



## Vegan-the Holistic & Healthiest Diet

DR. PRIYANKA KOTECHA  
Ph.D. Scholar,  
Calorx Teachers' University, Ahmedabad.

### Abstracts:

*Animal agriculture is the leading cause of water consumption, pollution and deforestation, is responsible for species extinction, more greenhouse gases than the transportation industry (nearly 1/3 of the world's all fresh water today is being used by dairy and meat industries combined) and is a primary driver of rainforest destruction, topsoil erosion, ocean "dead zones," habitat loss and virtually every other environmental ill. This paper highlights the atrocities towards animals, planet and even ourselves if we don't follow vegan diet.*

**Keywords:** Plant based diet, Vegan and environmental effects

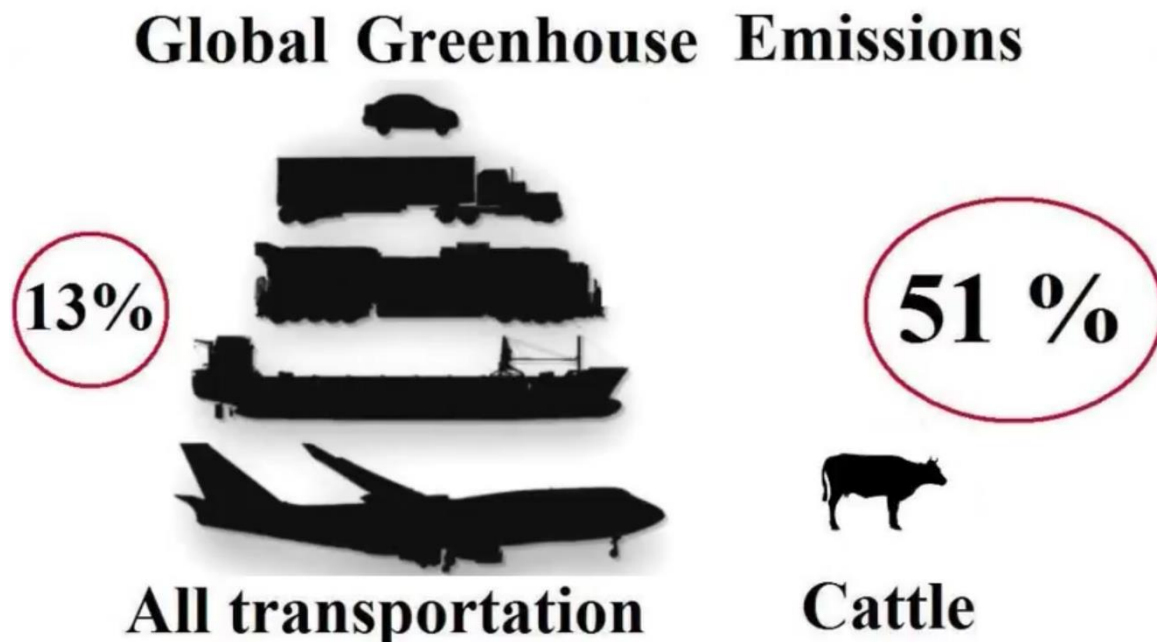


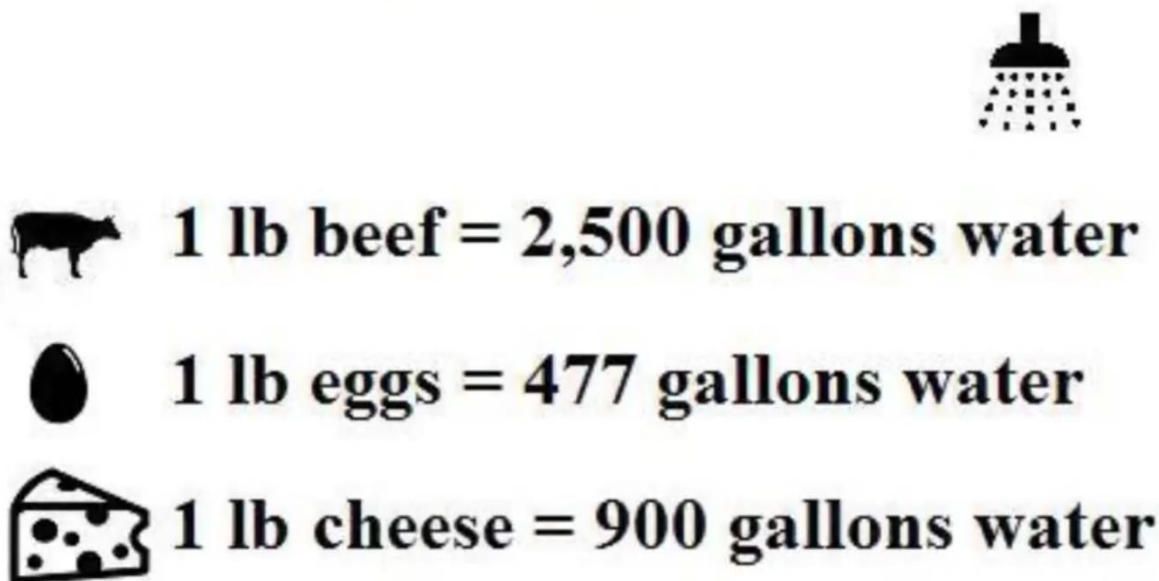
Fig.1. World watch report, [www.worldwatch.org/node/6294](http://www.worldwatch.org/node/6294)

### 1. Introduction

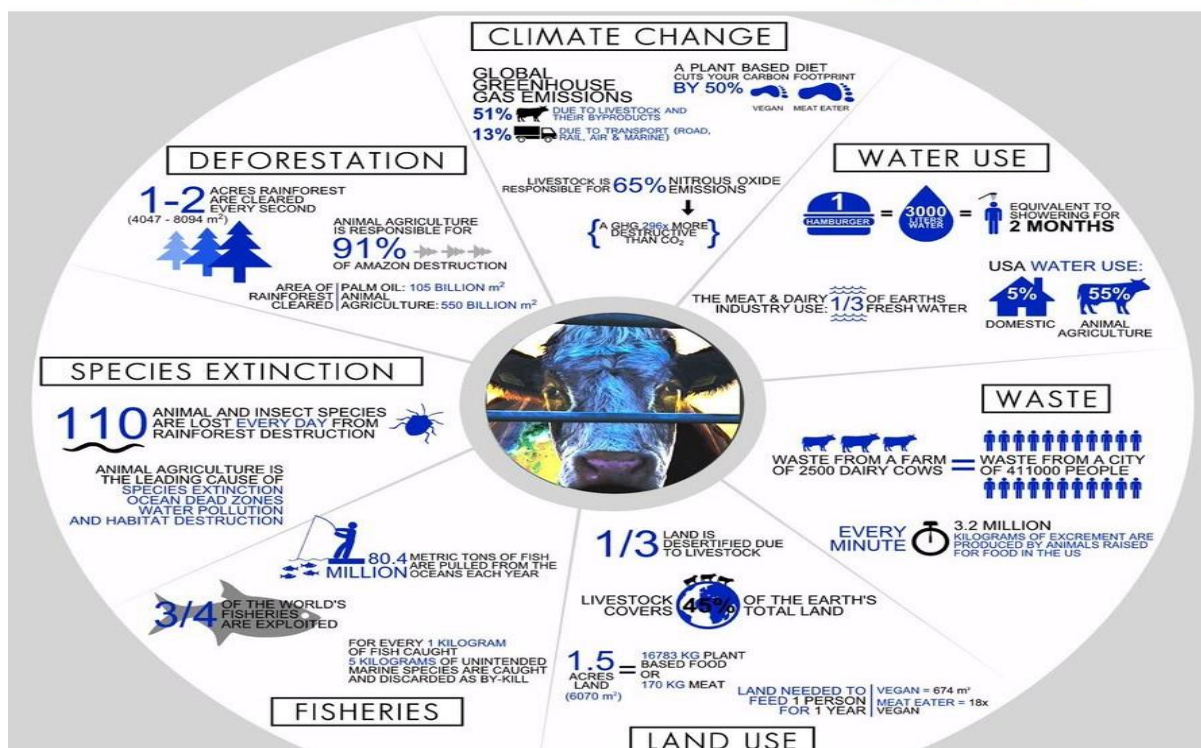
A vegan diet is part of a lifestyle that excludes the uses and the consumption of any products made from animals. The main difference is that vegetarians do not eat meat but will continue to consume eggs as well as dairy products while vegans consume no animal produce at all.

We blindly follow what the masses are doing in society, not for a second stopping to consider or think about the bigger picture. How much longer are we going to pretend that this doesn't exist, or that it does

not happen, or that it doesn't impact us personally! You cannot change if you don't know where you should change.



**Fig. 2. Water distribution over different items, Forks over Knives.** [www.forksoverknives.com/freshwater-abuse-and-loss-where-is-it-all-go](http://www.forksoverknives.com/freshwater-abuse-and-loss-where-is-it-all-go)  
ANIMAL AGRICULTURE IS THE MOST DESTRUCTIVE INDUSTRY FACING THE PLANET TODAY. **HERE'S WHY:**



**Fig. 3 overall eclectic facts & figures**

We are all creatures with a purpose. We all seek survival and minimization of pain. We are all alive. We all feel pain. We are all Earthlings. As we examine our dependence on animals for entertainment, fashion, food, research and companionship, ironically, all we see is a complete disrespect for them. Here mentioned eclectic facts and figures are shown even in Cowspiracy Documentary which are quite prodigious.

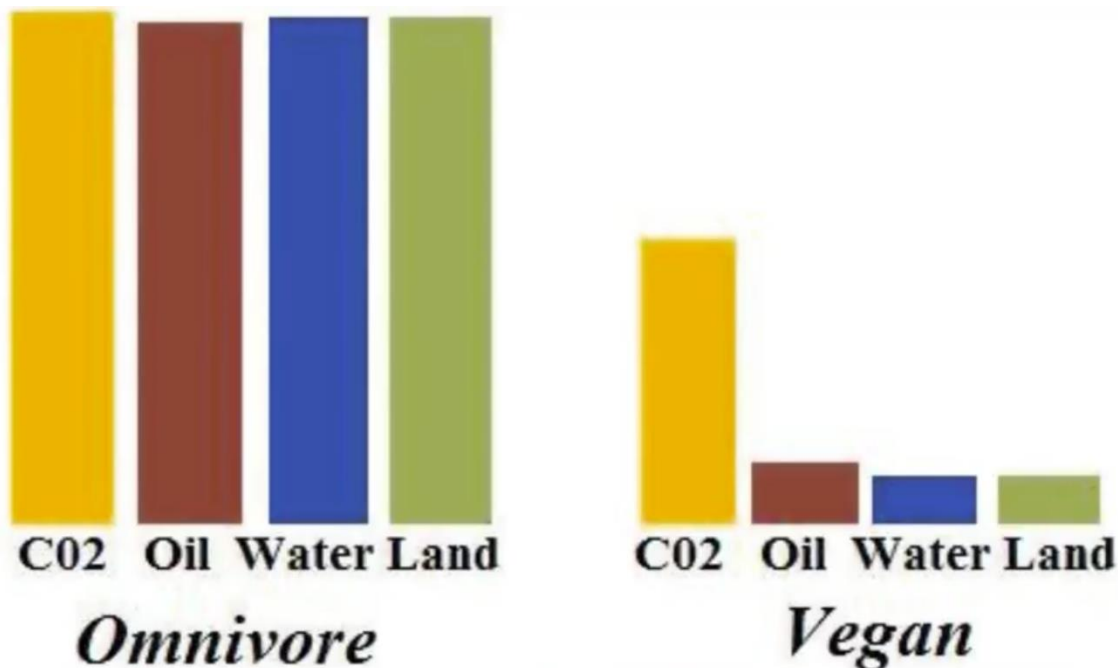


Chart 1. "Our Food Our Future." Earthsave. [www.earthsave.org/pdf/ofof2006.pdf](http://www.earthsave.org/pdf/ofof2006.pdf)

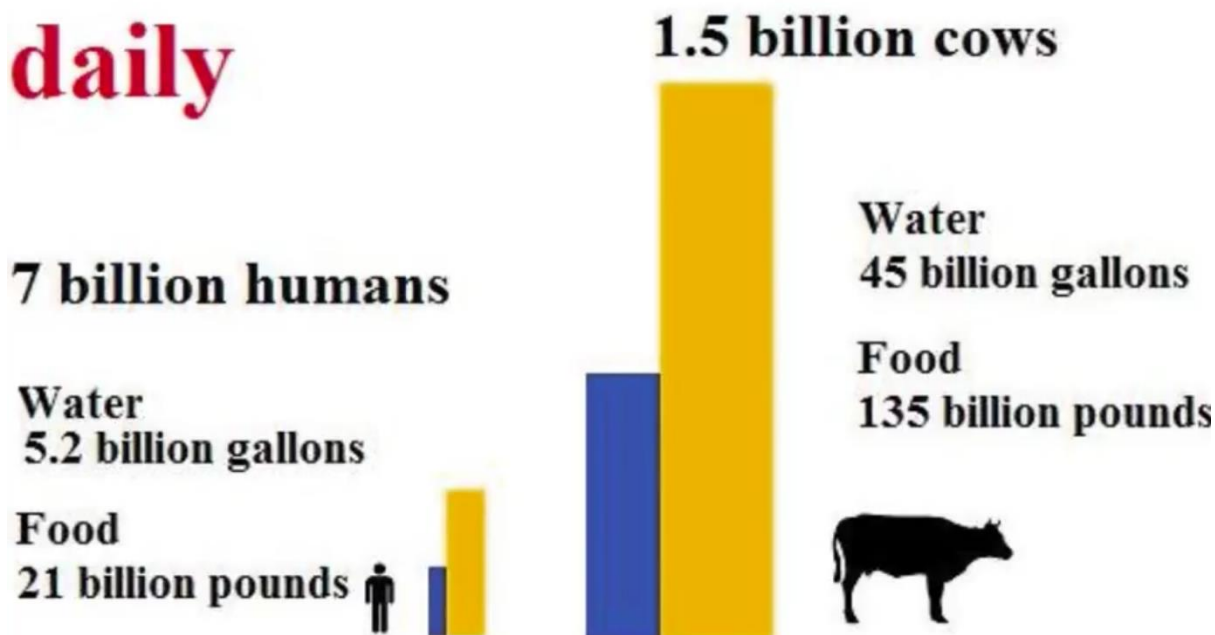


Chart 2. "Our Food Our Future." Earth save. [www.earthsave.org/pdf/ofof2006.pdf](http://www.earthsave.org/pdf/ofof2006.pdf)

## 2. Research Methodology

It is a conceptual study and descriptive in nature with detailed available review of literature.

## 3. Benefits of vegan diet on human health:

A vegan or plant based diet can help to protect bone as well as heart health & lower the risk of cancer too. It can be extremely healthy and a nutritious choice, as its rich in nutrients and low in saturated fat, also it is related with lower risk of weight gain and death. Main reasons for following a vegan diet can be environmental considerations, preventing cruelty to animals, or simply looking to lead a healthier lifestyle or to lose weight. So, the diet is not only great for the planet, but it's great for healing the human health as well.

## 4. Conclusion

Your conviction should be stronger than your convenience as far as approach is concerned. So, we need to expand our circle of compassion and think through all the evil environmental effects. Although we are sensitized by society to consume meat and dairy daily but we need to choose the compassion over competence or co-existence over 'survival of the fittest' belief. Think beyond all the societal conditioning & make informed choices of veganism for both moral and physical wellbeing.

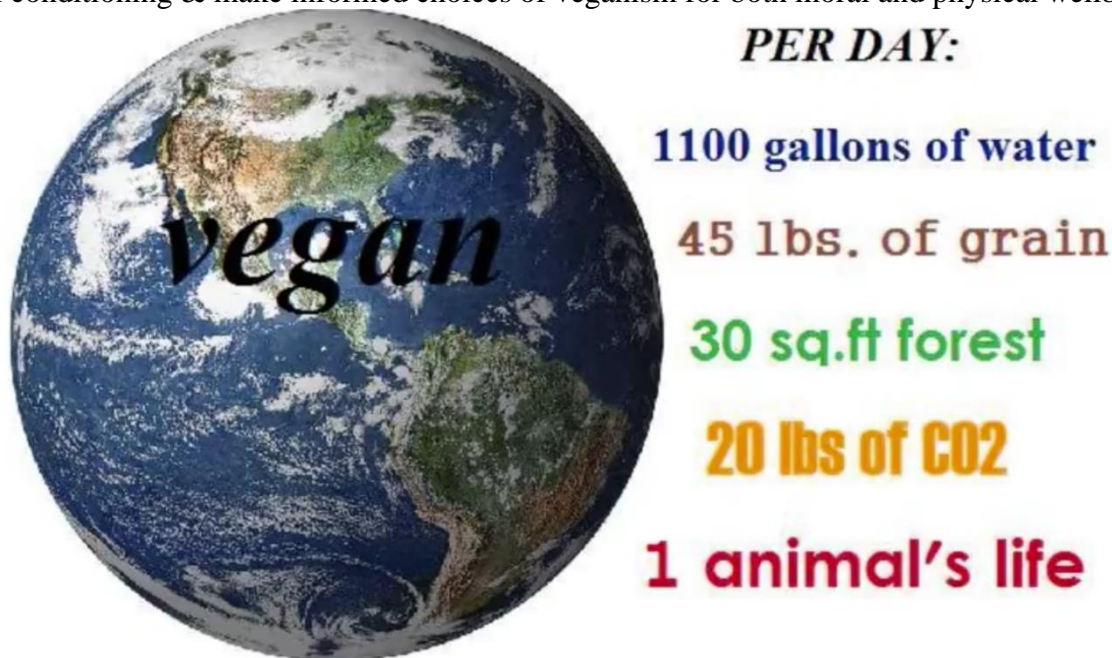


Fig. 4. Vegan savings per day "Our Food Our Future." Earth save. [www.earthsave.org/pdf/ofof2006.pdf](http://www.earthsave.org/pdf/ofof2006.pdf)

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