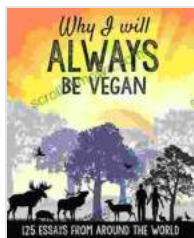


# Why We Will Always Be Vegan: A Compassionate Guide to a Plant-Based Lifestyle



## Why I will ALWAYS be Vegan: 125 Essays from Around the World by Celia Lewis

★★★★☆ 4.7 out of 5

Language	: English
File size	: 715 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 132 pages
Lending	: Enabled



In a world where animal agriculture is a major contributor to climate change, water pollution, and deforestation, it is more important than ever to choose a plant-based lifestyle. *Why We Will Always Be Vegan* is a comprehensive guide to help you make the switch to a vegan diet. The book covers everything from the basics of vegan nutrition to the ethical and environmental reasons for choosing a vegan diet.

## The Basics of Vegan Nutrition

One of the biggest concerns people have about going vegan is whether or not they will be able to get all the nutrients they need. However, a well-planned vegan diet can provide all the essential nutrients, including protein,

iron, calcium, and vitamin B12. In fact, many plant-based foods are good sources of these nutrients.

For example, lentils are a good source of protein and iron. Tofu is a good source of protein and calcium. And leafy green vegetables are a good source of calcium and vitamin K. By eating a variety of plant-based foods, you can easily get all the nutrients you need.

### **The Ethical Reasons for Choosing a Vegan Diet**

In addition to the environmental benefits, there are also many ethical reasons to choose a vegan diet. Animals raised for food are often subjected to horrific conditions. They may be crammed into cages, denied access to fresh air and sunlight, and forced to live in their own waste. They may also be subjected to painful procedures, such as branding, castration, and debeaking.

By choosing a vegan diet, you can help to end the suffering of animals. You can also help to protect the environment and your own health.

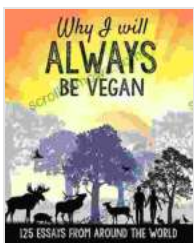
### **The Environmental Reasons for Choosing a Vegan Diet**

Animal agriculture is a major contributor to climate change, water pollution, and deforestation. The production of meat, eggs, and dairy requires large amounts of land, water, and energy. It also produces greenhouse gases, which contribute to climate change.

By choosing a vegan diet, you can help to reduce your impact on the environment. You can also help to protect the water supply and reduce deforestation.

Why We Will Always Be Vegan is a must-read for anyone who is considering a plant-based lifestyle. The book is packed with practical tips and advice, and it will help you make the transition to a vegan diet with ease.

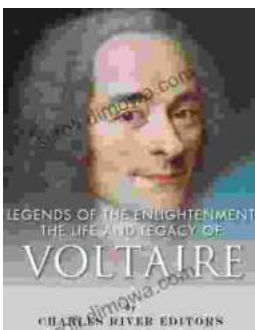
By choosing a vegan diet, you can help to end the suffering of animals, protect the environment, and improve your own health. So what are you waiting for? Make the switch to a plant-based lifestyle today!



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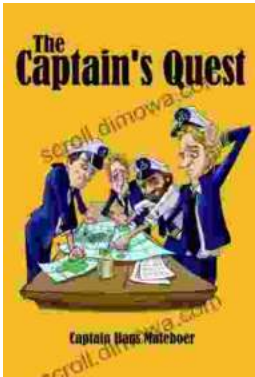
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