



The TOP 7 MISTAKES New Vegetarians & Vegans Make And How To Avoid Them!

© www.VeganSecrets.com

The 7 Costly Mistakes People Make When Going Vegetarian or Vegan

And How to Avoid Them...



When it comes to Going Vegetarian or Vegan, and having the understanding of how to become a successful vegetarian, you'll want to make absolutely certain that your inspiration and savvy comes from the right people.

Whether you choose a vegetarian diet for ethical, moral, health or purely selfish reasons it doesn't matter, the first thing you want to make absolutely certain is that you know what you are doing and have the right information at hand.

You want educated long-time veg*ns (vegetarians and vegans) who know their industry like the back of their hands who you can gain great inspiration from to help you go Plant Strong in your travels.

The very last thing you want is to deal with a 'Non Vegetarian Health-Nut' who could waste your time and hard-earned dollars with frustrating and irrelevant facts or worse - sub-standard nutritional opinions that you'll regret every time you even think about them.

In Short You'll Want:

"First-hand Savvy From Well Educated Vegetarians - People Who Actually Know Their Stuff, Whom Live a 100% Cruelty-Free Vegetarian Lifestyle That You can Learn from Without Having To Make the Same Mistakes They Did When They First Went Veggie!"

And that is exactly why we created this report.

Our hope is that this report will do three simple things for you:

1. You can use it as a handy "Checklist" to help make certain that you end up getting the best possible ideals for living a strong plant-based lifestyle.
2. It should de-mystify the process of choosing the right way to go veggie by giving you several 'points of reference' to consider.
3. It provides you with 'vegan insights' that can help you avoid getting stuck in that, but it's "all too hard attitude".

Veggie Mistake # 1: Failing to Read Ingredients Labels and Assuming a Food is Vegan Friendly Before the Purchase Takes Place...



Have you ever bought something that you thought was vegan friendly – only to discover that when you got home from the shop it failed to live up to the advertising blurbs? We're sure that you have. It is a horrible feeling when that kind of thing happens to you, isn't it?

Sadly, this is something that happens all too often in the Veggie World.

FACT: Anyone can put vegan or even vegetarian on the front of a product label and tell you that they can deliver a 100% vegan product – but let's face it – nobody in their right mind is likely to tell you:

"Our product range is MUCH cheaper but it sure as heck won't stand the test of the vegans – But hey – don't worry about THAT!"

No doubt the # 1 thought in your mind now is "That last thing I want is a shonky non-vegan product! How can I tell if I'm buying quality 100% vegan and vegetarian products?"

Glad you asked.

One of the surest signs is the product ingredients listing on the back.

FACT: "Pretend vegan goodies can have weak guarantees and very weak labelling". More often than not, the better the guarantee the company is prepared to offer you, the higher the vegan quality will be.

So the key here is to NEVER assume that a food is vegan without reading the label. Products that you wouldn't think have any animal products in them can be deceptive. Some breakfast cereals, candies, and even chewing gum are not vegan.

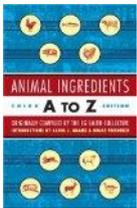
Some tortilla chips contain dairy ingredients, while some beers and wines are clarified with animal-derived ingredients. And any food can contain animal additives or gelatine, even if you don't think it does.

Who knows why the manufacturers feel the need to slip this stuff in when it wouldn't be missed otherwise – perhaps it's time to write a letter to offending corporations telling them they'll be missing your business until they remove all animal products from their ingredients.

Many veg*n sites and PETA include lists of vegan-friendly brands and items to buy, but just because it's on a list doesn't mean you shouldn't still read the label. The list could be in error due to a company changing ingredients, or it could simply be outdated.

Companies are known to change their recipes from time to time and may add a non-vegan product to the item without your knowledge. Even if you buy a product that is vegan friendly, make sure to flip the label over and quickly scan it to make sure that you still know what you're getting.

Veggie TIP...



Get yourself an Animals Ingredients List Booklet to keep in your car, office or purse, this way you'll avoid all the frustration with scanning ingredients. You can simply look up a code, number or ingredient name to double check if it is vegan suitable or not while you are standing in the supermarket aisle.

Get in the Habit of Understanding and Reading Labels it will help confirm for you if the item you are about to buy or use is 100% pure vegetarian (aka: vegan).

VEGGIE NOTES: -

**Does the product company offer an ingredients Guarantee?
YES/NO**

Veggie Mistake # 2: Believing You Can Only Actually Eat Food Items Labelled "Vegan"...



Imagine preparing an important meal for friends and under-estimating the amount of food that you required to feed your guests... Now imagine that same event but this time you had over-estimated the amount of food needed.

If someone gave you a choice, I'll bet you would much rather have a little left over than not enough to go around.

Correct?

Well the exact same thing is true when it comes to choosing your vegan foods.

A VERY common mistake is actually thinking that if it doesn't say 'VEGAN' on the label then it's not going to be vegan at all (Followed by failing to know how many wonderful foods out there are vegan suitable!)

There are vegan/vegetarian shops, restaurants, and veggie companies that make 100% vegan products from enchiladas to handbags. And these places can really be a great resource. They allow you to relax – no one in a vegan restaurant is going to think you're odd for your choice. No one is even going to question it. Not to mention, you can meet a lot of great friends in vegans-only spaces to trade ideas and funny veggie stories together.

However, becoming veg*n doesn't mean that you're destined to buy every product from a vegan specialty store for the rest of your life or that you're somehow banned from the "regular" grocery store either.

Most major grocery stores now cater to a wide range of diets, including vegan ones. Most have a vegan aisle featuring vegan friendly products (as always, double check labels – see mistake #1). But you can find many naturally vegan products in the other aisles of the grocery store, too, nestled in among all the others. All it takes is some label reading, common sense and investigating.

Your shopping cart should reflect a mix of vegan foods, both those that are made by special vegan companies and those that are just naturally vegan (even if they don't say so in bold letters on the front of the

Veggie Mistake # 3: Forgetting About Personal Care, Household and Clothing Items...



Ever tried putting a square peg in a round hole? I have. I bought a new sofa years ago. I fell in love with it the moment I saw it in the furniture shop. It was huge – the kind two people could easily lay down on with room to spare! – Perfect for a lazy Sunday afternoon watching movies together or just listening to music.

Anyway, I paid for it on the spot and arranged with the salesperson to organise delivery for the following day... only to discover that it was too big to fit through my front doors, let alone be manoeuvred up the stairway!

If ONLY I had taken the time to measure first! If ONLY the salesperson had of thought to ask me “Are you sure that you have access for us to deliver this?”

NOTE: A smart vegetarian will always ask or check first.

Becoming vegan, you’re probably ultra-aware of your food ingredients and other products that are obviously animal-made (like leather.) But don’t forget personal care, household and clothing products! Are you reading the labels on your deodorant, makeup, lotion, toothpaste and shampoo? Plus the items you clean with? If you are aiming more at a vegan lifestyle then you will also have to check labels on your clothing too.

These products are often hidden non-vegan products, containing animal by-products and ingredients when you least expect it. For example did you know that most soap bars are based on Tallow (an animal fat).

Get in the habit of reading labels on all health, beauty and household products – and that includes your vitamins!

VEGGIE NOTES: -

Did you double check? YES / NO

Veggie Mistake # 4: Not Checking Your Vitamin & Mineral Intake Regularly and Taking B12 Supplements When Needed...



All people should be taking supplements to ensure that they have a healthy diet, **and that goes for vegetarians, vegans, raw foodies and meat-eaters alike.** Even though veganism is one of the healthiest diets there are, you shouldn't be dumping all your supplements in the garbage. (Unless they contain animal products – but you need to go buy new vegan ones and start taking them instead!)

Most seasoned vegans eat an enormous variety of foods and get most of the nutrition they need from their regular diet, but unless they plan their diets carefully they may be missing something from time to time which can be covered by a multivitamin.

Did you know that very low B12 intakes can cause anemia and nervous system damage.

The only reliable vegan sources of B12 are foods fortified with B12 (including some plant milks, some soy products and some breakfast cereals) and B12 supplements. Vitamin B12, whether in supplements, fortified foods, or animal products, comes from micro-organisms.

Most vegans consume enough B12 to avoid anemia and nervous system damage, but many do not get enough to minimize potential risk of heart disease or pregnancy complications.

To get the full benefit of a vegan diet, vegans should do one of the following:

1. Eat fortified foods two or three times a day to get at least three micrograms (mcg or μg) of B12 a day or
2. Take one B12 supplement daily providing at least 10 micrograms or
3. Take a weekly B12 supplement providing at least 2000 micrograms.

If relying on fortified foods, check the labels carefully to make sure you are getting enough B12. For example, if a fortified plant milk contains 1 microgram of B12 per serving then consuming three servings a day will

Veggie Mistake # 5: Yikes! Are You Expecting People to Know Exactly What's Vegan?



Just because the chef at the restaurant or your well-meaning non-vegan buddy assures you that the food is vegan, think twice before you eat it. Many non-vegans think that vegans are the same thing as vegetarians, or they may forget that dairy, eggs, and animal additives aren't okay for vegans.

It's frustrating, but try to understand that this lifestyle is completely foreign for many people. Try as they might, non-vegans aren't as experienced or knowledgeable about veganism as you are – and they could easily lead you astray or mistakenly add fish sauce to your entree.



If you go to someone's house for dinner, do them the courtesy of telling them about your diet. Point them in the direction of a link of non-vegan food ingredients might be the most tactful way to go about it – you wouldn't want them to go through the trouble of finding a recipe they thought was vegan, only to discover when you get there that you can't eat it.

When you commit one of these blunders, as we all did once when we started on our vegan journeys; don't beat yourself up about it. When you're new at something, you're bound to make mistakes. That's how we learn. After a while, you'll be living a vegan lifestyle and tutoring others on how to avoid the pitfalls you encountered when you were a newbie!

Veggie TIP...

When next invited to a party or gathering you know is not a vegan or vegetarian friendly event. Do as we do and offer to bring a dish or two to the next party you attend, that way you will know for sure you'll be able to eat and not have to worry too much about the variables.

How can you help guide others to better understand veganism without offending them?

Mistake # 6: Not Planning Healthy Meals Successfully, Lending You to Become a Junk-Food Vegan...



Did you know that it's actually easier to get the right amount of Fruits and Vegetables when you are living a veggie lifestyle?

You are already half of the way there, so adding a few extra foods into your daily routine should be easy.

We've all known that we should have plenty of grains, fruits, and vegetables in our diets since we learned about the food pyramid in elementary school. But people who eat meat tend to eat portions that are much larger than one serving, crowding out what should be the nutritional base of their diet: grains, fruits, and vegetables.



It is a diet rich in vegetables, fruits, and whole grains with nuts and seeds on the side that does a body wonders, and vegans and vegetarians eat smart by focusing on those, eliminating animals and animal by-products from their diet fully. However this does not mean that you should simply replace meat with alternative mock-meats exclusively, nor

should you eat a heavily processed diet either. We're not saying don't have these at all, we are just suggesting you aim to focus the base of your diet around fruits and vegetables.

That's where Meal Planning comes in, as planning your veggie meals are an important factor to a healthy diet. Due to the fact that new vegans and vegetarians tend to still be learning the ins and outs of such a change in diet, you must discover the best ways to get your basic requirements each and every day. Not planning your breakfast, lunch, dinner and snacks in between may lead to an unhealthy eating pattern, in turn disrupting your body with quite an unbalanced diet. And that's the last thing you want when you already have to think about how vegans live.

Realize that when you are not inspired you may emotionally eat or be drawn back to your old animal-eating habits, this is not a time to punish

Mistake # 7: Not Educating Oneself on the Many Benefits of a Pure Plant Based Diet and Lifestyle Correctly...



Vegans and Vegetarians Know The Quickest And Easiest Way To Avoid Failure With Their Lifestyle And To Get Where They Want To Be With Speed And Accuracy Is To Choose And Model The Best Mentors Within Their Field.

It makes perfect common sense because they've often taken years to learn what they'll take 20 minutes to teach you.

95% of failure is the failure to follow a Proven system or technique.

Everyone 'models' all the time. The trouble is, when it comes to modelling we often model whoever is handy or close to us, rather than looking for the best or most appropriate person within the field. Or we go and model (or take advice) from certain people simply because that's what everyone else (our parents, friends etc.) are doing.

And this is often a BIG mistake.

For instance have you ever heard of a vegetarian modelling a meat-eater, now how on earth could that possibly work. For a start most meat-eaters are uneducated on a true pure vegetarian lifestyle to start with, so how would they even remotely be-able to teach you any kind of facts or techniques on vegetarian living? It can't be done, so why not just go straight to a proven source if you're looking for a model or more information on vegetarianism and vegan living.

So here's my point, do you model real vegetarians or simply follow the crowd? I personally model real vegetarians, not pretend ones. I believe that once you find a great model, you should strive to immerse yourself with all the information you can possibly find that could help influence a healthful, joyous and compassionate life.

And that's why I urge you to gain the knowledge that others can give you while it's fresh in your mind. Veg*ns



that have a proven tried and tested lifestyle can educate you on the organic essentials, cooking tips and easy documentation that you may need to understand to greatly benefit from a vegetarian or vegan lifestyle. Step-up and out of the normal unhealthy meat-eating life and make way for a plant strong way of living.

The general rule is to develop yourself new habits and follow through with them to the best of your ability, and if you fall-short of any goals and aspirations, just jump up and try, try again.

Gather people around you that can inspire and uplift you, discover information about veggie food, recipes, the health benefits plus much more. This will help you make a better decision.

Veg*nism is not a hard lifestyle to follow. In fact that is a MYTH running around out there. There's never been an easier time in the history of man to go vegetarian and vegan. It's as simple as making the decision and moving along the pathway.

With the knowledge of the basic food groups and some tasty yet simply veggie recipes you can easily build a network of wonderful vegetarian techniques that will help inspire you more as the days go by.

We hope this report has provided you with some of those vital tips and hints to make sure that you gain the most out of your new vegetarian or vegan life.

Stick with it and remember, go hang out with the ones that have come before you and it'll be as easy as pie to live a healthy, hearty, energetic pure plant based life.

And -just in case you are worried - Don't be!

Vegetarian Living is the Easiest Way to live for your own Health, the Planets and the Animals!

Becoming a Vegetarian Today!

"Finally... A Website Where You Can Learn More About Vegetarian Diets. Find Facts, Recipes, Tips & More!"

<http://www.VeganSecrets.com>