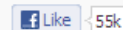


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Way to go, veganism

October 31, 2011 | By Shreya Dutt | DC | Hyderabad

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Pooja Makhija, nutritionist

Hyderabad has realised the benefits of a vegan diet as young working professionals take it up as a lifestyle choice.

Vegans don't eat meat, dairy products and eggs. They also avoid using products made of leather, honey, wool and products which are tested on animals. On November 1, which is celebrated as World Vegan Day, we look at why the vegan lifestyle is gaining popularity.

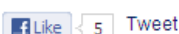
"It's been about five years since I started following the vegan lifestyle, and have given up totally on dairy products and eggs," says Varun Mohta, an entrepreneur.

Bollywood also has its own vegan stars such as Shahid Kapur, John Abraham and Amrita Rao, who have embraced this lifestyle and encourage their fans to do the same. Peta had also recently organised "Hug a vegetarian day" to popularise veganism in colleges across the city.

However, what are the health complications that might arise from this lifestyle? With the absence of dairy products in the diet, there are high chances of vegans developing calcium and vitamin deficiencies. According to nutritionists, their diets should be supplemented with dark leafy vegetables such as broccoli, sprouts, soy, fig and lots of fruits.

With the absence of honey as a sweet supplement, celebrity nutritionist Pooja Makhija says, "For sugar supplements that maintain blood sugar levels you can include dry fruits such as apricot, anjeer, sucralose, saccharin or aspartame."

The vegan diet is quite extreme, but its followers are rising. If it's a fad or not is yet to be decided.


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Students from 25 schools from the city participate in a science exhibition at Himayatnagar on Tuesday.


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