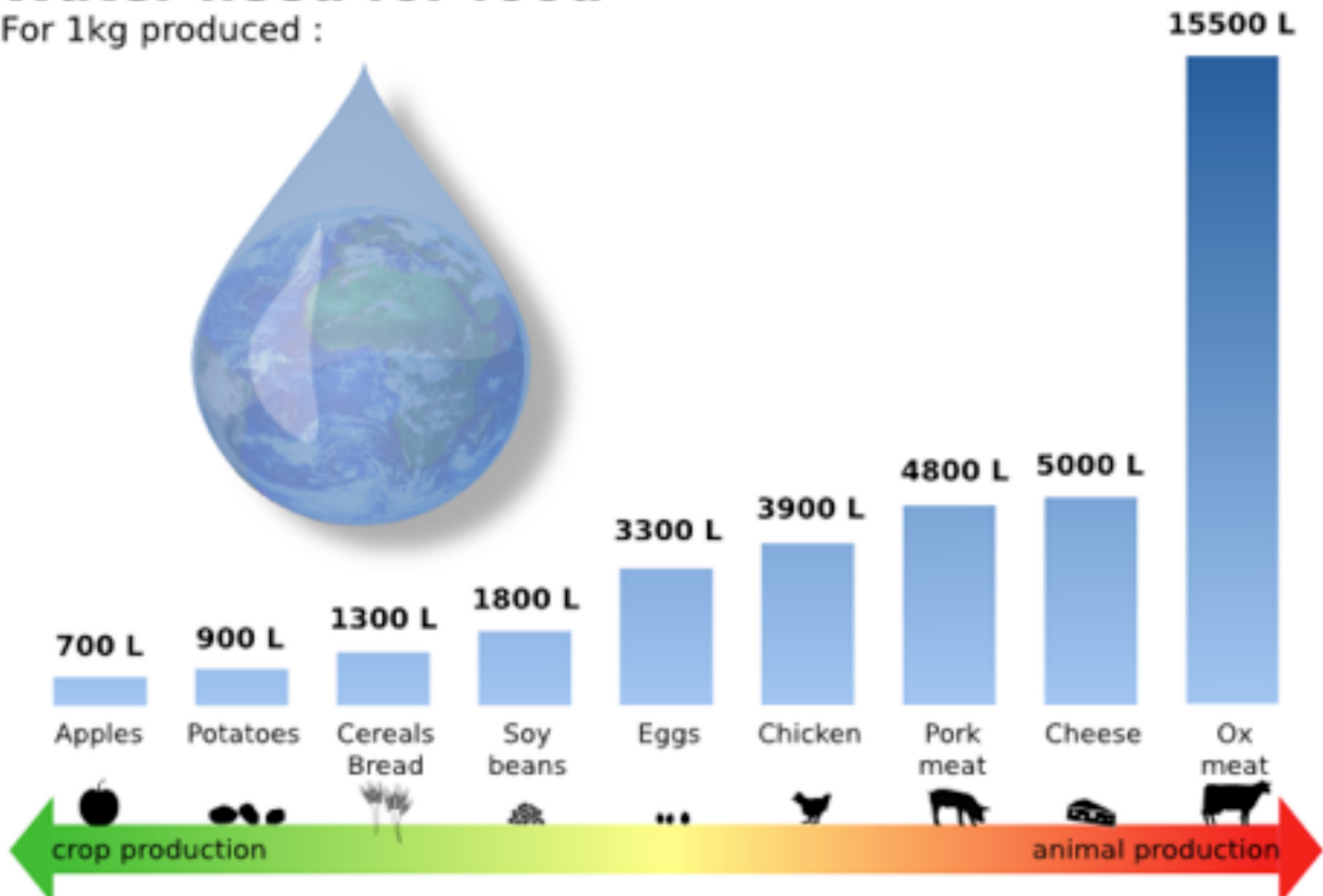
## Water Wastage

Globally humans drink an average of 20 billion litres of water and eat 9.5 billion kgs of food each day. Cows alone drink 170 billion litres of water and eat 61 billion kgs of food each day. A vegan diet will reduce water consumption. Around 70% of global freshwater consumption is in agriculture.

Animal husbandry has created more than 500 nitrogen flooded dead zones in our oceans. A national geographic study has found that we could see fishless oceans by 2048, as 90 -100 million tons of fish are removed from our oceans for human consumption and a further 2,7 trillion other marine life are extracted from the ocean each year.

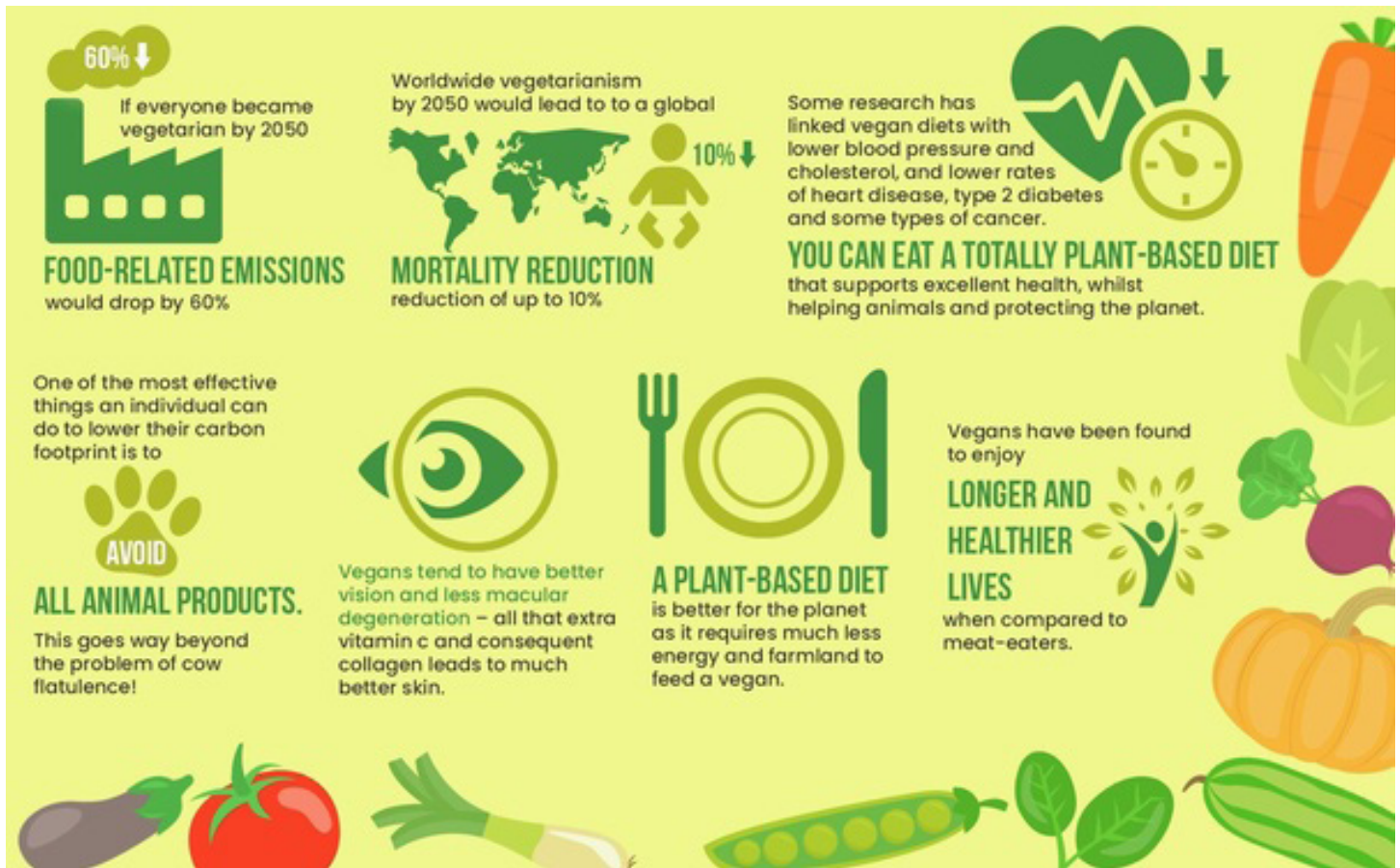
## Water need for food

For 1kg produced :



Source : Water Foot Print <http://www.waterfootprint.org/?page=files/productgallery>





## Health

Filling your plate with meat, fish and eggs is a recipe for heart disease, obesity, cancer and diabetes. Leading health experts agree that going vegan is the single best thing we can do for ourselves, our families and the environment. Healthy vegan diets support a lifetime of good health and provide protection against numerous diseases, including some of our world’s biggest killers namely heart disease, cancer, and strokes.

The ADA (Academy of Nutrition and Dietetics) states that vegans enjoy a lower risk of death from ischemic heart disease; they have lower blood cholesterol levels, lower blood pressure, lower rates of hypertension, lower body mass indexes, lower overall cancer rates and less risk of type 2 diabetes

## Moving to a Vegan Diet

If we, as a society, did choose to become vegan, what would happen?

We won’t need to kill and eat animals, then we don’t have to breed them in the billions. If we didn’t breed billions of cattle, we won’t need to feed them, thus we wouldn’t have to devote all this land to them, growing all the grains and legumes for their food. It would

give the forests a chance return, wildlife will increase, the ocean will cleanse itself and sea life will thrive again. The air will become purified, and the earth will heal, the animals will flourish, and humanity become healthy again. Then something amazing happens, as the Vedas says, when all this happens, we put values and morals back in our lives, virtues like compassion, love, integrity and kindness, that are integral to humanity as enshrined in the Vedas. We make this shift and our whole world changes. We become one, healthy, undivided and compassionate family, united in our diversity - Vasudhaiva Kutumbakam

Ultimately each individual will have to make a conscious decision in achieving this goal. A

### BENEFITS OF BEING VEGAN

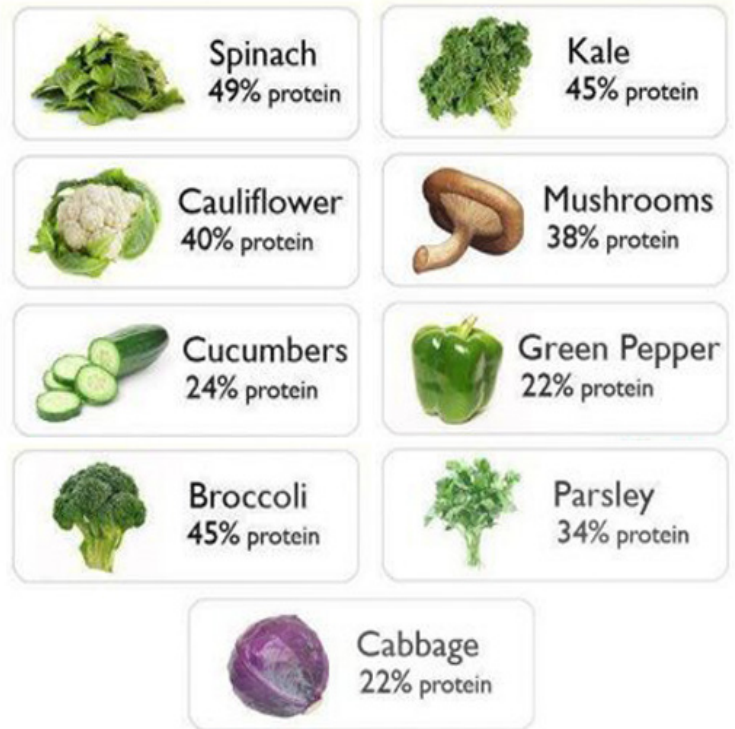


- Aids in managing diabetes
- Helps in treating rheumatoid arthritis
- Effective in treating bronchial asthma
- Helps in slowing human aging process
- Helps to combat obesity in all age groups
- Reduces risk of cancer and parkinson disease
- Soy helps to maintain bone health in post-menopausal women

person who follows a vegan diet saves 4000 litres of water, 20 kg of grain, 30 sq. feet of forested land, 20 pounds of CO2 emissions and one animal's life every day. A plant-based diet is the best for sustainability. You cannot claim to be an environmentalist and consume meat products.

The time for change is now. As Gandhiji said, 'Be the change in you want to see' and even if it seems difficult, begin with baby steps. Start by reducing your meat and dairy intake and increase the variety of plant - based foods in your diet. Become informed and take control of your health and the environment you live in. Be creative, you will be surprised to see the variety of options available. You will only know once you try. Change always seems difficult in the beginning, but sometimes it is necessary to keep abreast in an ever-changing world in which we live. If not for yourself then consider this a legacy we leave for the future generation.

## TOP 10 SOURCES OF VEGGIE PROTEIN



## Veda Jyoti Kitchen

### Eggless Omelettes

#### Ingredients

±2 tsp Olive Oil for frying  
 1 Cup Gram flour (Besan)  
 1/3 Cup Cake Flour  
 1tsp Baking Powder  
 1tsp Salt  
 2 Tbsp Nutritional Yeast (Optional)  
 Chilli flakes to taste  
 Water  
 Onions, tomato, coriander, pepper's finely chopped.  
 Create your own mix-as desired.



#### Method

1. Combine all the dry ingredients in a bowl and mix.
2. Add water as required to create a thin batter.
3. Add chopped mix e.g. onions, coriander, chilli flakes etc.
4. Add a tablespoon of olive oil to a heated pan and then add a ladle of the batter in a pan and cook till golden brown.
5. Serve Hot

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### Chocolate Chia Seeds (Dessert)

#### Ingredients

1 Tin Coconut Cream (Refrigerate Overnight)  
 2 Tbsp Chia seeds  
 1 Tbsp Coconut Sugar/Brown Sugar  
 ½ Slab Dark Chocolate – melted

#### Method

1. Whip all ingredients together and spoon in to a dessert cup.
2. Garnish with grated chocolate and almonds
3. Refrigerate until it sets

