

# **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**

**Natalia Alekseeva  
10th grade  
School 204  
St Petersburg  
2019**

# Becoming a vegan

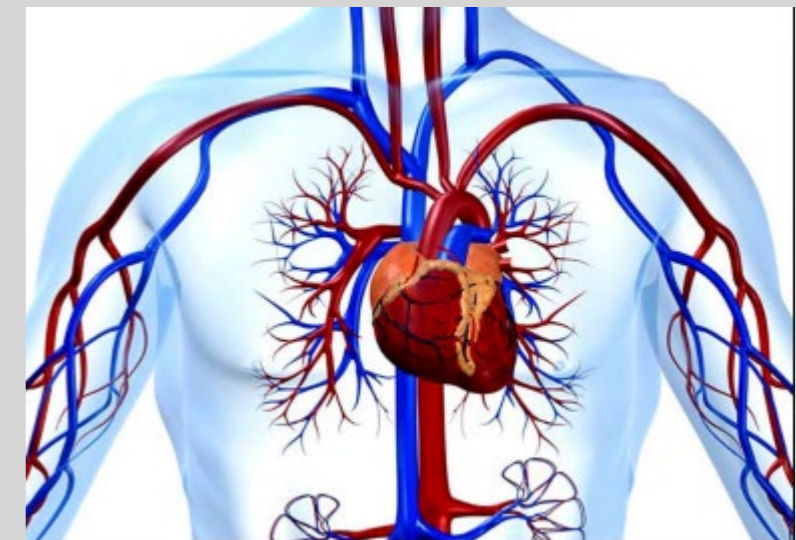
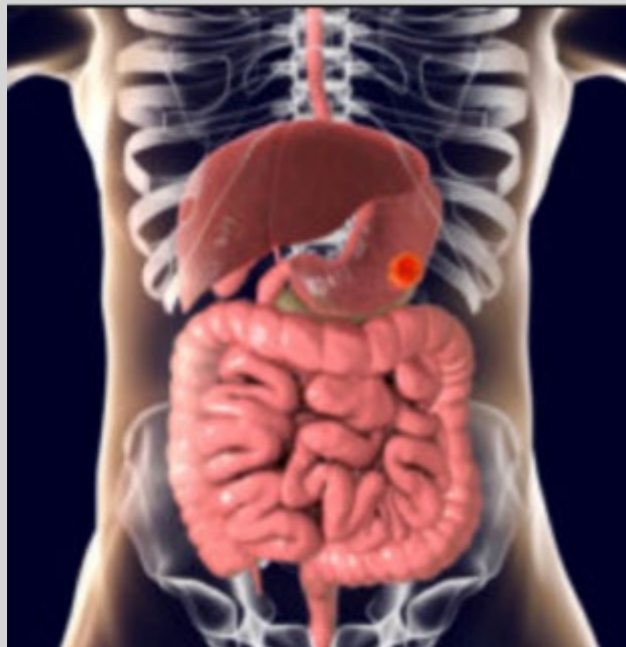


Becoming a vegan requires you to make drastic changes to your diet. You have to eliminate anything of animal origin, which includes meat or fish, seafood, eggs, milk and gelatine. However, vegan diets limit some of the nutrients your body needs on daily basis.

# 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. Enviromental

# Types of vegetarians:

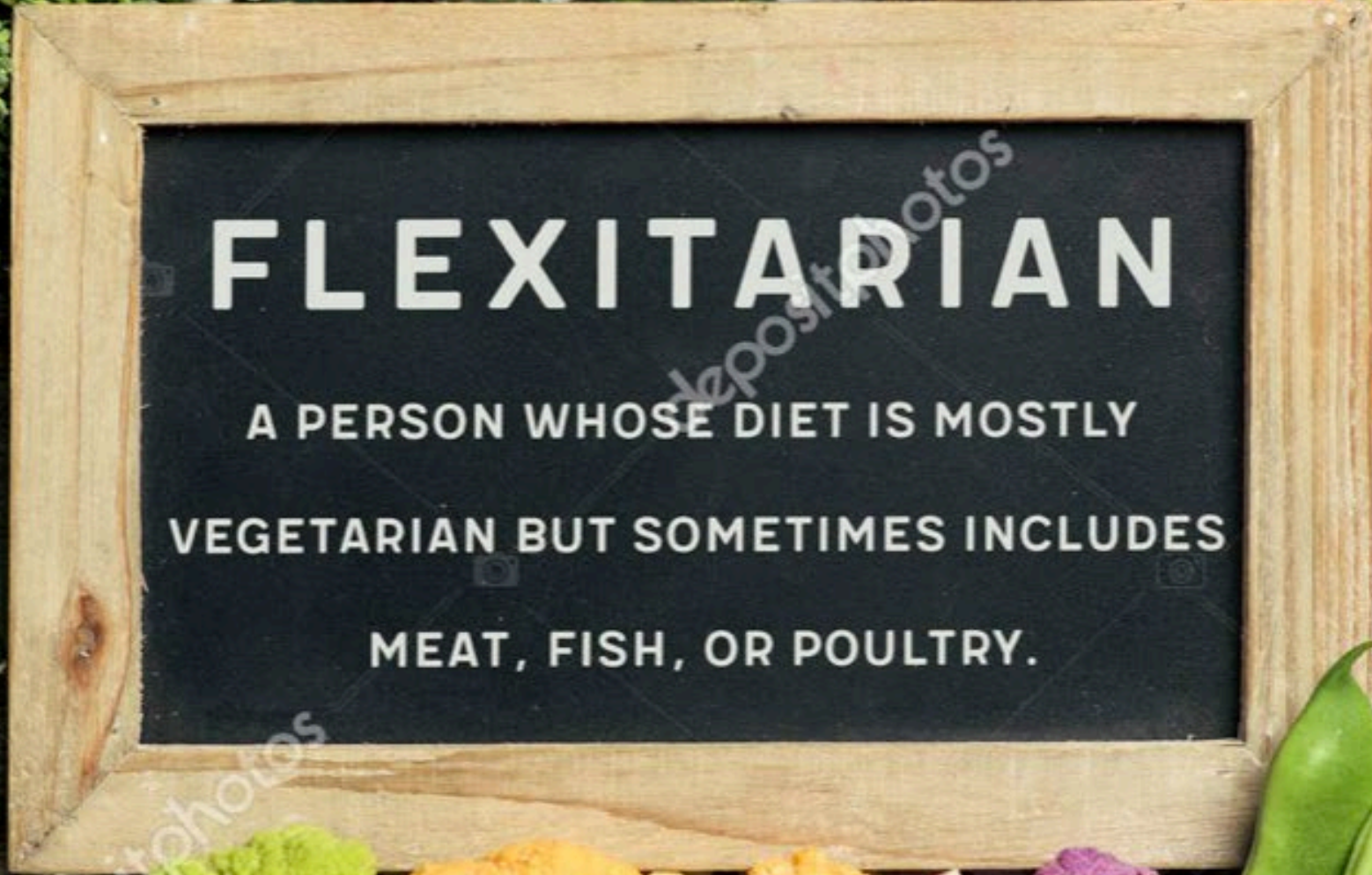
1. Flexitarians
2. Pescetarians
3. Pollotarians
4. Lacto-vegetarians
5. Ovo-vegetarians
6. Vegans
7. Raw vegans
8. Frutarians





# 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.





# Pollo-tarians



# Lacto-vegetarians







# Ovo-vegetarians



# Vegans



Vegans do not eat any animal products. This means no meat, fish, dairy, eggs or honey. Most vegans refrain from buying leather, silk or wool, as well as visiting events in which animals are used for entertainment purposes.



# Raw vegans



Raw vegans only eat raw, plant-based foods which are not heated above 45 degrees Celcius.

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

## Frutarians





# Statistic

Country	% of vegans	Number of people
Russia	3%-4%	4,380,000-5,840,000
China	4%-5%	54,428,000-68,035,000
Canada	9,4 %	3,411,000
Australia	5-11%	2,100,000
United Kingdom	7 %	3,250,000
United States	5%-8%	12,646,000-20,233,000
Norway	2%-4%	100,000-200,000
Netherlands	5 %	800,000
Japan	5 %	18,370,300

# 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