

## VEGAN ALTERNATIVES

**Meat** alternatives are available as minced meat, escalopes, burgers, cold cuts or sausages, all of which are usually based on soy, peas or wheat, and can be found almost everywhere. By using smoked tofu, seitan, tempeh or jackfruit, meat-resembling dishes can easily be created. Nowadays even so called “vish fingers” are produced, which taste so similar to the original that most people enjoy them very much.

**Milk** based on soy, cereals (such as rice, spelt, oats, etc.) or nuts is a delicious substitute and is available in numerous varieties. Therefore you can continue enjoying your latte macchiato! Just try out all the different sorts of milk and discover your favorite one.

**Cream** alternatives are made of soy, rice, oats or coconut. Some plant based creams can even be whipped!

**Butter** is easily replaced with margarine. There is also rapeseed oil with butter taste, which is great for roasting and steaming.

**Yogurt** made of soy, coconut or lupines is produced with the same bacteria cultures like the conventional yogurt. Once again, there are many different flavors available.

**Cheese** consisting of soy, coconut, lupines, almonds or cashews, can be used to make grated cheese, cream cheese, mozzarella, raclette, fondue and camembert alternatives. Additionally, nutritional yeast can be used as a substitute for grated cheese and can be added to any type of sauce in order to attain a cheesy flavor.

**Eggs** can be replaced with applesauce, bananas, linseeds, soy flour or soy yogurt, depending on whether you want to loosen or bind your baked goods. By using (silken) tofu, turmeric and kala namak (a black salt which slightly smells sulfurous) you can easily create tasty scrambled “eggs”.

A wide range of vegan **sweets** is available. Ice cream, chocolate, cookies and cakes can be bought in stores or can easily be made at home.

Many of the products mentioned above are available in regular supermarkets. Health food and organic stores, vegan stores and online shops usually provide an even greater variety of vegan alternatives.

## RECIPE

### Pancakes

easy | ⌚ 20 minutes | 👤 2 people



INGREDIENTS	
> 200 g	spelt flour
> 1/2 ts	salt
> 2 ts	baking powder
> 1 ts	vanilla sugar
> 200 ml	soymilk
> 2 tb	rapeseed- or sunflower oil
> 3 tb	maple syrup
> -50 ml	carbonated water

- 1 Mix all dry ingredients in a large bowl.
- 2 Add soymilk, oil, maple syrup and water. Whisk until dough is smooth and liquid.
- 3 Add small portions of dough into a hot, frying pan. Roast pancakes until golden brown and turn as soon as the dough dries on the top.
- 4 Serve with fruits, soy yogurt or maple syrup.

 Find more recipes at [vegan.ch](https://vegan.ch)

The Vegane Gesellschaft Schweiz is a non-profit association which is committed to the promotion of the vegan lifestyle in Switzerland. With your membership and/or donation you're helping us making veganism and its numerous proven benefits known to the public.

# VEGAN BASICS



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**Vegane Gesellschaft  
Schweiz**

## WHY VEGAN?

The **vegan lifestyle** comes with **numerous benefits** for animals, the environment, the world food situation and your own health.

People pursuing vegan lifestyle seek to exclude all forms of exploitation of, and cruelty to, animals as much as possible and practicable. Pigs, chickens, cows and other animals kept on farms are social and **sentient beings** – just like dogs and cats. They all have their unique personalities and the capability to feel and to suffer. Unfortunately, in the animal agriculture industry they are bred with the sole purpose of generating profit. As a result, they are kept alive only as long as they produce milk, eggs etc. Then they are taken to slaughter after having lived only a fraction of their natural life span.

But not only do numerous animals profit from people turning vegan; a plant-based diet can significantly reduce **environmental damage**. And if we wouldn't use most of the world's grain and soybean harvest as animal feed, we could guarantee a **sufficient food supply for the whole world population**.

Additionally a vegan diet can also be **beneficial to our health**, as it may be able to aid in the prevention of diseases like obesity, type 2 diabetes, hypertension, cardiovascular diseases and cancer.



## TIPS AND TRICKS



### Just start!

Do you want to know more about the vegan lifestyle or are you ready to transition now? Great! The easiest way to start, is by replacing one product after the other. In this flyer, you will find a list of great vegan alternatives to meat, milk, cheese and eggs. You could also start with replacing one specific meal in your day. Breakfast is usually the easiest one. Peanut butter jelly toast, porridge with fresh fruit and roasted nuts or pancakes can be made exactly the way you like it! Needless to say, you can also switch to a vegan lifestyle overnight, and then gradually introduce other vegan products such as cosmetics and clothing – the best way is to just to go ahead and start

### Delightfully vegan

Get ready for a colorful and varied cuisine! No matter if you prefer elaborate or simple recipes – there's something for everyone. And in case you have no time or desire to cook: Nowadays, there is a huge selection of vegan take-away dishes available in restaurants or stores. You can prepare a wide range of vegan alternatives that come very close to the original product or choose from a readily increasing range of convenience products at home. In the vegan cuisine, you can reinvent the most well-known, traditional

dishes or you can create completely new meals using flavors from all around the world. You can find all sorts of recipes on our website, in numerous food blogs or cookbooks.



### What you should keep an eye on

A vegan diet can easily provide you with all the vital nutrients providing you make informed food choices and you eat a wide variety of foods. But you should keep an eye on your vitamin B<sub>12</sub> intake: B<sub>12</sub>-enriched foods, toothpaste and nutritional dietary supplements prevent you from developing a deficiency and are part of a well-planned vegan diet.

### On the Go

Every day more restaurants are offering plant-based dishes and in most larger cities, there is a growing number of fully vegan restaurants. To make sure you'll find something vegan to eat, it is recommended to make sure the place you are going to serves vegan alternatives, or to announce your wishes to the restaurant prior to going out. Most places are now familiar with the term "vegan" and will be able to prepare you something delicious.



### Any Questions?

Finding vegan products is pretty easy: They are usually labeled as vegan. New vegan products are also regularly presented in the Facebook group "Vegane Produkte Schweiz". You can also find more information about exciting new vegan products and events on our social media channels and in our newsletter.