



VEGAN EVENING



STRUCTURE

- Veganism – what is it?
- Reasons
- How to replace eggs & other animal products?
- Veganism in our world
- Books & DVDs
- Your questions



VEGANISM

- Vegan Society: „Veganism is a way of living which seeks to exclude, as far as it is possible and practicable, all forms of exploitation of, and cruelty to, animals for food, clothing or any other purpose”
- Means
 - No meat (including fish)
 - No dairy
 - No eggs
 - No other animal products

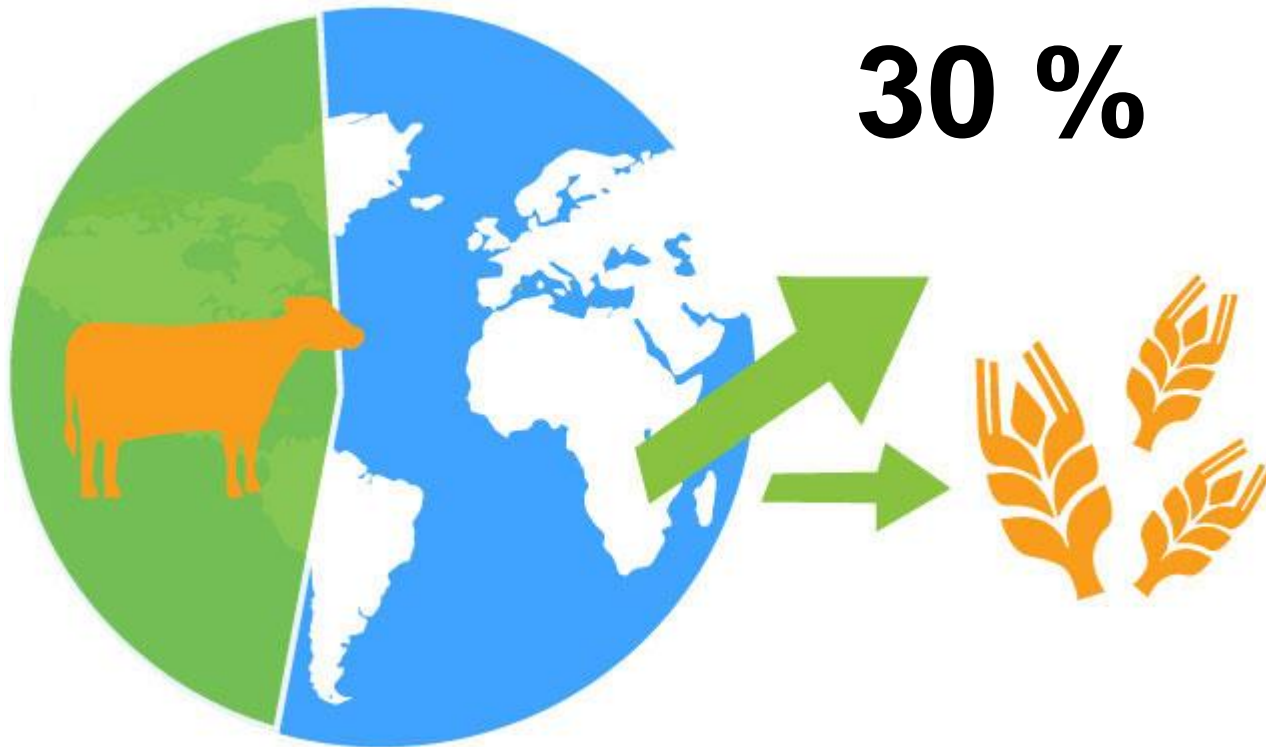


REASONS TO GO VEGAN

- Environmental reasons
- Human reasons
- Health reasons
- Animal related reasons



ENVIRONMENTAL REASONS

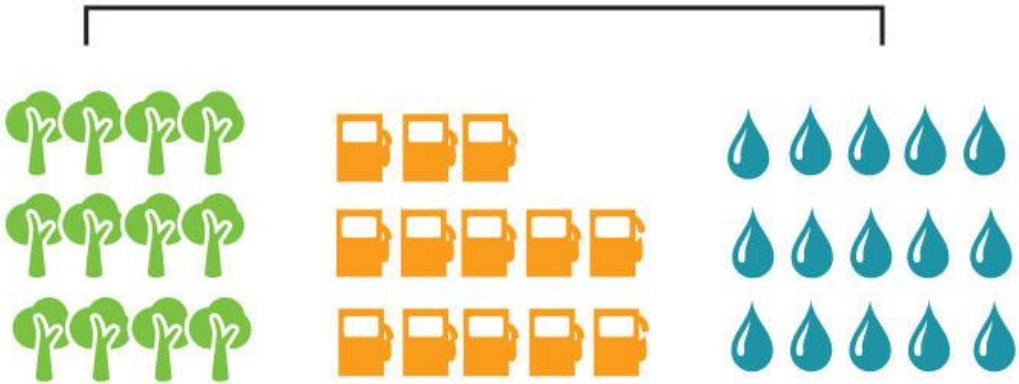


ENVIRONMENTAL REASONS

 **1 lb of soy**



 **1 lb of meat**



HUMAN REASONS

- 840 million people suffer from malnutrition
- 1/3 of the crop in our world is given to animals



HEALTH REASONS: STUDIES

- Studies reveal that consumption of animal products (meat and dairy products) play an important role in the development of prostate cancer (2014 & 2011)
- Mercury in tuna is increasing (2015)
- Legumes reduce the risk of bowel cancer (2015)
- A vegan diet is improving the health of obese children (2015)
- Vegetarian diet can reduce risk of heart attack by 32 % (2013)



HEALTH REASONS

Norwegian Health Society:

„ Vegetarkost er forbundet med lavere risiko for blant annet overvekt, hjerte- og karsykdommer, diabetes og kreft. En balansert og variert vegetarkost egner seg for individer i alle livsfaser, inkludert under svangerskap, ved amming, i spedbarnsperioden, for barn og unge og for idrettsutøvere. “

“Quite simply, the more you substitute plant foods for animal foods, the healthier you are likely to be.”

(Dr. T. Colin Campbell, a nutrition expert at Cornell University)



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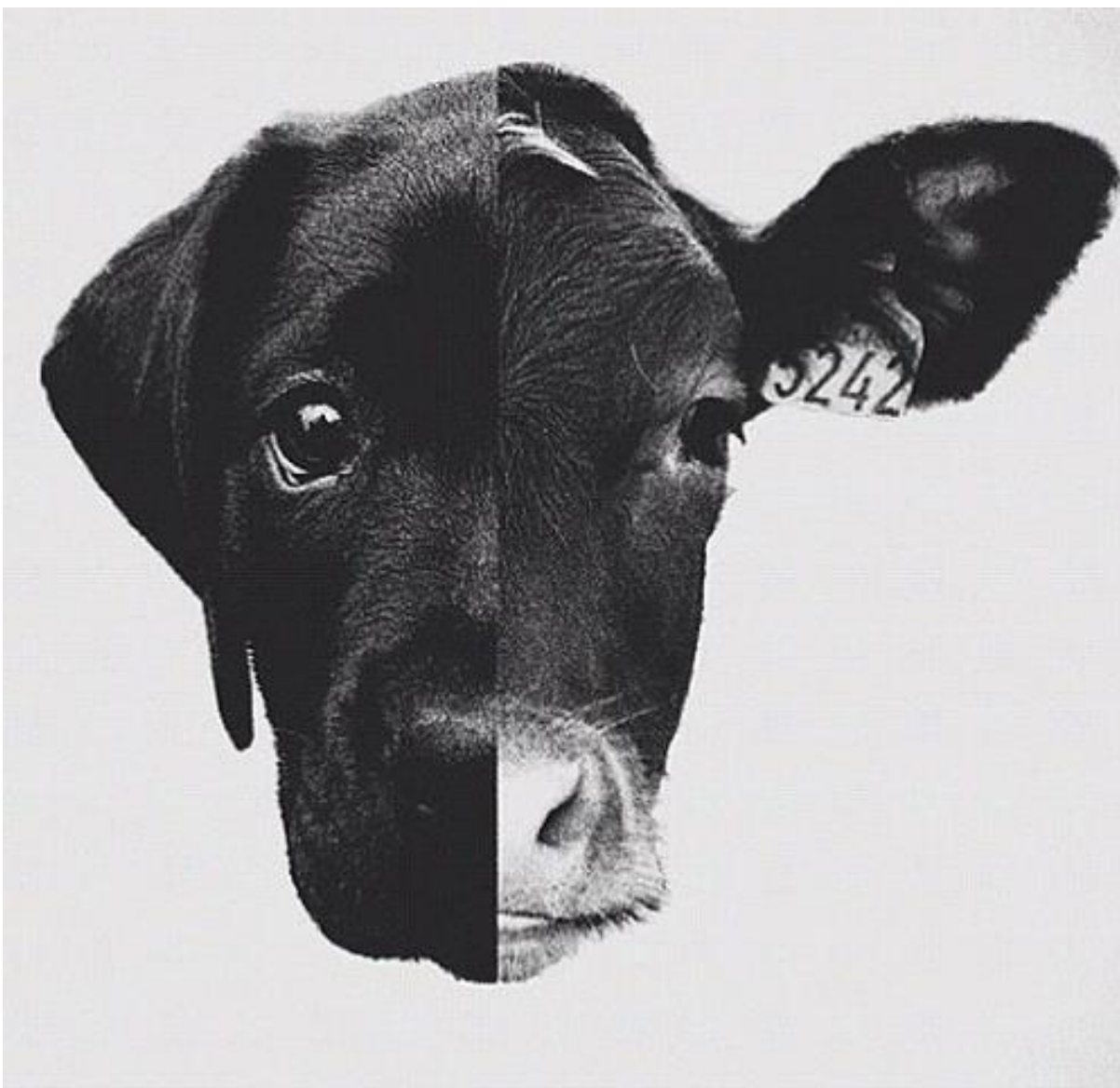
HEALTH REASONS

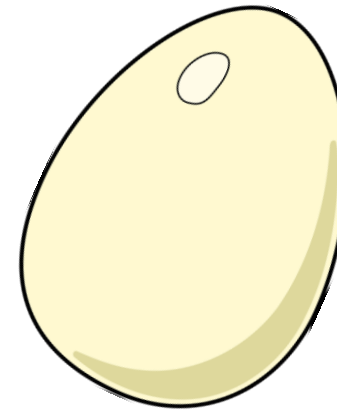
- The strongest man in Germany lives vegan











BUT WHY NO MILK AND EGGS?



MILK



MILK



EGGS



EATING VEGAN



VEGAN FOOD IN THE SUPERMARKETS OF TROMSØ



Rema 1000



Eurospar



Coop Obs



VEGAN FOOD IN THE SUPERMARKETS OF TROMSØ



MILK



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CREAM

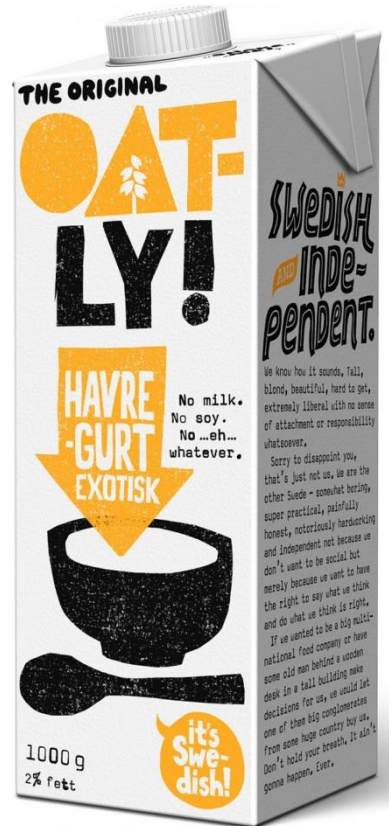


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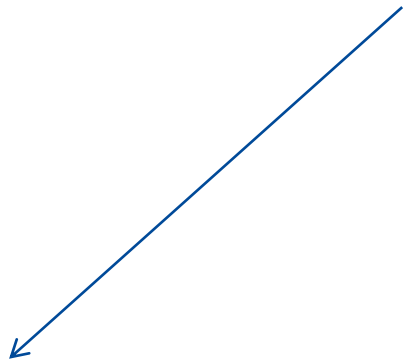
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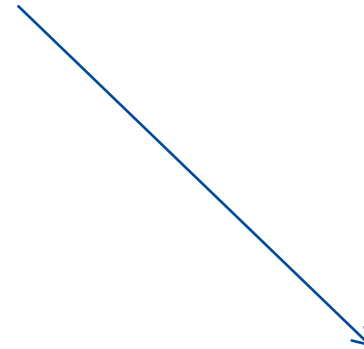
YOGHURT



EGGS



For binding



For leavening

Or not necessary at all?



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EGGS – FOR BINDING

- 2 tbsp. starch + 2 tbsp. Water
- Or 2 tbsp. ground flax seeds + 3 tbsp. Water
- Or ½ cup of mashed banana, avocado, cooked pumpkin or applesauce
- Soy flour
- Chickpea flour

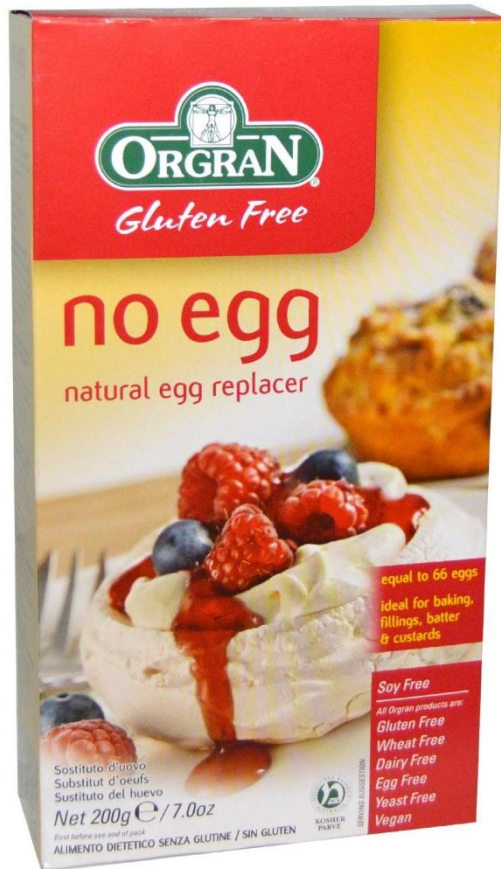


EGGS – FOR LEAVENING

- 1 tsp. baking powder + 1 tbsp. vinegar + 1 tbsp. water
- 2 tbsp. baking powder + 2 tbsp. warm water + 1 tbsp. oil



EGGS



CHEESE



MEAT



MEAT



SWEETS



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VEGAN PRODUCTS



Products marked with the vegan flower are:

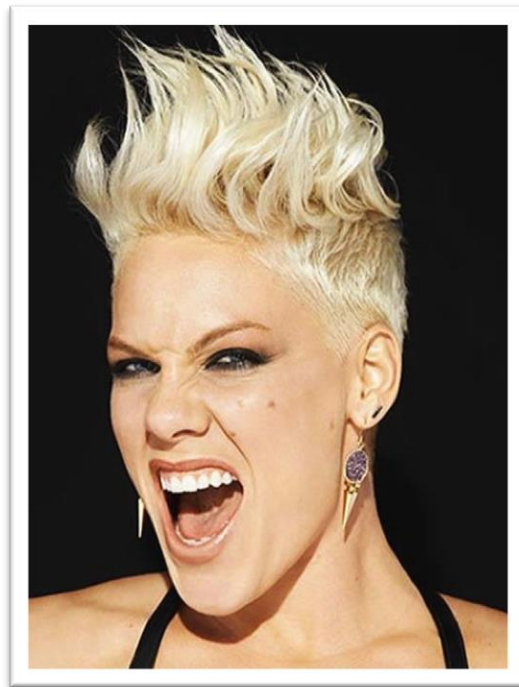
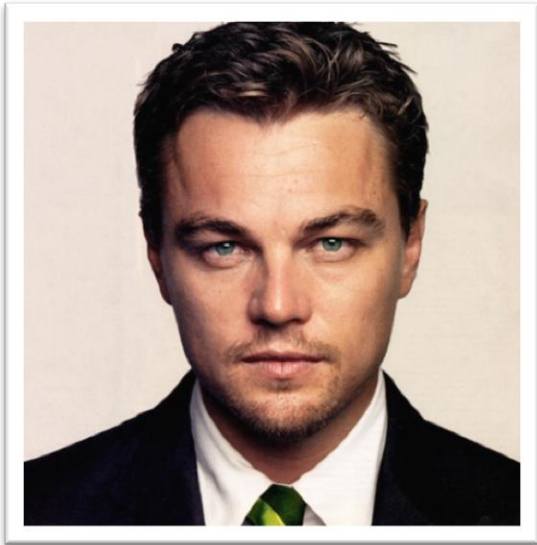
- Vegan
- Not tested on animals



VEGANISM IN OUR WORLD



DID YOU KNOW THAT ALL THESE PEOPLE LIVE VEGAN/VEGETARIAN?



DID YOU KNOW THAT ALL THESE PEOPLE LIVE VEGAN/VEGETARIAN?



VEGANISM IN NORWAY

- Did you know that there is a vegan fair in Trondheim? And in Oslo there is a Vegetarfestival this weekend?
- There is also the Vegan Society of Norway (Norsk Vegansamfunn)



VEGAN IN TROMSØ

- Monthly „Vegantreff“ every first Sunday in a month at 16.00 in Sivertsens Kafe
- Vegan café in Tromsø = Sivertsens Kafe
- Facebook group „Vegan Tromsø/Veganere i Tromsø“
- Meatless Monday in UiT



BOOKS & DVDs



BOOKS & DVDs



*Available in Tromsø
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BOOKS & DVDs



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- [Video](#)



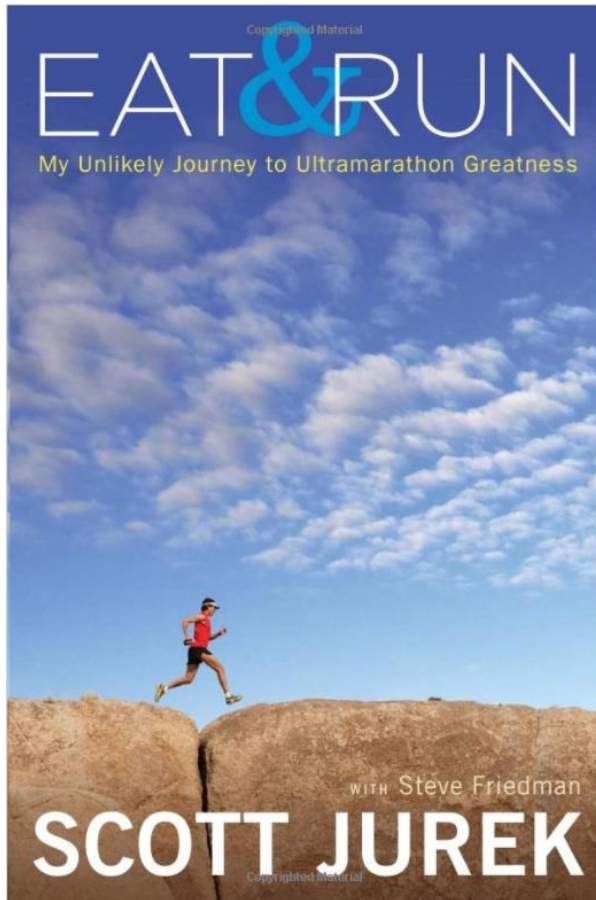
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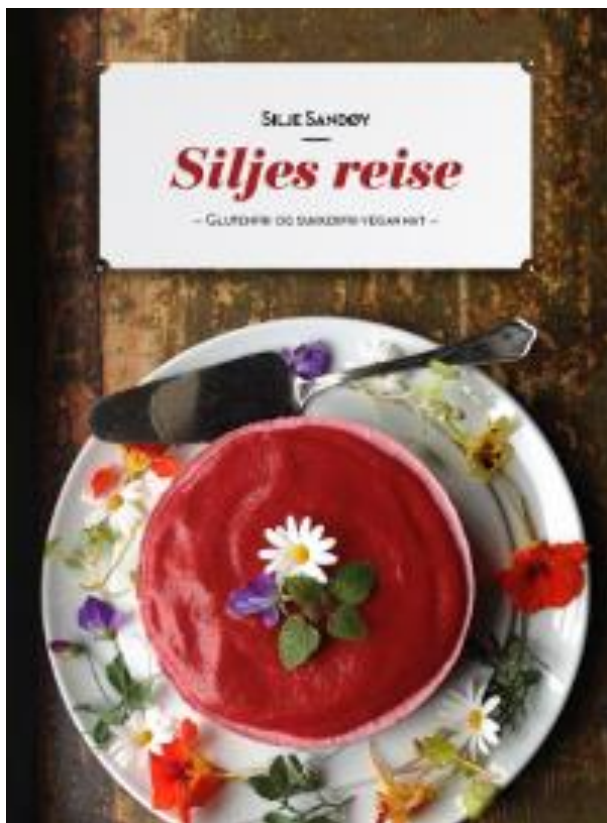


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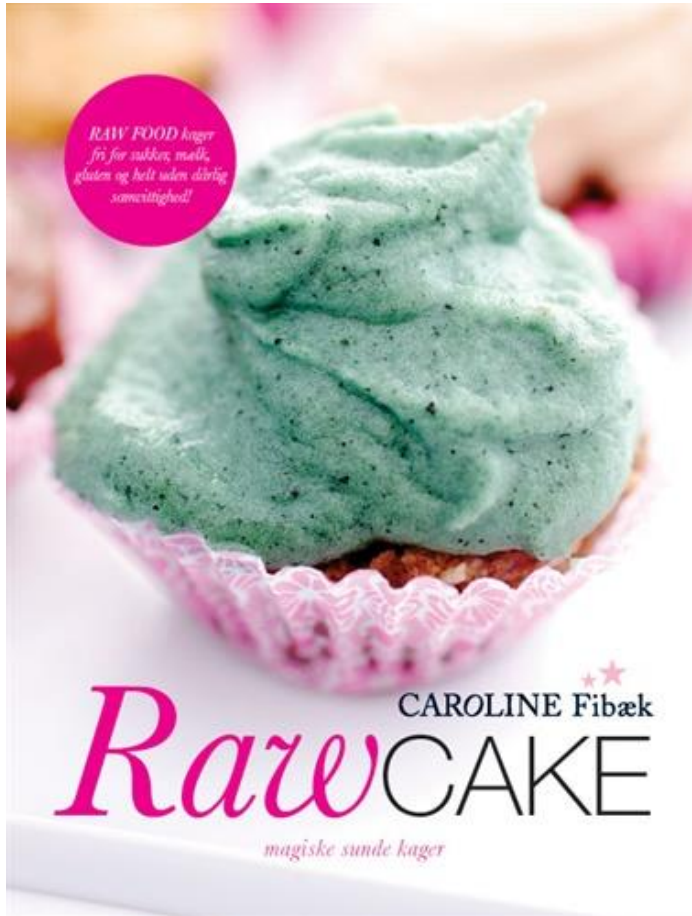
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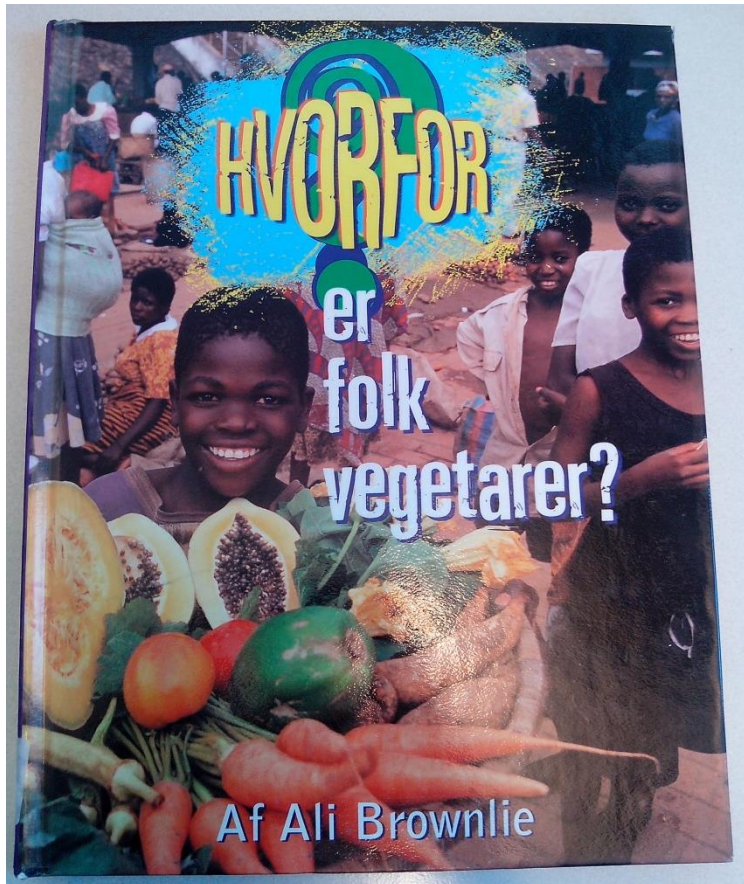
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BOOKS & DVDs

"A thoughtful book full of substance and style. It should be required reading for anyone interested in what we eat and why."

—Kathy Freston,

author of *The New York Times* best-selling *Quantum Wellness*

WHY WE LOVE DOGS



EAT PIGS



AND WEAR COWS



An INTRODUCTION to **CARNISM**

The Belief System That Enables Us to Eat Some Animals and Not Others

Melanie Joy, Ph.D.



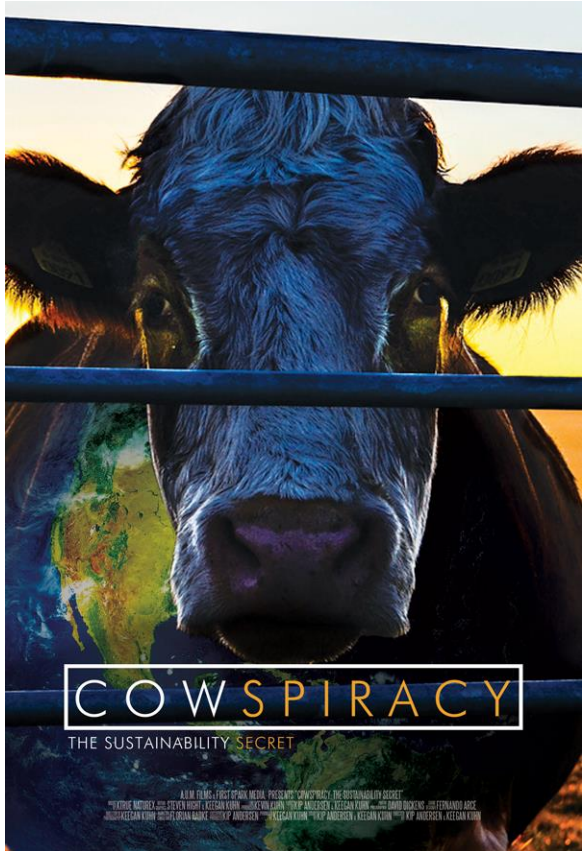
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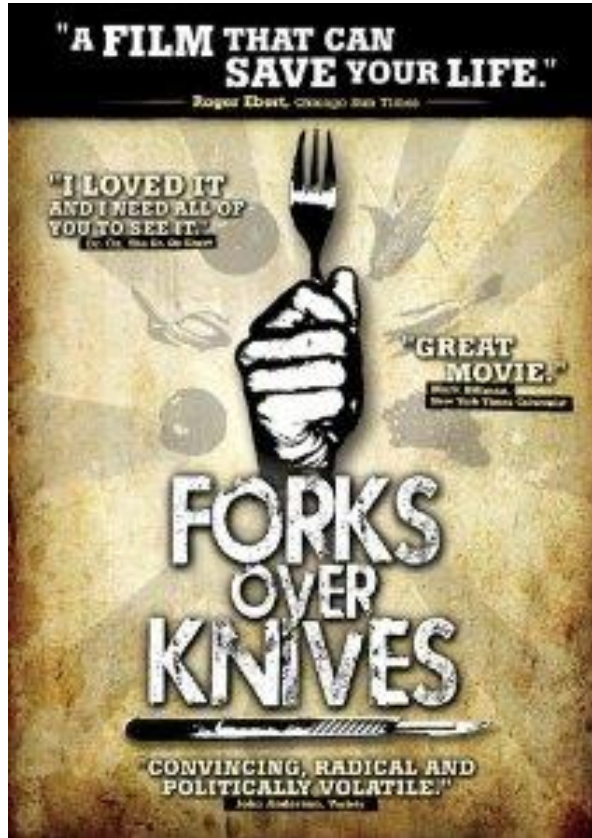
BOOKS & DVDs



- Cowspiracy – the sustainability secret
- Released in 2014
- Topic: Environmentalism



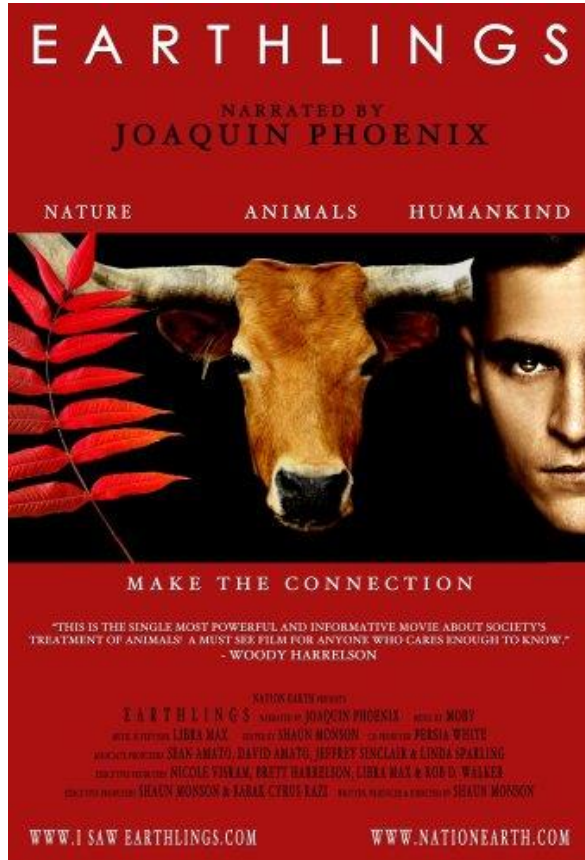
BOOKS & DVDs



- Forks over knives
- Released in 2013
- Topic: Health issues



BOOKS & DVDs



- Earthlings
- Topic: Animal agriculture
- Watch it for free:
www.earthlings.com



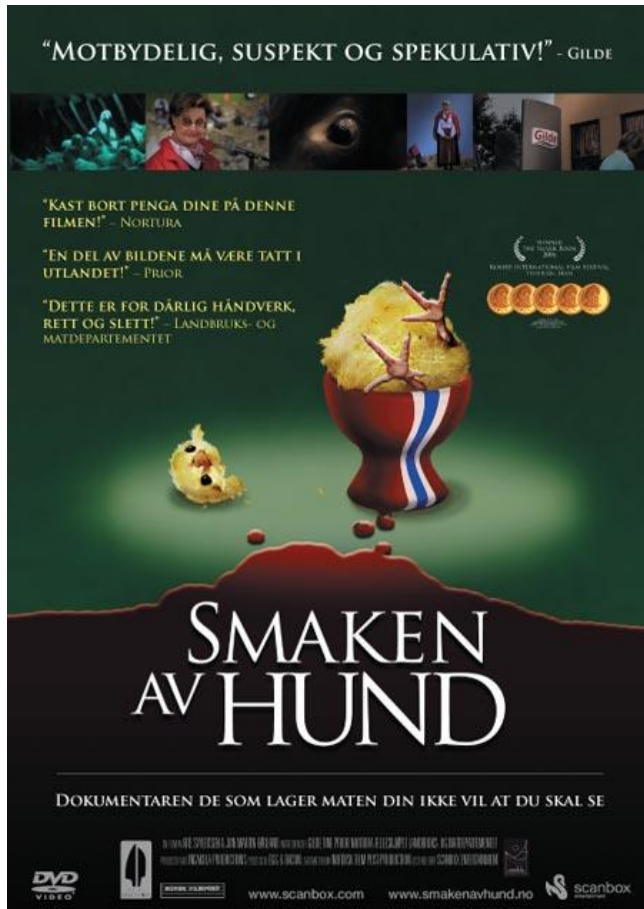
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BOOKS & DVDs

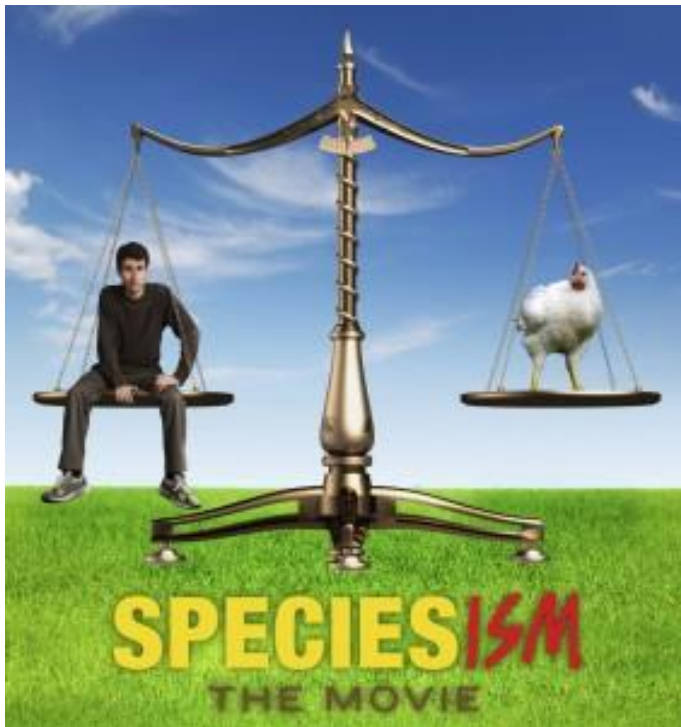
- Smaken av hund
- Topic:
Animal agriculture in Norway



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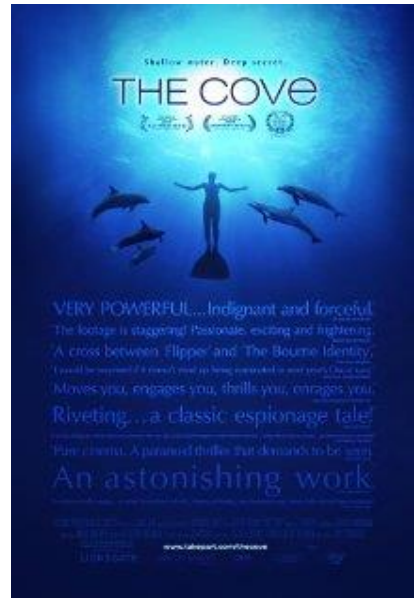
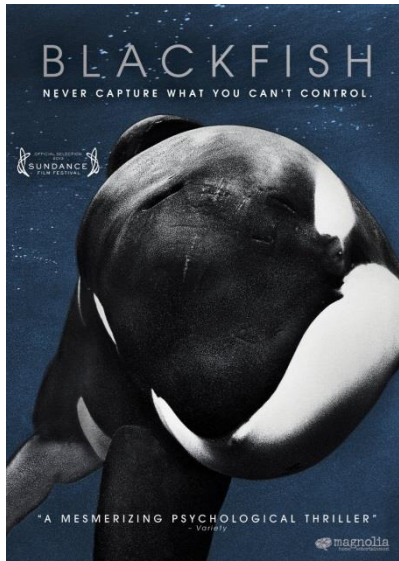
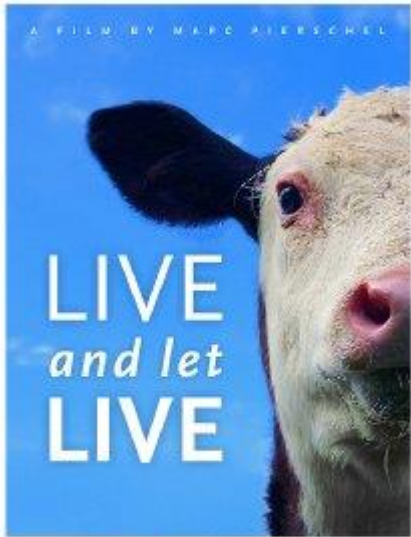
BOOKS & DVDs



- Speciesism – the movie
- **Watch it for free with us in the library on 8th June at 18.30**



BOOKS & DVDs



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IDEAS

- 1x vegan meal a week is better than nothing
- Try alternatives (e. g. have you ever tasted rice milk?)
- Try new recipes, it's fun!



MORE QUESTIONS?



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