



One world. Many lives. Our choice.



**GREAT TIPS FOR STUDENTS TO GO VEGAN** 

LOVE FROM THE FRY FAMILY FOOD CO AND THE VEGAN SOCIETY



## 1. ASK A FRIEND



We know that making a change to your diet and lifestyle can be daunting. It can be a great help to chat things through with someone who has already gone vegan. This way, you can get their top tips and ask any questions you may have.

- Reach out to any vegans you know to ask for help
- Join vegan groups on Facebook and follow vegan pages on Twitter and Instagram



# 2. DO SOME RESEARCH

- Take The Vegan Society's 30 Day Vegan Pledge for a month of email support, including daily tips, advice and recipes
- Watch some documentaries, such as Cowspiracy, Earthlings, Forks Over Knives and The Vegan Society's film Making the Connection
- Find out all about topics such as nutrition, cooking, social situations and more on The Vegan Society's website

Click here to watch Making the Connection

### 3. GO EASY ON YOURSELF



You can still have all of your favourite quick and easy go-to meals such as sausages, chips and beans as part of a balanced healthy lifestyle. Vegan diets aren't all kale and chickpeas all the time!

Check out Fry's quick and easy recipes here

Trust the Trademark - many products carry the Vegan Trademark to make purchasing vegan products even easier.



Learn how to shop vegan - check out The Vegan Society's tips on vegan shopping and find some new great favourites.

Click here for The Vegan Society's shopping tips



Cafes and restaurants are getting so much better at providing for vegans. Several chains have started creating regular vegan options, and more are bound to follow.

Check out The Vegan Society's list to find some options near you

OR

Search on HappyCow



These days you can find a vegan version of almost everything you could ever think of - including milk, cheese, ice cream and even meat.

Animal based meats

Cows milk

Animal derived cheeses

Dairy-based yoghurts

Honey

Eggs (Baking)

Vegan meat alternatives

Soy/oat/coconut milk

Vegan cheese

Coconut Yoghurt

Agave or maple syrup

Apple Sauce

### **FRY'S MEAT ALTERNATIVES**



THICK CUT CHUNKY STRIPS PEPPER STEAK-STYLE PIES TRADITIONAL SAUSAGES

GOLDEN CRUMBED SCHNITZELS ASIAN SPICED BURGERS

#### **FRY'S ICE CREAM**



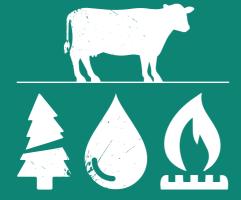
### THE FACTS

"Well-planned vegan diets can meet everyone's nutritional needs. They tend to be low in saturated fat, and high in fruit, vegetables (including pulses), nuts and seeds, which are great sources of fibre, vitamins and minerals. Research has linked vegan diets with lower rates of heart disease, type 2 diabetes and some types of cancer."

Heather Russell, Dietitian



Many athletes choose plant-based diets to optimise performance, and vegan athletes have set world records in speed, endurance and strength events.



Animal agriculture is one of the leading causes of deforestation, water depletion and pollution, and is responsible for more greenhouse gases than the entire transportation industry.





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