GREAT TIPS FOR STUDENTS TO GO VEGAN

LOVE FROM THE FRY FAMILY FOOD CO AND THE VEGAN SOCIETY
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.

1. **ASK A FRIEND**
   - 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]
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

WHERE TO EAT OUT

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
WHAT TO SWAP

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

<table>
<thead>
<tr>
<th>Animal based meats</th>
<th>Vegan meat alternatives</th>
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</thead>
<tbody>
<tr>
<td>Cows milk</td>
<td>Soy/oat/coconut milk</td>
</tr>
<tr>
<td>Animal derived cheeses</td>
<td>Vegan cheese</td>
</tr>
<tr>
<td>Dairy-based yoghurts</td>
<td>Coconut Yoghurt</td>
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<tr>
<td>Honey</td>
<td>Agave or maple syrup</td>
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<tr>
<td>Eggs (Baking)</td>
<td>Apple Sauce</td>
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**FRY’S MEAT ALTERNATIVES**

- THICK CUT CHUNKY STRIPS
- PEPPER STEAK-STYLE PIES
- TRADITIONAL SAUSAGES
- GOLDEN CRUMBED SCHNITZELS
- ASIAN SPICED BURGERS

**FRY’S ICE CREAM**

- VANILLA BEAN ESPRESSO
- SALTED CARAMEL
- JUST TOASTED COCONUT
- TONS OF COOKIES
- MADAGASCAN VANILLA BEAN
“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.