Vegan Encyclopedia Article

Vegan

The following sections of this BookRags Literature Study Guide is offprint from Gale's For Students Series: Presenting Analysis, Context, and Criticism on Commonly Studied Works: Introduction, Author Biography, Plot Summary, Characters, Themes, Style, Historical Context, Critical Overview, Criticism and Critical Essays, Media Adaptations, Topics for Further Study, Compare & Contrast, What Do I Read Next?, For Further Study, and Sources.

(c)1998-2002; (c)2002 by Gale. Gale is an imprint of The Gale Group, Inc., a division of Thomson Learning, Inc. Gale and Design and Thomson Learning are trademarks used herein under license.

The following sections, if they exist, are offprint from Beacham's Encyclopedia of Popular Fiction: "Social Concerns", "Thematic Overview", "Techniques", "Literary Precedents", "Key Questions", "Related Titles", "Adaptations", "Related Web Sites". (c)1994-2005, by Walton Beacham.

The following sections, if they exist, are offprint from Beacham's Guide to Literature for Young Adults: "About the Author", "Overview", "Setting", "Literary Qualities", "Social Sensitivity", "Topics for Discussion", "Ideas for Reports and Papers". (c)1994-2005, by Walton Beacham.

All other sections in this Literature Study Guide are owned and copyrighted by BookRags, Inc.



Contents

Vegan Encyclopedia Article.....1

Contents.....2

Vegan.....3

Vegan

The strictest type of vegetarians, refraining from eating not only meat and fish, but also eggs, dairy products, and all other food containing or derived from animals, often including honey. A vegan diet contains no cholesterol and very little fat, so it is quite healthy as long as sufficient nutrients are obtained, especially vitamins B_{12} and D, calcium, and quality protein. Most vegans also avoid wearing or using animal products of any kind, including fur, leather, and even wool. Vegans are motivated primarily by a humane and ethical concern for the welfare of animals and by a desire to avoid unhealthy food products, as well as by the realization that raising livestock and other food animals damage the natural **environment** and contributes, through its wastefulness and lack of efficiency, to world hunger.

See Also

Animal Rights; Environmental Ethics; Vegetarianism