

# Vegan

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 What Is a Vegan and What Do Vegans Eat?

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 A vegan lifestyle is compatible with the highest levels of health and fitness, protects huge numbers of animals, and is a potent way to combat climate change. Vegan Made Easy - A healthy plant-based lifestyle - Vegan.com  
 Vegan refers to either a person who follows this way of eating or to the diet itself. That is, the word vegan can be an adjective used to describe a food item, as in, "This curry is vegan", or, it can be used as a noun, as in, "Vegans like cookies, too."  
 What Is a Vegan and What Do Vegans Eat?  
 Vegan definition is - a strict vegetarian who consumes no food (such as meat, eggs, or dairy products) that comes from animals; also : one who abstains from using animal products (such as leather).  
 Vegan | Definition of Vegan by Merriam-Webster  
 At Vegan Action, we certify products as vegan so you can make better choices for the animals, for the environment, and for your health.  
 Vegan Action - We Certify Vegan Products  
 Veganism is the practice of abstaining from the use of animal products, particularly in diet, and an associated philosophy that rejects the commodity status of animals. A follower of the diet or the philosophy is known as a vegan.  
 Veganism - Wikipedia  
 The term "vegan" was coined in 1944 by a small group of vegetarians who broke away from the Leicester Vegetarian Society in England to form the Vegan Society.. They chose not to consume dairy ...  
 What Is Veganism, and What Do Vegans Eat?  
 The word vegan was initially defined as a diet free of animal-based foods (such as meat, dairy products, eggs, and honey.)  
 Nowadays, the word's meaning is commonly extended to refer to non-food products—such as clothing, cosmetics, and

medicine—that are made without animal-derived substances.  
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 A vegan diet can be viewed as the strictest form of vegetarianism. Veganism is currently defined by the Vegan Society as a way of living that attempts to exclude all forms of animal exploitation ...  
 Vegan vs Vegetarian - What's The Difference?  
 It's time we let you in on a little secret: going vegan is actually a piece of cake. Whatever brought you as far as this page, you've already taken the all-important first step on your vegan journey.

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