

5 Vegetarianism Issues That Will Make You Rethink Your Diet

WAKE THE WOLVES 2019

3 VEGAN FOODS TO WATCH OUT FOR

Not all vegetarian or vegan foods are healthy or created equal. In fact, many can be filled with processed fillers, preservatives, and "bad" fats that have a shelf life to last a century.

- 1 Veggie Burgers and Mock Meat**
 - HEAVILY PROCESSED FATS** (like corn oil, soybean oil, and canola oil)
 - ARTIFICIAL INGREDIENTS** (like caramel color, artificial flavoring, and MSG)
 - FILLERS & THICKENERS** (like tapioca starch and gum)
- 2 Spreads, Dips, and Sauces**
 - TRANS FATS** (like partially hydrogenated soybean oil)
 - MSG** (like monosodium glutamate, hydrolyzed vegetable protein, or calcium caseinate)
 - FILLERS & THICKENERS** (like locust bean, guar and carrageenan gums)
- 3 Dairy-free Milk**
 - SUGAR** (like high fructose corn syrup, cane syrup, or sugar)
 - ARTIFICIAL FLAVOR** (like natural flavor or flavoring)
 - FILLERS & THICKENERS** (like tapioca starch and carrageenan gums)

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Vegetarianism has gained significant popularity in recent years due to its numerous health and environmental benefits. However, while many individuals choose to adopt a vegetarian lifestyle, there are several pressing issues that

often go unnoticed. In this article, we will explore five vegetarianism issues that concern you and shed light on the potential consequences of a vegetarian diet.

1. Nutritional Deficiencies

SIGNS OF NUTRITIONAL DEFICIENCIES

EYES
Dark circles or bags under the eyes: Allergies, food tolerances, dehydration
Poor night vision: Vitamin A
Ruptured blood vessels in the eyes: Vitamin C
Nearsightedness: Vitamin D
Pale lower eyelid: Iron

MUSCLES & JOINTS
Muscle cramping: Magnesium, B1, B2, B6
Twitching: B1, B2, B3, B6, B9, Vitamin D, Magnesium, Calcium
Edema/Swelling: B1, B6, Potassium
Numbness or tingling: B12, B5
Clicking Joints: Manganese

TEETH & GUMS
Bleeding gums: Vitamin C, folic acid
Crowded teeth: Calcium, Vitamin K

MOUTH
Canker sores: B3, B12, Folic acid, Calcium
Cracks in the corner of the mouth: B2
Weak tooth enamel: Vitamin A, D, K, Calcium
Painful tongue: B2, B3, Folic Acid
Loss of smell or taste: Zinc

HAIR
Hair loss: B2, B5, Biotin, D, Zinc
Dry hair: Vitamin A, E, Omega 3, Protein, Iodine, Selenium, Biotin
Dandruff: Selenium, Omega 3, Vitamin A

SKIN
Bumps on the back of the arms: Vitamin A
Dry or rough skin: Vitamin A, E
Unusual nosebleeds: Vitamin C
Easy bruising: Vitamin C
Acne during menstruation: B6
Dermatitis: B2, B3, Biotin
Red stretch marks: Zinc

NAILS
Spoon shaped nails: B12, Iron
White marks: Calcium or Zinc
Pale nails: Iron, Biotin
Brittle nails: Calcium, Magnesium, Iodine
Cuticles tear easily: Protein

EMOTIONAL/MENTAL
Depression: B1, B5, Biotin, PABA
Dementia: B1, B3, B12, folic acid
Nervousness/Irritability: B1, B6, B5
Insomnia: B3, B5, B6, D3
Dizziness: Iron, B2, B12

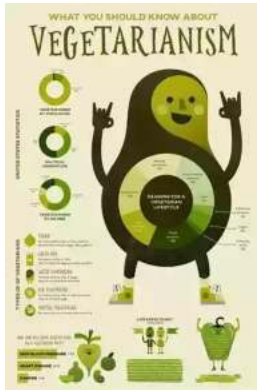
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REPERCHARGE YOUR HEALTH

Vegetarianism (Issues That Concern You)

by M. Foster Olive (Library Binding – May 2, 2014)

★★★★★ 5 out of 5

Language : English



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While vegetarianism can be a healthy and balanced diet, it requires careful planning to ensure all necessary nutrients are obtained. Plant-based diets may lack certain essential nutrients such as vitamin B12, iron, zinc, and omega-3 fatty acids, which are primarily found in animal-based products. Neglecting these nutrients can lead to various health issues, including anemia, weakened immune system, and cognitive impairment. Therefore, it is crucial for vegetarians to carefully design their meals and consider appropriate supplementations.

2. Environmental Impact of Agriculture



While it is commonly believed that vegetarianism is more environmentally friendly, the reality is more complex. Large-scale agricultural practices required to sustain a vegetarian population can have significant environmental consequences. Deforestation, water pollution, and soil degradation are some of the adverse effects associated with intensive crop farming. Additionally, some vegetarian substitutes, such as soy-based products, contribute to deforestation due to the high demand for soybeans.

3. Ethical Concerns

Vegetarianism

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ISSUES
IN SOCIETY

While vegetarians largely advocate for animal welfare, there are ethical concerns associated with the production of plant-based foods. The indiscriminate use of pesticides and herbicides in crop farming can harm wildlife and the surrounding ecosystem. Furthermore, commercial farming practices often require large amounts of land, which contributes to habitat destruction and displacement of animal species. It is important to consider the ethical implications of the entire food production system, including plant-based diets.

4. Social Challenges

World Vegan Day



Being a vegetarian can sometimes be challenging in social settings. Whether it is attending parties, family gatherings, or dining out with friends, finding suitable vegetarian options can be difficult. This can lead to isolation or uncomfortable situations for vegetarians. Additionally, misinformation and stereotypes associated with vegetarianism can further complicate social interactions. It is

important to create awareness and understanding about dietary choices to foster inclusivity and acceptance.

5. Health Misconceptions

Vegan *versus* **Vegetarian**

Common Misconceptions

<u>Vegetarian</u>	<u>Vegan</u>
Blanket term used to describe a person who eliminates all animal products from his or her diet.	Eliminates all animal products from his or her diet, including honey and gelatins.
Term includes Vegans and the following various sub-categories:	Also known as pure vegetarians.
<u>FLEXITARIAN or SEMI-VEGETARIAN:</u> Vegetarian but consumes dairy products, eggs, chicken, and fish	No sub-categories.
<u>OVO-LACTO-VEGETARIAN:</u> Vegetarian but consumes eggs and milk. This is the largest group of Vegetarians.	Avoids products made from animals such as leather, wool, silk, some make-up & lotions, and some glues (such as those used in some sneakers).
<u>OVO-VEGETARIAN:</u> Vegetarian but consumes eggs.	Humanity for animals is an abiding, overriding conviction in their lives.
<u>LACTO-VEGETARIAN:</u> Vegetarian but consumes milk.	Self-committed to upholding a personal standard of living where animals are concerned.
<u>PESCATARIAN:</u> Vegetarian but consumes fish.	Point of view is that animals are not here to be exploited by man.
<i>Common Influence is health.</i>	<i>Common influences are ethical, moral, spiritual, environmental, and/or religious values.</i>

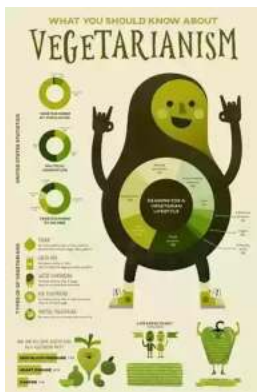
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Despite the numerous health benefits associated with vegetarianism, there are still many misconceptions surrounding this dietary choice. It is often assumed that vegetarians automatically lead a healthier lifestyle, but this is not always the case.

Vegetarian diets can still include processed foods, excessive sugar, and unhealthy fats. It is crucial to maintain a balanced and varied diet to ensure optimal health. Seeking guidance from healthcare professionals or registered dietitians can help address any nutritional concerns and ensure proper dietary choices.

While vegetarianism has its benefits, it is essential to be aware of the potential issues associated with this dietary choice. Nutritional deficiencies, environmental impact, ethical concerns, social challenges, and health misconceptions are all aspects that require consideration. By understanding and addressing these issues, vegetarians can make informed choices to ensure a healthy and sustainable lifestyle.

So, before you commit to a vegetarian diet, take a closer look at these five pressing vegetarianism issues that concern you. It might just change the way you perceive vegetarianism and the impact it has on your health, the environment, and society.



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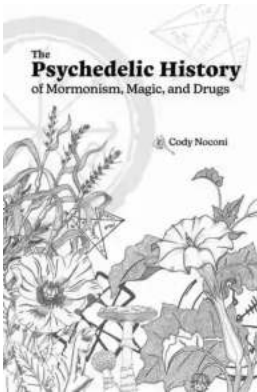
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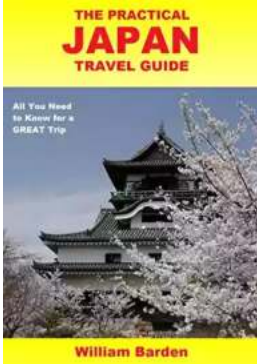
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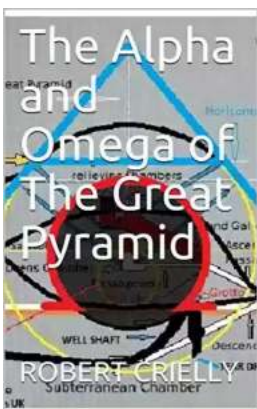
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