Overview

When you eat a vegan diet, you don't eat anything that comes from animals. This means no meat, fish, dairy, eggs or any other animal by-products. Instead, you focus on plant-based foods. A person who eats a vegan diet is called a "vegan."

What can you eat on a vegan diet?

So, what can you eat on a vegan diet? This diet is very diverse. It includes fruits, vegetables, grains, legumes, nuts, and seeds. Some vegan staples are tofu, tempeh, quinoa, lentils and chickpeas. Vegans tend to eat a lot of leafy greens, berries, and root vegetables. They eat whole nuts and seeds, which can also be made into various butters and spreads. And instead of cow's milk, they reach for other options. Soy milk, almond milk and oat milk are popular choices.

Why choose vegan?

Why do people choose to go vegan? Some do it for their health. A vegan diet is high in fiber, and helps manage weight. It's linked to lower risks of heart disease, type 2 diabetes and some types of cancer. Many are drawn to this diet for ethical reasons. They believe using animals for food is wrong. And some mainly go vegan for the planet. They're concerned about the environmental impact of raising animals for food. Vegan foods are usually affordable and easy to prepare. But vegans may not get enough vitamin B12, calcium or other nutrients. So if you eat a vegan diet, your doctor may recommend a supplement.

Conclusion

Before you choose a vegan diet, talk to your doctor. They can help tailor your diet to make sure you get all the nutrients you need to be healthy.