

# Vegetarianism around the world.

There are many stereotypes around vegetarianism. Such as "people who don't eat meat are sick and weak", "the diet is very poor and boring", "it's unhealthy and bad for children to be vegetarian", etc. Let's prove these statements wrong and see how diverse and healthy your diet can be if you choose to stop eating meat.

## Interesting facts:

- vegetarianism has traditionally been linked to the people of ancient India. Even today, Indians make up more than 70 percent of the world's vegetarian population.
- The first vegetarian Society was formed in England in 1847. The society's goal was to teach people that it is possible to be healthy without eating meat.
- The oldest vegetarian restaurant is Haus Hiltl, founded in 1898 in Zurich, Switzerland. Over the course of its history it has had about 500 dishes on its menu. [www.hiltl.ch](http://www.hiltl.ch)
- Some of the famous vegetarians : Leonardo da Vinci, Leo Tolstoy, Albert Einstein, Thomas Edison, Franz Kafka, Gandhi, Henry Ford, Brad Pitt, Ozzy Osborne, Paul McCartney, Mike Tyson, Natalie Portman and many more.
- Being a vegetarian helps save the planet. The primary environmental concerns with animal products are pollution—including greenhouse gas emissions (GHG)—deforestation, and the use of resources such as fossil fuels, water, and land. (an interesting article by The Guardian - [10 ways vegetarianism can help save the planet](#))

## Before you start:

- grains - wheat or any other cultivated cereal used as food.
- legumes - a leguminous plant (member of the pea family), especially one grown as a crop.
- pulse - the edible seed of a leguminous plant, for example a chickpea, lentil, or bean.
- dairy - milk and milk products collectively.
- vegetarian - a person who does not eat meat or fish, and sometimes other animal products, especially for moral, religious, or health reasons.
- vegan - a vegetarian who avoids all animal and animal-derived products including dairy, honey, etc.
- nutritious - efficient as food; nourishing.
- filling - food that is filling makes you feel full and satisfied
- crave - feel a powerful desire for
- treat - an event or item that is out of the ordinary and gives great pleasure



# Vegetarianism around the world.

Natasha (Russia / Germany)

Match the questions with the answers:

1. How long have you been a vegetarian and why?
  2. How difficult is it in your country to maintain this diet?
  3. What impact has it had on your health and life?
  4. What's your favourite food?
  5. What food do you always have in your kitchen?
  6. What's your treat?
- a. - Salad with balsamic vinegar dressing. Or basically anything with balsamic vinegar dressing.
- b. - I have no idea if that affected my life really. I feel ok, I take B12 (vitamin supplement), I gave birth and breastfed my kid. I dunno if that could have been different somehow. I'm alright, my kid is alright, and I still have all my teeth.
- c. - It's been about 14 years now. I started as a teenager, a few times shortly after that I tried meat, but didn't feel well afterwards (because if you are trying a new diet, you shouldn't start with salami as I did). So I just decided that it was easier for me to live without it.
- d. - Nuts. And sweets. I know that they are not the best things to eat a lot, but nuts keep me going when I'm tired, and sweet stuff either comforts me or makes me extra energetic. I stopped drinking cola though.
- e. - I always have some grains (like buckwheat, bulgur, and rice). And also flour. Once there is nothing else to eat, I can still cook them or bake something, and stay alive ;)
- f. - In the country I'm living now - Germany, it is not difficult at all. There are always some vegetarian options, as well as vegan. In Russia, it also was not too hard, although I lived in a pretty northern region of the country. The only thing is that I had to learn how to cook properly at the age of 17. Which I actually see as an advantage.



# Vegetarianism around the world.

## Roza (the Netherlands)

Fill in the gaps with the following words:

planet treat naturally research craves aware  
steps eater source spinach

I have been a vegetarian for about two years now. I was never really a meat 1 \_\_\_\_\_ and after I'd watched some documentaries, I thought it would be better for my health and the 2 \_\_\_\_\_ if I didn't eat any meat at all. It kind of happened 3 \_\_\_\_\_.



It's quite easy to be a vegetarian in my country, especially since people are becoming more and more 4 \_\_\_\_\_ of the benefits of a meat-free diet, and vegetarianism is being sort of promoted and encouraged.

I feel better this way. It can be a little hard in the beginning, but I see it as a change you've got to do in 5 \_\_\_\_\_. Start by eating less and less meat and then you can completely change it.

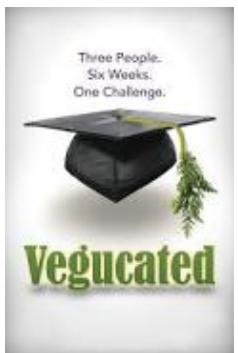
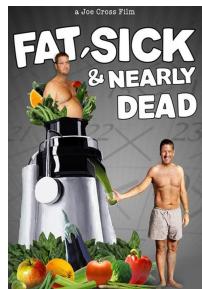
I did a lot of 6 \_\_\_\_\_ and started to see food in a different way: a 7 \_\_\_\_\_ of energy and vitamins. My body 8 \_\_\_\_\_ more healthy foods now since I changed my attitude.



I love all fruits and veggies. Right now my favourites are strawberries, passionfruit, 9 \_\_\_\_\_, and kale.

When I want to 10 \_\_\_\_\_ myself or relax, I love to eat chocolate. But who doesn't, right? ;)

Some documentaries that help people reconsider their food choices:



## Sasza (Ukraine / Poland)

Put the words in brackets into the right form (noun/verb/adjective/adverb)

I've been a vegetarian for 3 years.

(Origin) \_\_\_\_\_ I'm from Ukraine, but I moved to Poland and my life became much (easy) \_\_\_\_\_ - I learned that vegan food is not only delicious, but can be (access) \_\_\_\_\_ too.



Once I stopped eating meat, I (feeling) \_\_\_\_\_ a relief in my stomach and in my mind. Vegetarian diet is nutritious and (easy) \_\_\_\_\_ digestible.



A lot of people are scared they are gonna be starving once they give up eating dairy products, but (honest) \_\_\_\_\_ there are so many options to keep you full, healthy, and happy.

There (be) \_\_\_\_\_ always a lot of veggies and fruit in my fridge. Couscous and tofu are absolute "must haves".

I eat a lot of fast food too. Have you ever (trial) \_\_\_\_\_ a vegan burger? Once you try it, you might not wanna go back to "normal" food ;)

### A few vegetarian options for burger lovers:



# Vegetarianism around the world.

Anton (Russia)



Fill in the gaps with prepositions:

The transition to vegetarianism went quite easily \_\_\_\_ me, because it happened \_\_\_\_ India. It's probably one \_\_\_\_ the best places to stop eating meat, as a big part \_\_\_\_ the local cuisine is vegetarian (in some states, it's entirely meat-free). Back home, of course, it's considerably harder. First of all because \_\_\_\_ the choice, and secondly - the mentality. However, it's changing rapidly and I notice how there are more and more vegetarian options even \_\_\_\_ fast food places and even \_\_\_\_ smaller towns.

It was not hard \_\_\_\_ me to adapt \_\_\_\_ a new diet and lifestyle.

Mainly because of the help \_\_\_\_ my wife Katya (she is a yoga teacher and hasn't eaten meat or drunk alcohol in many years).

My family and friends were also very supportive. I find it very important not to feel pressure or disapproval \_\_\_\_ the people \_\_\_\_ you. It's helpful and comforting to know that you are not alone, too.

\_\_\_\_ some time, I started noticing positive effects \_\_\_\_ my body - better metabolism, healthier skin, more energy.



And after a couple \_\_\_\_ years it feels completely normal and natural to be eating vegetarian food. To be honest, my diet became much more diverse than it used to be \_\_\_\_ meat.

Our daughter doesn't eat meat and \_\_\_\_ all stereotypes, is healthy, strong, and happy. \_\_\_\_ going to a kindergarten, we ran some tests - and everything was perfectly normal - levels of iron, haemoglobin, and other essential elements.



## Some of Anton's favourites:

Falafel with mashed potatoes and salad.



Dosa (an Indian pancake)



Indian veg tali (bread, rice, curry, lentil soup, pickle) and lassi (an Indian dairy drink plain or with fruit).



Grilled bananas.



# Vegetarianism around the world.

## Dan (England).



Dan isn't a vegetarian, he actually loves meat. However, he lives with a girlfriend who doesn't eat meat or fish. Dan used to think that a vegetarian diet was dull, he couldn't imagine what he could make without meat that would be nutritious, filling, and satisfying. He and his girlfriend have lived together for about 2 years now, in 3 different countries (China, Nepal, and Georgia). 90% of the time they cook and eat at home, except in Nepal - food at local restaurants is very cheap and good, most of it is vegetarian, too. Dan has discovered many new foods and flavours in the past 2 years. Not only he enjoys eating vegetarian food now, but he is getting really good at making it too.



### Listen to Dan's recording and answer the questions:

[click here](#) 

(before you listen)

- kefir - a sour drink made from fermented milk, originally from Russia and Central Asia
- sulguni - Georgian cheese)

1. How many breakfasts did Dan have that day?
2. What kind of milk did he use to make a smoothie in the morning?
3. What did he have his eggs with?
4. What kind of pasta did he have for lunch?
5. What veggies did he have with the pasta?
6. What leftovers from the day before did he have?
7. What kind of juice did he have with his lunch?
8. What were the veg burgers made of?
9. What is dhal?
10. What drink did he have with his dinner?

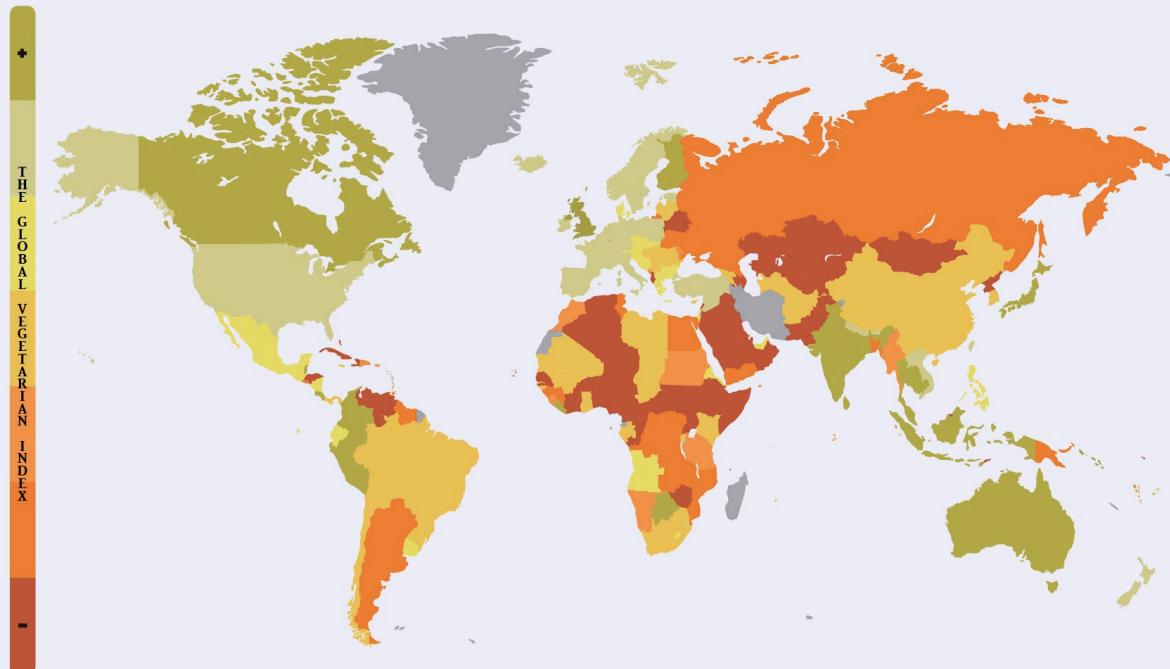
The app that helps Dan cook healthy and tasty vegetarian dishes →

Mary's Recipes: Healthy & Easy  
Healthy family menu planner  
AN AWESOME APP BY @MARYSSTORIES  
RECIPES, WEEKLY PLANS, SHOPPING LISTS, TIPS FOR PARENTS  
Healthy menu for seven days. Starting today.  
Use filters that work for you.  
Suitable for people with any food preferences. In the filters you can choose what you don't want on your menu  
Create



# The Most Vegetarian-Friendly Countries Around the World

A comprehensive look at which countries are best for vegetarians



## Top 20 Vegetarian-Friendly Countries

		Annual Meat Consumption per Capita (kg)		Number of Vegetarian Restaurants		Number of People Per Vegetarian Restaurant		Global Vegetarian Index Score
1. SEYCHELLES	35.6		117		810		328	
2. Thailand	25.8		908		76k		326	
3. Malaysia	52.3		1185		27k		311	
4. Sao Tome & Principe	16.5		13		16k		311	
5. Peru	20.8		284		113k		307	
6. Singapore	71.1		654		9k		305	
7. Cambodia	16.6		153		105k		301	
8. Solomon Islands	11.9		19		32k		300	
9. United Kingdom	84.2		4433		15k		299	
10. Botswana	26.2		80		29k		297	
11. India	4.4		697		1.9million		288	
12. Liberia	10.4		32		148k		284	
13. Belize	42.5		28		13k		284	
14. Sri Lanka	6.3		74		282k		282	
15. Japan	45.9		962		133k		281	
16. Indonesia	11.6		438		603k		280	
17. Australia	111.5		3016		8k		279	
18. Canada	94.3		2435		15k		278	
19. Colombia	46.5		504		97k		278	
20. Finland	74.8		344		16k		278	

Country with lowest meat consumption

BHUTAN  
3 KG

Country with the most vegetarian restaurants

USA  
18,975 Restaurants

Country with the most vegetarian restaurants per person

SEYCHELLES  
810 People Per Restaurant

# Some useful facts and tips :



## BEST PLANT-BASED SOURCES OF PROTEIN

### NUTS AND SEEDS

Food	Serving Size	Calories (Cal)	Protein (G)	Calories from Protein
Hemp seeds	1 oz	162	10	25%
Pumpkin seeds, kernels only	1 oz	151	7	19%
Peanuts, without shells	1 oz	164	7	17%
Black walnuts	1 oz	173	7	16%
Pistachios, without shells	1 oz	160	6	15%
Sunflower seeds	1 oz	164	6	15%
Almonds	1 oz	167	6	14%
Cashews	1 oz	155	5	13%
Flax seeds	1 oz	150	5	13%
Chia seeds	1 oz	137	4	12%
Walnuts	1 oz	185	4	9%

### BEANS AND LEGUMES

Food (cooked)	Serving Size	Calories (Cal)	Protein (G)	Calories from Protein
Tempeh	½ cup	180	16	46%
Tofu	½ cup	94	10	43%
Soy beans	½ cup	127	11	35%
Brown lentils	½ cup	115	9	31%
Red lentils	½ cup	115	9	31%
Green lentils	½ cup	115	9	31%
Kidney beans	½ cup	120	7	28%
Split peas	½ cup	116	8	28%
Lima beans	½ cup	109	7.5	28%
Cannellini beans	½ cup	100	7	28%
Navy beans	½ cup	90	6	27%
Black-eyed peas	½ cup	80	5	25%
Black beans	½ cup	100	6	24%
Pinto beans	½ cup	100	6	24%
Chickpeas (Garbanzo beans)	½ cup	120	6	20%

### VEGETABLES

Food	Serving Size	Calories (Cal)	Protein (G)	Calories from Protein
Spinach, cooked	1 cup	41	5	49%
Mushrooms, cooked	1 cup	42	5	48%
Asparagus	1 cup	27	3	44%
Broccoli	1 cup	31	2.6	34%
Brussels sprouts	1 cup	38	3	32%
Peas, cooked	1 cup	134	9	27%
Kale, cooked	1 cup	36	2	22%

### BREAD, GRAINS, PASTA

Food (cooked)	Serving Size	Calories (Cal)	Protein (G)	Calories from Protein
Seitan	½ cup	180	31.5	70%
Whole wheat bread	2 slices	138	7	20%
Spelt	½ cup	123	5.5	18%
Whole wheat pasta	½ cup	87	3.5	16%
Teff	½ cup	128	5	14%
Quinoa	½ cup	111	4	14%
Oats	½ cup	154	5.5	14%
Buckwheat	½ cup	284	9.5	13%

### PROTEIN POWDER

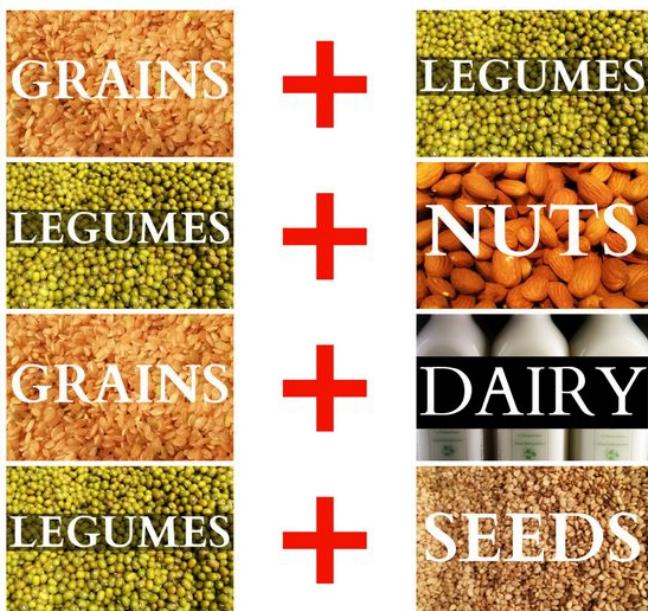
Food	Serving Size	Calories (Cal)	Protein (G)	Calories from Protein
Soy protein	1 oz	112	24	86%
Pea protein	1 oz	103	21	83%
Spirulina	1 oz	81	16	79%
Brown rice protein	1 oz	99	18	73%
Hemp protein	1 oz	85	13	61%

Created by No Meat Athlete ([nmeatathlete.com](http://nmeatathlete.com))

Created by Marina Novitskaya. [www.mafriesto.com](http://www.mafriesto.com)



# COMPLETE PROTEINS



moberlynaturalfoods.com

## Viva!

### Calcium-rich foods



[www.viva.org.uk](http://www.viva.org.uk) [www.vivahealth.org.uk](http://www.vivahealth.org.uk)  
[www.veganrecipeclub.org.uk](http://www.veganrecipeclub.org.uk)

## Best Sources of Zinc

Zinc is important to include in our diet because:

- It helps to stabilize our blood sugar levels
- Has been shown to keep depression at bay
- Supports a healthy sense of taste and smell
- Prevents a weak immune system

Get it from the following foods:



[www.authenticselfwellness.com](http://www.authenticselfwellness.com)

## good sources of plant based IRON



[www.southerninlaw.com](http://www.southerninlaw.com)



Created by Marina Novitskaya. [www.mafriestocom](http://www.mafriestocom)

# Guide To Pulses

Type	Ratio	Stovetop Cooking Time	Pressure Cooking Time	Yields
Black Beans	1 Beans 3 Water	1-1½ hours	5-8 minutes	2
Black-eyed Peas	1 Beans 3 Water	1-1½ hours	10-11 minutes (don't soak)	2½
Cannellini Beans	1 Beans 3 Water	1-1½ hours	5-8 minutes	2
Garbanzo Beans (chickpeas)	1 Beans 3 Water	1-1½ hours	8-13 minutes	2½
Great Northern Beans	1 Beans 3 Water	1-1½ hours	5-8 minutes	2½
Brown Lentils	1 Beans 2 Water	30-40 minutes	8-10 minutes (don't soak)	2
Red Lentils	1 Beans 2 Water	30-40 minutes	4-6 minutes (don't soak)	2
Navy Beans	1 Beans 3 Water	1-1½ hours	5-8 minutes	2
Pinto Beans	1 Beans 3 Water	1-1½ hours	5-7 minutes	2½
Red Kidney Beans	1 Beans 3 Water	1-1½ hours	5-8 minutes	2
Split Peas (green/yellow)	1 Beans 3 Water	30-45 minutes	not recommended	2

# The Ultimate Whole Grain Cooking Guide

By the Editors of Prevention



1

2

3

4

Start with these grains      Add this much water or broth      Bring to a boil, then simmer for      Amount after cooking

1 c amaranth	2 c	15 to 20 minutes	2 ½ c
1 c hulled barley	3 c	45 minutes to 1 hour	3 ½ c
1 c buckwheat	2 c	20 minutes	4 c
1 c bulgur	2 c	10 to 12 minutes	3 c
1 c cornmeal	4 c	25 to 30 minutes	2 ½ c
1 c farro	2 ½ c	25 to 40 minutes	3 c
1 c Kamut wheat	4 c	Soak overnight, then cook 45 minutes to 1 hour	3 c
1 c hulled millet	2 ½ c	25 to 35 minutes	4 c
1 c steel cut oats	4 c	30 minutes	3 c
1 c quinoa	2 c	12 to 15 minutes	3 c
1 c brown rice	2 ½ c	25 to 45 minutes	3 c
1 c rye	4 c	Soak overnight, then cook 45 minutes to 1 hour	3 c
1 c sorghum	4 c	25 to 40 minutes	3 c
1 c spelt berries	4 c	Soak overnight then cook 45 minutes to 1 hour	3 c
1 c teff	3 c	20 minutes	2 ½ c
1 c wheat berries	4 c	Soak overnight then cook 45 minutes to 1 hour	2 ½ c
1 c wild rice	3 c	45 to 55 minutes	3 ½ c

