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How to Eat Vegan by Joshua C Kozak

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People choose a plant based diet for many reasons. The term Vegan means no animal products of any sort. Whereas vegetarians like to use egg and milk products, which both come from an animal but does there is no need for the killing of the living animal. Some people refuse to eat eggs because they could develop into animals.

You can be a healthy vegan but you must listen carefully. Here we have a slight problem: as humans, we are created to eat which we catch or grow and not worried about it. But in our society, with its hyper-abundance edible stuff seems to be quite new to our day and age, to eat without thinking is not the right thing to do. There re loads of food choices that are â€œvegan,â€• but they are not necessarily good for your health. We need to be fully in control as to what whet eat and put in our mouths, and constantly keep track on our dietary model to see how well weâ€™re doing. It does require work and can be rather annoying. Over the years, I found out that being alert and fully conscious all the time can be exhausting, but unfortunately, once you know what you know, you canâ€™t pretend you are none the wiser and eat as much as you want. You may do so, but if the quality food is poor then you may end up feeling dumb.

While food choices may be the result of a spiritual approach, the human body needs nutrition and we cannot ignore that fact. Therefore, in a complete plant based diet, we need to take into consideration following issues: every day we need a good sauce of protein, in every meal. Also required is good quality fat, every day, in every meal. We lost require good carbohydrates, in an easy plant based diet!

Beans are a very good plant based source of protein. All plant contains protein, including whole grains like barley and brown rice, but these are not sufficient. So, if you wish to be a vegan, every day you have to eat beans â€“ including lentils, split peas, chickpeas, red beans, navy beans, black beans, and tempeh. One of my students once replied, after I mentioned this, â€œbut I donâ€™t like beans The answer to that is â€“ â€œthen donâ€™t be a vegan if you want to be healthy!â€• I know some people disagree with me, or have different beliefs but believe me, I have not seen it work successfully. Additional vegan sources of protein are seeds and nuts.

When people donâ€™t eat enough protein they tend to crave sweets. And the worst diet for health is a vegan diet with plenty of sugar and sweet â€“ too many carbohydrates, not enough protein; this can lead to a mild form of protein malnutrition.

So to eat a healthy diet of vegan, you need natural, real, organic food â€“ and the effort of cooking it. It can be done. In fact, many ethnic cuisines can be made vegan. Just note such common dishes as Japanese miso soup and vegetarian sushi â€“ Indian dal with rice and vegetables (hold the ghee) â€“ Chinese vegetable stir-fry over brown rice with sesame seeds â€“ Italian pasta ravioli with broccoli in olive oil with garlic etc. the earth provides great plant foods for us which are highly satisfying and nourishing. It needs to be approached with gratitude and respect.

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