

20/09/2010

# Veganism - the latest lifestyle fad

More and more Indians are adapting to veganism, a stricter form of vegetarianism. The reasons for turning vegan are often ethical - cruelty to animals or environmental commitment.



At a swank coffee shop in a bustling south Delhi market, Sowmya Reddy, 27, orders a cappuccino and, oblivious to the bemused looks, hands over a soyamilk carton to the waiter. It's been seven years since she gave up cow's milk and all other animal products.

Sowmya is among a growing tribe of young vegans in India - a stricter form of vegetarianism that seeks to exclude the use of animal products for food, clothing and everything else.

So milk, butter, cheese, eggs, meat, honey and chocolates find themselves abandoned while soy milk, tofu and sorbet move up the menu charts.

Sowmya says there isn't a day when she doesn't get tempted to relax her self-imposed food curfew. "But when I think what a poor animal has to go through to produce what is on my table, all those temptations subside," Reddy told IANS.

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kiranS

27 September 2010 11:40:37

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then why dont people eat dead human bodies also instead of burying or cremating them, they will get good proteins, minerals and what not one can imagine. After mercilessly killing and eating poor living beings, people's mind has become devilish (shaitaan) and their stomach has become a graveyard (kabrastaan)

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**Bharat14**

27 September 2010 00:53:50

Every non-vegetarian argues that eating plant origin food is also killing. Non-veg. food is meant for only taste. above 90% people take non-veg. to satisfy there tongue not there stomach. Basically human GIT(Gastro Intestinal Track) is made for veg food our intestine length is shorter then carnivorous.

Fruits,Vegetables produce by plant is there excess food and it's for there reproduction cycle (seeds).

You may feel bad when u witness someone cutting a big green tree(that is killing) but may not feel the same when u pick fruits from plant.

human is here for nurturing the mother nature not for destroying. Never argue that if we (non-veg) stop eating non-veg. then world will over populate by animals, chicken etc, 😊 balance is maintained by demand and supply.

So, please be human. u hv no right to kill animal if u hv no power to give them life. Life is very precious. till now we r not able to make a tiny bacteria in a lab.

This earth is not only for human it's for all living lives.

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**Cooldoc\_77**

26 September 2010 13:01:40

The fact that we have canines, though smaller than meat eaters, the presence of a single stomach unlike all other herbivores, the lack of bacteria in the gut to breakdown cellulose, an intestine that is nowhere close to herbivore lengths all point to an omnivorous body makeup.

Secondly the presence of eyes that are located in front like all other predators with a close to 180 degrees field of vision unlike the plant eaters which have sideways placed eyes and a much larger field of view makes us a hunter by nature.

Thirdly human civilization owes itself to non-vegetarianism. the tonnage of food required to sustain a body on a 4 Kcal/ gram carbohydrate diet is way more that that from a 9kcal/gram fat or protein. As vegetarians we would still be grazing the savannah with the antelopes eating just enough to sustain ourselves.

Further more, completely stopping animal products deprives us of essential amino acids that the body cannot produce ..cos nature never designed us to wake up one fine day and go vegan.

Veganism may be fashionable ..but for God sake don't call it natural or healthy for that matter

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**PROUD INDIAN 2010**

25 September 2010 23:22:46

Great choice and great way of living a sensible life! Educated, intellectuals, spirituals, and great thinkers are now moving towards a peaceful life; vegetarian food will control mind and body towards peace & silence. Now, people started realizing that non-vegetarian food is the primary reason for mental instability. Making human body in to animal grave is not only an insensible act but also harmful to our positive mind frame. It is late but positive change; change for ultimate peace.

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**brahmintoday**

25 September 2010 09:46:37

There is nothing much really to deny that vegan or vegetarian food is better and should be the choice of all one day. If it is not possible to adhere to veg, considering the so many factors, atleast the brahmins who are prohibited to eat non-veg food from begining for some specific purpose,should continue with veg and lead the society which is their duty. As the editor of brahmintoday magazine {pl visit brahmintoday.org} which is published from Chennai for the past 80 months i am glad to inform all that these inputs and comments are included in this issue as a cover story Brahmins and Veg vasan

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**Ganesh\_krupa**

24 September 2010 23:57:13

Well If you all are so damn against Non vegetarians and killing animal is so cruel or whatever u call doesn't being a vegan isn't so cruel to all those Living plants and animals ?

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Prashant\_indh

24 September 2010 23:52:13

<http://laverabestia.org/play.php?vid=969> there are many like this..... see them i wont be able to convince u peoples but for sure your heaart will.

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Prashant\_indh

24 September 2010 23:29:30

Dear friends.

Many of non veg. havent seen the animal being killed for meat. Kndly visit PETA website [www.peta.org](http://www.peta.org) or search the word killing cow ..... i found many videos and one among them was so shocking in which a cow was killed and after slaughterman opened her stomach a calf came down alive, struggling for life then after one minute slaughterman slit the throat of calf. you will find many videos, animal beign killed. what i feel that if u will see many of u may turn veg. dear friends after watching those videos i even stopped buying leather goods. human beings are dependent on these animals but under humanity and not like we are mechanising the life of animals for our taste. i have seen the tears of a cow before it was killled. how much tortue they are given. their horns being broken they are toruted with electrical torch which many times make them blind. my friends please just watch those videos, they are plent on youtube, then many of u may change.

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Rubee\_red

24 September 2010 19:35:32

Whats wrong serving veg food to the army guarding our borders ..infact they will definitely become more healthy and smart ..be able to think clearly and serve their country much better. Try it and let us know .. 😊

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saxena 989877

23 September 2010 19:50:54

stop killing mosquitos also !!!!!!!!! after all they are also poor animals ..... i mean insects



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