

Meat and Fish alternatives

- **Meats:** plant-based meat substitute slices/spreads, e.g. made from sunflower seeds, yeast or vegetables
- **Sausages:** plant-based sausages (smoked) for cooking or grilling
- **Mince:** crumbled tofu or fine soya schnitzel/granules (seared and seasoned with spices), bulgur or ready to use products available in the supermarket
- **Goulash/Geschnetzeltes:** soya schnitzel, meat alternatives made from soya or wheat found in the frozen food section of supermarkets.
- **Burger:** various meatballs/patties made from soya, spelt, vegetable or wheat base
- **Fish:** fishlike aroma can be obtained by cooking with algae (nori, kombu, wakame) or there is a finished product called "Visch" that tastes like fish.

Dairy alternatives

- **Milk:** e.g. soya, oat, almond, rice milk etc.
- **Cooking cream:** e.g. soya, oat, rice, almond or cashew cream, coconut milk
- **Whipped cream:** plant-based whipping creams (e.g soya)
- **Butter:** plant-based margarine
- **Yogurt:** Soya yogurt
- **Quark:** pureed tofu with plant-based cream, silken tofu, soya yogurt, Soyananda
- **Hard and cream cheese:** vegan cheese is usually based on vegetable fats, starch and soya
- **Cheese for au gratin:** vegan grated cheese, melting vegetable cheese, nutritional yeast with plant-based cream
- **Cheese sauces:** melting yeast or finished vegan cheese sauces
- **Ice cream:** lupine, soya, rice or cashew based ice creams and fruit sorbets
- **Chocolate:** dark chocolate or chocolate with rice milk

Egg Alternatives

- **Egg to bind:** finished egg substitute, 50g silken tofu/soya yogurt, 50g apple sauce or ½ banana, 1tbsp ground flaxseed in 3 tablespoons of water
- **Egg to leaven:** finished egg substitute, 1 tablespoon soya flour and 3 tablespoons of water, 50g of soya yogurt/silk tofu, 1 teaspoon baking powder and 1 tablespoon of starch and 3 tablespoons of mineral water
- **Scrambled eggs:** crumbled tofu (silk or smoked), turmeric, black salt
- **Fried:** egg substitute products such as „The Vegg“

References

Many of the products mentioned in this brochure are now available in every supermarket and health food store (e.g. Bioladen and Reformhaus). Everything else can be found in vegan shops or online:

www.Larada.org

Recommended reading

- Jack Norris, Vegan for Life

Recommended websites with vegan recipes:

www.vegan.ch/kochen

Transition help and exchange

Shopping tours, vegan products list, cooking meetups, vegan dinners, etc.: www.vegan.ch/los

Keep in touch

Our website vegan.ch has a news blog, events, podcasts and many useful tips about how to stay animal friendly vegan every day.



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www.vegan.ch/spenden

This flyer is based on the german version of «vegan basics» by the Vegetarierbund Deutschland e.v. (VEBU)

Vegan Basics

english version



Vegan Basics

More and more people are choosing to embrace a vegan lifestyle for various reasons. This brochure will help you to make this transition easy.

1. Sentient, intelligent and social animals

Our so-called farm animals are very social living beings that are able to feel and suffer. They can develop friendships and each of them has their own personality just like cats and dogs. Nevertheless, farm animals are treated entirely different.

In order to give us milk, cows are regularly artificially inseminated. Baby calves are taken away from their mothers right away after birth. Often, mother cows call for their newborns for weeks and vice versa. Male calves are soon killed to be sold as veal.

Male chicks are sorted after hatching eggs and put in the gas chamber, because they are not able to lay eggs and are considered useless. After a short period of time on a high production farm, animals are emaciated and cannot produce enough eggs or milk anymore. In a result, those animals are taken to a slaughterhouse. Usually, laying hens are killed at the age of 1 year and dairy cows at the age of 5. Unfortunately, the same happens even in organic farms.

2. Environment and Climate Change

Intensive livestock farming is responsible for more than 18% of greenhouse gas emissions, which is higher than emissions produced by the entire transportation sector. In addition, every minute an area of land of about seven football pitches is cleared for livestock farming. Around 70% of plants harvested for animal feed are genetically modified. An inconceivably large amount of animal excrement subsequently leads to immense pollution of soil and water.



Vegan Alternatives

- **Plant-based milks** are made from soya, grains (rice, spelt, oat), nuts (almonds, hazelnuts) or seeds (quinoa, hemp). They are very tasty alternatives to animal milk and are also available in a wide range of flavours including chocolate, vanilla, strawberry, and coffee.
- **Plant-based cream** is made from soya or various cereals. Homemade cream can be made by pureeing soaked cashews or almonds.
- **Tofu** is a traditional product made from soya beans that contains a lot of protein. It has a mild taste, but easily absorbs flavours from marinades or spices. Also, it is very versatile as it can be cut into slices, crumbled, seared or pureed. Tofu can be used in many dishes ranging from main courses to desserts.
- **TVP (Textured vegetable protein)** are processed soya beans that were manufactured in a way that gives them a meat-like structure. They are available in various forms: ground beef, slices for Geschnetzeltes, cubed for gulasch, medallions or steaks for schnitzel.

3. World Food Situation

To produce 1 kilogram of meat it requires up to 15 kilograms of grain and 15500 litres of water. If everyone would get 25% of their calories from animal products then half of the world's population would starve. It would be good for everyone if we were to eat plant foods directly instead of diverting so much to animal feed.

4. Health

It is possible to eat a balanced vegan diet at any age. The American Dietetic Association stated in its position paper that *“Well planned vegan and other forms of vegetarian diet are appropriate for all stages of life including, pregnancy, lactation, childhood and adolescence.”*

- **Seitan** has a texture very similar to meat and is made from wheat or spelt protein. It can be good breaded, fried or grilled. Also, it is a wonderful base for sausages, schnitzels and steaks.
- **Egg substitute powder** mostly consists of starch, baking powder, lupine or pea protein. It can be used as an alternative for eggs as a binder. Scrambled egg can be easily made with silken tofu, turmeric and black salt. A product called “The Vegg” can be used as a substitute for egg yolk.
- **Soya yogurt** is just like a conventional yogurt produced with bacterial cultures and is available in numerous flavours.
- **Tempeh** is a product made from fermented soybeans. It tastes slightly nutty and is best marinated, sliced and fried.
- **Nutritional yeast** consists of dried inactive yeast and contains many B vitamins. It is used for cheesy-tasting sauces and as an alternative for grated cheese.

In addition, plant-based diets can prevent lifestyle diseases such as: obesity, type 2 diabetes, hypertension, cardiovascular diseases and cancer. Also, vegan diets contain fewer antibiotic resistant bacteria, dioxins and pathogens (eg. bird flu). Vegans have a variety of food choices that provide all the essential nutrients. One should make sure that he or she is getting an adequate supply of vitamin B₁₂. There is a vitamin B₁₂ toothpaste and many other B₁₂ fortified foods and supplements on the market.

