

*the vegan*



revolution

A few years ago, if I told anyone that I was vegan I would either be met with a blank expression or would be asked what on earth did I live on? Today, things are very different, and more and more restaurants and supermarkets are now catering for vegans, with places like Planet Organic, London's leading organic supermarket, 360 Food Revolution in Hong Kong, and many more across the world. Even fantastic recipes are easily at hand – just pick up a copy of *La Dolce Vegan* by Sarah Kramer or one of the other legions of tomes worshipping at the altar of Veganism. The diet that was once associated with tree huggers and hippies alike has become a lot

more acceptable, even mainstream. Yes, it's official: being vegan doesn't mean you have to eat wheatgrass and alfalfa sprouts for the rest of your life – or even red peppers! Most food stores and supermarkets now carry healthy alternatives to meat and milk and many mainstream foods are vegan anyway (chips, dips, cookies, breads, dark chocolate, peanut butter...).

Not only has veganism acquired a wider following, but it also includes an array of celebrities proud to speak up about their lifestyle choices, including Alicia Silverstone, Joaquin Phoenix, Moby, Pamela Anderson, Gwyneth Paltrow and Woody Harrelson.

## What exactly is a vegan diet?

In a nutshell – nuts being central of course, as a great source of protein – a vegan diet excludes meat, fish, and dairy products. In essence, all animal products and by-products are eliminated, which leaves you with a diet composed mainly of fruits, vegetables, pulses, grains, seeds, nuts, tofu and wheat-based foods.

Founded in 1944, the Vegan Society provides advice on the ways of living free of animal products. Rosamund Raha, editor of the *Vegan Society Magazine* states, "I now know that vegan food is tasty and healthy. Being vegan is easier than you think and the food is delicious once you get used to a different style of cooking. Vegans eat mouth-watering food from all over the world, for example from India come vegetable curries and dhals, from the Far East tofu stir fries, from Italy pastas and salads, from Turkey hummus and babaganoush and from Mexico beans and tortillas."

**WRITER LAIA FARRAN GRAVES**