

# Myth Busting

# Environmental Impacts

## A vegan diet is low in protein:

You can get all the protein you need from plant based sources! Here are some protein rich examples:

- Seitan (made from gluten) which is 25g per 100g—the same as beef!
- Tofu, Edamame and Tempeh (which come from soy) which is 10-19g per 100g
- Lentils (18g per cup of 240ml)
- Chickpeas (15g per 240ml)
- Spelt (10-11g per 240ml).



Plenty of power and endurance athletes get all of their protein from plants!

Famous vegan athletes include David Meyer (martial artist), Scott Jurek (marathon runner), Alexander Durgatz (body builder), Carl Lewis (Olympic sprinter) and Pat Reeves (powerlifter).



Mo Farah has famously promoted Quorn, a leading brand of meat substitute, as “healthy protein”

## A vegan diet is too expensive:

Legumes, rice and vegetables are some of the cheapest things to buy! A savvy shopper can easily save a lot of money on a vegan diet.



## A vegan diet is too restrictive:

Plant based diet allows you to have more fibre, pulses, legumes and vitamins than a meat eating diet would so increases access to important nutrients.



## We need cow's milk for strong bones:

We can get enough calcium by consuming fortified plant milk, tofu, broccoli.

Micheal Kepler: “The human body has no more need for cows milk then it does dog's milk, horse's milk or giraffe milk”

## A vegan diet is low in iron:

We get iron from pulses, wholemeal bread, dark leafy vegetables



## Environment:

Making more plant-based choices is the single most effective way to reduce our impact on the planet.



It is scientific consensus that the Earth's climate is warming. Animal agriculture (i.e. the meat and dairy industry) is the biggest contributor to global warming that individuals can easily do something about.

## Greenhouse Gas Emissions



Livestock and their products account for 18% of all worldwide greenhouse gas emissions. Studies show that that reductions in meat consumption will lead to reductions in our dietary greenhouse gas emissions.

## Water

Also, the production a pound of beef requires up to 200x times more water than a pound of plant foods. Studies show that a lot of water can be saved by implementing plant based changes in the diet.



Therefore, if we choose more plant-based options, we can cut our contribution dramatically. Even if it's just cutting meat out of one or two of your meals per week, you'll be doing your bit to help the environment.

## For more information:

- Our Facebook page: Eat Cheap, Eat Easy, Eat Green
- VegSoc runs regular events through freshers week and throughout the year—come along to talk to like-minded people and learn more about how to be vegan in Exeter
- BOSH.com is a great website for vegan recipes

Included in this leaflet are two recipe cards

# Eat Cheap, Eat Easy, Eat Green!

## Navigating Exeter: A How to Guide for Freshers!

Here are some tips and tricks for how to eat healthy, and its cheaper than you'd think!

What you'll find in this leaflet:


- Substitutes to look out for
- Recommendations of local restaurants and cafes
- Health and Environmental Benefits
- Myth Busting





# Substitutes

You don't have to give up your favourite foods when you change your diet! Here are some brands you can look out for in supermarkets, as well as cheap supermarket own brand options

## Meat


 **Quorn** is made of mycoprotein from fungi. Most products contain free range eggs, but there is a new vegan range too. Good for ready meals, frozen food, sausages, bacon, burgers, sandwich fillings. Also have a gluten free range


 **Linda McCartney** is made with rehydrated textured soya protein. Good for burgers, pies, sausage rolls


 **Tofu** is made from soya milk. Pre-cooked marinated options, and cheaper plain options. High in protein, containing healthy unsaturated fat

Most supermarkets sell cheap **own brand** meat alternatives, bean burgers & veggie burgers. There are also some more unusual options. **ASDA** makes Edamame, asparagus & mint burgers as well as mushroom & kale sausages. **Tesco** makes peanut and avocado burgers. **Sainsbury's** makes sweet potato, quinoa & lentil burgers, as well as an Indian lentil quarter pounder. These can be a healthy & convenient way to eat vegetables, & are often cheaper than meat or meat alternatives. These options are easy to find online & all these shops offer online shopping and delivery.

## Dairy

 **Violife** makes a vegan cheese alternative made of coconut milk. It's also lactose, gluten, soy and nut free. Flavours include halloumi, cheddar, mozzarella.

 **Alpro** makes products made of soya milk. There's vegan **yogurt**, including blueberry, raspberry, strawberry, mango, cherry flavours. Also **soya milk**, including chocolate, and almond milk, including dark chocolate. There's also **desserts** and custard, including caramel, dark chocolate, vanilla.

 **Oatly** make oat milk, including low fat and chocolate options. Also cream and custard available.

Own brand options for soya and oat milk, and vegan cheese in most major supermarkets are likely to be cheaper. Soya milk lasts longer, so you're less likely to waste money and food

# Snacks and Eating Out

## Convenience food

- Tesco's **Wicked** range for sandwiches, wraps, vegan burgers, meat substitute and veg burgers
- Most coffee shops will substitute cows' milk for soya at no extra cost.

## Snacks

There are lots of snacks you didn't know were vegan! Including but not limited to Oreos, Party Rings, McVitie's Ginger Nuts, Skittles & Starbursts. Also, most varieties of Kettle Chips, Doritos and Walkers crisps. Vegan chocolate is perhaps surprisingly easy to find, as many flavours of Green & Blacks as well as Lindt Excellence dark chocolate all qualify. Ice cream options include the new Ben & Jerry's, as well as supermarket's own brands. You can get pizza from Goodfellas, Papa Johns & White Rabbit.

**Eating out** in Exeter can be really easy for vegans and veggies! There are plenty of options and many places even have their own veggie/vegan menus. We've made a list of some of Exeter's popular dining destinations and ranked them to help you when you're eating out.

Restaurants	Multiple Vegan menu	Limited Vegan Options	Minutes from Veggie Options	Student Discount	Cost
Herbies	✓	Ve	V		£5-£12
Wagamamas	✓	Ve	V		£5-£15
Ask Italian	✓	Ve	V	✓	£5-£10
Las Iguanas	✓	Ve	V		£3.50-£13.50
Zizzi's		Ve	V	✓	£3.50-£11.50
Firehouse		Ve	V		£7.50-£12.50
Wetherspoons	✓	Ve	V		£5-£6.09
The Ram			V		£4.75-£5.95
Pie Minister		Ve		V	£5.95-£9.50
<b>Cafés</b>					
Rabbit Café	✓	Ve	V		£6.75-£7.95
Plant Café	✓	Ve	V		£5-£10
Pret A Manger		Ve	V		£3-£5
Boston Tea Party		Ve	V		£5-£10

# Health Benefits

Did you know, a plant based lifestyle can provide you with all the nutrients you need. Fruit, vegetables, legumes, and other plant-based staples are packed with nutrients that meat just does not provide.



And protein? You can get all the protein you need from quinoa, lentils, beans, tofu, chickpeas and so much more.

When your diet is high in meats, you can expose yourself to:

- High levels of saturated fat and cholesterol: both risk factors for cardiovascular disease.
- Lack of fibre: a risk factor for colorectal cancer.

Many students have diets that are very high in processed food and contain lots of added sugar, preservatives and other ingredients that can cause your health to suffer, make you feel sluggish, and can lead to other long-term health issues.

Meat and dairy are often central components to this diet.

Of course, it is possible for vegans to have highly processed, unhealthy diets. However, making more plant based choices encourages us to actively consider what we are putting in our bodies. This daily consideration will most likely, over time, lead to a fresher, more nutrient-dense diet that can make you feel healthier and more energised.

If you're looking for vegan and vegetarian substitutes and alternatives, here are some great health food and grocery shops in Exeter: **Seasons** (11 mins from Streatham), **Holland and Barrett** (18 mins), **Eat Your Greens** (14 mins). These all offer student discounts and have loyalty cards, so don't miss out! **Real Food Store** (19 mins) is another great source of local food, though it's a little pricier.