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### A vegan binge fest

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A vegan binge fest

are called vegans and choose to live their lives without causing suffering to other creatures. The number of considerate herbivores seems to be increasing in the city and according to them, being vegan is actually a lot of fun.

So is it true that vegans do not eat chocolates, cakes, and pizzas? Absolutely false. They just have to ensure that there is no animal or dairy product added to it. "There are so many alternatives to meat and dairy products. I used to drink only cow's milk earlier. Now, I drink soy, almond, cashew, coconut, and rice milk!" says blogger Susmitha Subbaraju.

Suprisingly, a wide variety of vegan foods is available in the city — be it pizzas at Little Italy, milkshakes at Café Coffee Day or ice creams at Mamma Mia and desserts at Carnival and Cakes.

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Studies show that a well-designed vegan diet is suited for all. "It is a myth that animal products are the primary source of nutrients like calcium and proteins. A proper vegan diet includes all the nutritient requirements and excludes harmful components like cholesterol that comes with animal products. This is very unhealthy to consume," says nutritionist Dr. Sheela Krishnaswamy.

With all the stir that it is causing, its rather easy to see why a vegan diet is so fashionable!

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