

# Thinking of Going Vegan? Here's How.

Welcome to a healthier lifestyle that will do good for the environment! According to PETA, "The U.N. believes that a global shift toward plant-based food is vital if we are to combat the worst effects of climate change. Globally, animal agriculture is responsible for more greenhouse gases than all the world's transportation systems combined." Crazy right?! Humans transferring to a flexitarian, vegetarian or vegan lifestyle/diet is essential if we are to reduce climate change.



Photo by Ella Olsson

## It's Easier Than You Think!

We know what you're thinking, going vegan seems impossible because I can't live without my meat, dairy and eggs!

But really, eliminating animal products from your lifestyle and diet is a piece of vegan cake (which is just as good as regular cake)!

### Tip #1



#### Addition and Subtraction

While subtracting animal products from your diet, remember to add in other foods that make you feel good. From non-dairy ice cream to awesome meat-free burgers, there is something for everyone.

### Tip #2



## Take It Slow

Keep your end goal in mind, but go at your own pace. Some people manage to go vegan overnight, but if that is not the right approach for you, that's OK. Going vegan is not a one size fits all experience so do not compare yourself to others or put unnecessary pressure on yourself.

### Tip #3

#### Don't Be Scared To Ask For Help!

**Your fellow plant based eaters are here for you!** If you need a recipe recommendation, some advice to get through cravings, or directions to the vegan chocolate aisle, don't hold back from asking questions. The answers you find will bring happiness to your mind, and stomach!

### Tip #4



#### DON'T GIVE UP!



Even when it seems hard, remember the "why" of what you are doing. Whatever the reason; health purposes, the environment, the animals; don't lose sight of your aspirations and enjoy the journey. If you believe in yourself, vegan living will soon become second nature.

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*Now I can look at you in peace; I don't eat you any more.*

- Franz Kafka

