Vegetarianism

Problem: effects of vegan diet on our health

1. Effects on our health
2. The history and motives of the veganism
3. Types of veganism
4. Statistic

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Becoming a vegan requires you to make drastic changes to your diet. You have to eliminate anything of animal origin, which includes meat or fish, seafood, eggs, milk and gelatine. However, vegan diets limit some of the nutrients your body needs on daily basis.
Changes in our organism:

- Weight loss
- Insufficient protein sources
- Digestive issues
- Cardiovascular diseases
- Life expectancy
History:

For the first time, veganism began to be practised in ancient India and Ancient Greek civilisation. Historically, the practise of veganism was based on the idea of non-violence to animals and was promoted by religious groups and philosophers. After the Christianization of the Roman Empire, veganism almost disappeared from Europe. In the medieval period, for ascetic reasons, various monastic orders completely banned the use of meat in food, but none of the orders forbade fish. Vegetarianism returned to Europe during the Renaissance. The practice of vegetarianism became more widespread in the West only in the 19th — 20th centuries.
World vegetarian day
1 October
What reasons may people have for being vegetarian?

1. Ethical
2. Medical
3. Religious
4. Environmental
Types of vegetarians:

1. Flexitarians
2. Pescetarians
3. Pollotarians
4. Lacto-vegetarians
5. Ovo-vegetarians
6. Vegans
7. Raw vegans
8. Frutarians
FLEXITARIAN

A person whose diet is mostly vegetarian but sometimes includes meat, fish, or poultry.
Pescetarians

What is a pescatarian?

Pescetarians do not eat meat but do eat fish. Crustaceans and shellfish such as shrimps and mussels are also included generally.
Pollotarians
Lacto-vegetarians
Ovo-vegetarians
Vegans do not eat any animal products. This means no meat, fish, dairy, eggs or honey. Most vegans refrain from buying leather, silk, or wooll, as well as visiting events in which animals are used for entertainment purposes.
Raw vegans only eat raw, plant-based foods which are not heated above 45 degrees Celsius.

A fruitarian eats just fruits and other foods that spontaneously fell from a tree, such as nuts and seeds.

Frutarians
# Statistic

<table>
<thead>
<tr>
<th>Country</th>
<th>% of vegans</th>
<th>Number of people</th>
</tr>
</thead>
<tbody>
<tr>
<td>Russia</td>
<td>3%-4%</td>
<td>4,380,000-5,840,000</td>
</tr>
<tr>
<td>China</td>
<td>4%-5%</td>
<td>54,428,000-68,035,000</td>
</tr>
<tr>
<td>Canada</td>
<td>9.4%</td>
<td>3,411,000</td>
</tr>
<tr>
<td>Australia</td>
<td>5-11%</td>
<td>2,100,000</td>
</tr>
<tr>
<td>United Kingdom</td>
<td>7%</td>
<td>3,250,000</td>
</tr>
<tr>
<td>United States</td>
<td>5%-8%</td>
<td>12,646,000-20,233,000</td>
</tr>
<tr>
<td>Norway</td>
<td>2%-4%</td>
<td>100,000-200,000</td>
</tr>
<tr>
<td>Netherlands</td>
<td>5%</td>
<td>800,000</td>
</tr>
<tr>
<td>Japan</td>
<td>5%</td>
<td>18,370,300</td>
</tr>
</tbody>
</table>
Conclusion:

- As you can see from my presentation, the vegetarianism isn’t bad for our organism
- It prevents cardiovascular diseases and prolong the live expectancy and also you can get necessary sources from food because we have a wide variety of food nowadays