

NEW

HOW TO VEGANISE YOUR HOME

TIPS FOR ETHICAL AND ECO-FRIENDLY TRAVEL

FIGHTING BACK AGAINST THROWAWAY CULTURE

Being Vegan

30+ RECIPES
Delicious meals & treats for every season

Dinner party menu ideas
Cook up an impressive feast to inspire your non-vegan friends

Being Vegan



The power of plant protein

What would happen if the whole world went vegan?

Health, beauty & lifestyle

Which brands are best for animal welfare and sustainability?



VEGAN ON A BUDGET
Saving the planet doesn't have to cost the earth

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Vegan Health and Beauty

It can be a challenge to incorporate veganism into your health, beauty and haircare regime – but we're here to help clear things up!

You've cut out all meat, fish, dairy and other animal products from your diet. You've donated all your leather jackets and wool jumpers to charity. But one thing's just not right yet – your beauty collection. With all the mystery surrounding animal testing, and jargon terms hiding what ingredients aren't actually vegan, it's hard to know how to

veganise your dressing table. But by the time you've finished reading this article, you'll know exactly what to look for when you buy new cosmetics, and learn how to swap your shampoo for vegan-friendly alternatives.

Vegan beauty, in a nutshell, is any skincare, haircare, or cosmetic product that contains zero animal products. All the ingredients must be plant-based, or synthetic without the involvement

of animals. This ensures you are not inadvertently supporting factory farming, or the use/slaughter of animals, by using products that have been made with animal-based ingredients. With so much choice available to you, every purchase you make tells retailers and manufacturers what customers are looking for. As more and more people choose vegan products instead of animal-based ones, we are sending a

powerful message to big companies – that we will no longer tolerate animal use in any form.

IS IT CRUELTY-FREE?

But vegan cosmetics aren't simply products with no animal usage. Vegans should also be looking to buy completely cruelty-free products, which means that at no part of the manufacturing process is the product (or its ingredients) tested on animals. Cosmetic testing on animals was outlawed in the EU in 2009, in the UK in 1998, and in India in 2014. The good news is that many other countries around the world are looking to introduce similar laws. The bad news, however, is that the industry still has a long way to go – China, one of the biggest markets for cosmetic goods, requires that products sold in its territories are tested on animals. This means that non-Chinese companies have to test on animals if they want to sell in China, including some of the biggest companies – Maybelline, L'Oréal, MaxFactor and more still partake in animal testing. Companies do tend to put profit before animal welfare.

The fact that so many big companies do test on animals muddies the water even further. Some brands might claim to be completely cruelty-free and vegan, but if the brand is owned by a larger company that does test on animals, buying those brands indirectly supports animal testing. Up until 2017, that stalwart of cruelty-free, animal welfare conscious beauty The Body Shop was actually owned by L'Oreal, meaning that

Non-vegan ingredients

Demystifying the many curious chemicals and compounds found in beauty products

When you buy food, you generally know what's vegan and what's not at a glance. If a product has any meat, dairy, eggs or fish-based ingredient, you'll put it down straight away. But since cosmetics are manufactured with all sorts of chemicals and non-edible ingredients, it can be difficult to understand what the label is actually telling you. So, we'll sum up the most common, non-vegan cosmetic ingredients to look out for:

- **Lanolin** is derived from sheep's wool, and is commonly used in moisturising products.
- **Gelatin** is a by-product of animal slaughter, and should always be avoided by vegans.
- **Beeswax** is produced by honey bees, and is used as an emulsion.
- **Collagen** is made by boiling animal components, and you'll find it in many anti-ageing products.
- **Glycerin** is found in both animal and plant fats, so if a product has glycerin in it, look for a 'Vegan' logo on the packaging.
- **Keratin** comes from animal horns, nails and hair, and is often used in shampoo and conditioners.
- **Cochineal** is a red pigment that comes from crushed beetles, so look out for this in lipstick.
- **Squalene** originates in the livers of sharks, and is often used in moisturisers and foundations.
- **Guanine** is derived from fish scales, and is used to add a shimmer effect to powders.
- **Silk powder** isn't vegan as it's spun by insects, but you'll find it in many makeup and skincare products.



AROUND 80% OF LUSH'S PRODUCTS ARE VEGAN. THE COMPANY OFFER PACKAGING-FREE PRODUCTS TOO, TO HELP CUT DOWN ON WASTE

Make your own body scrub

Gently exfoliate your skin with this quick and easy recipe, courtesy of Amy Wheller @amymaysews

INGREDIENTS METHOD

- 225g | 8oz granulated sugar (the bigger grains, the better)
- 110g | 4oz coconut oil
- ½ tbsp olive oil
- 10 drops of your favourite essential oil (such as lavender, tea tree, rose)

- 1 Melt the coconut oil over a low heat, and remove from the heat as soon as it becomes liquid.
- 2 Add the olive oil so the coconut oil remains in its liquid state permanently. Set the oil aside to cool down.
- 3 Stir in the essential oil.
- 4 Add in a bit of the sugar at a time, and mix slowly. Keep adding and mixing until the scrub reaches the consistency you want.
- 5 Store in a sterilised, airtight container like a clean glass jar.



Vegan-friendly brands

LUSH

uk.lush.com

Arguably the most famous cruelty-free brand out there, all of Lush's products are vegetarian, and most of them are also vegan, plus they smell fantastic. Many items are plastic- or packaging-free, too.

BODY SHOP

thebodyshop.com

The Body Shop's entire range is completely vegetarian and cruelty-free, and their vegan products (made without honey, beeswax etc) are clearly labelled. Their packaging can be recycling in stores, too.

E.L.F

elfcosmetics.co.uk

This makeup and skincare brand is great for the money-saving vegan, as it's affordable, cruelty-free, and comes highly recommended by YouTube makeup artists.

CHARLOTTE TILBURY

charlottetilbury.com

This high-end beauty brand from makeup artist Charlotte Tilbury has a glamorous retro vibe is totally cruelty-free. The website helpfully labels which of the brand's products are vegan.

ANASTASIA BEVERLY HILLS

anastasiabeverlyhills.co.uk

This professional makeup brand is the go-to for makeup artists, especially their eyeshadow range. All its products are cruelty-free, but you'll need to check the website to see which ones are vegan.

ARBONNE

arbonne.com

All of Arbonne's lovely skincare and makeup products are vegan and cruelty-free. Better still, they're all based on botanicals, so they feel more natural on the skin.

if you purchased a Body Shop product, you were handing money to a company that partook in animal testing. However, the Body Shop was recently purchased by Brazilian company Natura, which has been completely cruelty-free since 2009. So, if you are looking to purchase from a brand, it's wise to check if it has a parent company, and whether that company tests on animals.

SHOP SMART

By this point, you might be thinking that it's very difficult to find products that are both vegan and cruelty-free. However, fear not – you'll be surprised at just how easy it is. Just head to your local shopping centre, and see what you can find. Many cruelty-free brands clearly mark which products are suitable for vegans on their packaging, so just pick up a product and look for a 'suitable for vegans' label. If you're in the UK, Superdrug is the best place to start, as all of their own-brand beauty, skincare and haircare products are actually vegan.

To make it even easier to spot vegan buys, you can look for certain logos. For cruelty-free certified products, you're either looking for the Leaping Bunny (a bunny surrounded by stars), the Caring Consumer (a bunny with pink love heart ears), or the CCF logo (a silhouette of a



STRANGER THINGS STAR MILLY BOBBY BROWN HAS RELEASED HER OWN VEGAN BEAUTY RANGE

bunny). Vegan products are a bit easier to spot – just look for a big green 'V' or the word 'Vegan' anywhere on the product's packaging.

Now you understand exactly what products you are looking for, you can be much more selective when it comes to purchasing health and beauty products. The power is in your hands – you can put your money where your mouth is, and tell the big companies that animal usage is wrong.

“MANY BRANDS CLEARLY MARK WHICH PRODUCTS ARE SUITABLE FOR VEGANS ON THEIR PACKAGING”



WATCH OUT FOR CERTAIN INGREDIENTS, AS THEY MAY NOT BE VEGAN

Vitamins, minerals & supplements

Don't just look after yourself on the outside – avoid the pitfalls of poor nutrition and boost your health from the inside out

When you say you're going vegan, you will often face questions about where you'll get your nutrients from. It's commonly believed that vegans lack protein, calcium, iron, omega-3 and vitamin B12 – but if you do your research on what you eat, you can easily replace the vitamins found in dairy, meat and eggs with nutrient-rich vegan sources. It's best to get your vitamins and minerals from your food

as much as possible, but – in addition to carefully managing your diet – you can take supplements to boost your nutrients if there are any you regularly miss out on. Be careful, though, as some of these products contain gelatin, which is a big no-no. Check the label before buying, as many supermarkets, pharmacists and health food stores do sell vegan-friendly supplements.



CALCIUM

Non-vegan sources

Milk, cheese, yoghurt

Vegan-friendly sources

Soya products, green veg

Calcium is necessary for strong bones and teeth, so you need enough of it to stop your bones from becoming brittle. It's easy enough to access, so consume plenty of vegan dairy replacements!



IRON

Non-vegan sources

Red meat, chicken

Vegan-friendly sources

Pulses, fortified cereals, wholegrain bread

You need iron for your red blood cells, and deficiency can cause severe problems like anaemia. Top up your supplies by eating lots of wholegrains, beans and pulses.



VITAMIN B12

Non-vegan sources

Red meat, fish, eggs

Vegan-friendly sources

Yeast products, fortified non-dairy milks, cereals

B12 is one of those nutrients few of us get enough of, regardless of our diet. However, we need it for healthy blood and a healthy nervous system.



VITAMIN D

Non-vegan sources

Fish, cheese, egg yolks

Vegan-friendly sources

Sunlight, fortified fatty spreads, supplements

Vitamin D is what the sun gives us, and helps to keep our bones, teeth and muscles healthy. You can get it from foods, too, but the best source is a regular dose of sunshine.



OMEGA-3

Non-vegan sources

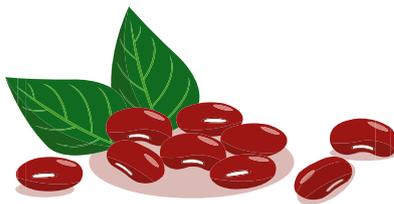
Oily fish

Vegan-friendly sources

Linseed, rapeseed, walnuts, soy products

Omega-3 lowers our risk of heart disease, and helps maintain good heart health.

Research suggests vegan sources may not be as effective as oily fish, though.



ZINC

Non-vegan sources

Meat, shellfish

Vegan-friendly sources

Legumes, nuts and seeds

Zinc is required by over 300 enzymes in your body, so it's crucial to eat about 10mg of it per day. This can be done as part of a balanced diet.



CHOLINE

Non-vegan sources

Eggs, milk, beef

Vegan-friendly sources

Quinoa, cruciferous veg, mushrooms

Choline is essential for healthy metabolism, nerves and brain function. It's not a particularly well-known nutrient so is easy to overlook. Adults should aim for 425-550mg per day.



IF YOU CHOOSE TO TAKE VITAMINS AND MINERALS, LOOK FOR SUPPLEMENTS THAT ARE VEGAN-FRIENDLY

How to be...

A GLOBETROTTING VEGAN

Though the world is waking up to veganism, some places are definitely easier for veggies and vegans to enjoy than others...

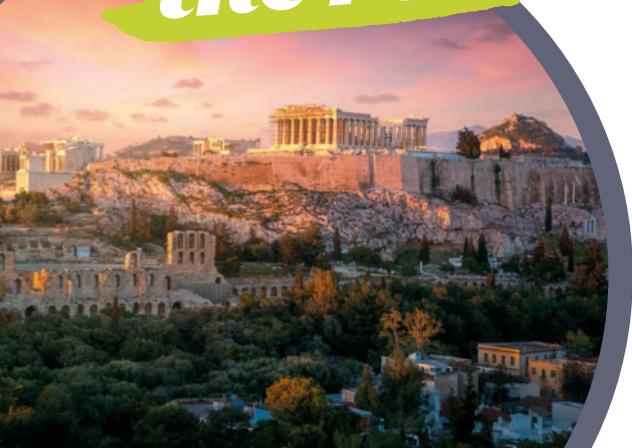


IN NEW ZEALAND, TAURANGA ATTRACTS PLENTY OF SURFERS AND HIPPIES TO ITS STUNNING SHORES

1 Tauranga, New Zealand

The Antipodean nation of New Zealand is known across the world for its beautiful scenery, friendly people, and liberal outlook. Tauranga, a small city on the Bay of Plenty, is a gorgeous place surrounded by the blue waters of the South Pacific. Not only that, it's great for vegans – you'll find plenty of plant-based restaurants, coffee shops and takeaways in the Harbourside part of town. Enjoy a vegan wrap as the sun sets over the water, or a healthy smoothie in the shade of Mount Maunganui.

Best of the rest



Athens, Greece

Though Greece wasn't really known for vegan food, the last five years have seen Athens transform into a vegan-friendly destination. Head over to Lime Bistro in Thiseio to enjoy vegan takes on traditional dishes.

Amman, Jordan

There's so much more to Jordan than the classic hummus, but it's a very good place to start. Many restaurants nowadays offer vegan options, such as grilled aubergine, and even delicious vegan burgers.

2 Delhi, India

India has a long history of vegetarianism. Many of its religions – including Hinduism and Jainism – advocate a vegetarian diet. Within that, there are plenty of vegan options available (such as lentil daal, chana masala and vegetable biryani), and these should be clearly marked on menus. If not, don't be afraid to ask the restaurant staff, who will be understanding of your dietary needs.

If you're looking for a quick fix, look no further than India's incredible street food, or even have your lunch delivered in a tiffin as busy Delhi workers do. While North Indian food has some incredible veggie options, South Indian food is arguably even better for vegans, so be sure to try that too.



DELHI'S RED FORT IS ONE OF THE MOST BEAUTIFUL MUGHAL ATTRACTIONS IN THE CITY



3



Montreal, Canada

MONTREAL'S OLD TOWN IS AS CHARMING AS IT IS PICTURESQUE

Brush up on your French, you're going to Montreal. The Québécois city is one of the most culturally rich cities in all Canada, but its youthful vibe will keep you enthralled. In Montreal, food from around the world meets in the lovely city centre – you can try Vietnamese Pho, vegan falafel pittas, and dairy-free creamy Italian pasta within walking distance of each other. But the first thing you must eat on any trip to Canada is a vegan replication of the national dish, Poutine – which is French Fries, cheese curds, and gravy. Sounds like a weird combination, but trust us – you won't be able to get enough of Montreal's legendary vegan versions.



4

AS BRAZIL'S FINANCIAL CENTRE, SÃO PAULO IS HOME TO MANY SWISH SKYSCRAPERS

São Paulo, Brazil

Brazil's super-modern financial hub definitely keeps up to date with food trends. In such a cosmopolitan city, inhabited by people from as far away as Italy, Japan, and the Arab world, you're bound to find something that tickles your tastebuds. Savour a plate of warm, classically Brazilian black bean stew, with wholesome brown rice and vegetables. Or, if you'd like to try some of São Paulo's legendary vegan fusion food, you must head to Sushimar Vegano to try Japanese-Brazilian sushi.

Ubud, Indonesia

Bali is visited by millions of international tourists every year, for its beaches, jungles, and incredible history. This international flavour means it's great for vegans, but many of Bali's Buddhist and Hindu locals also practise vegetarianism. So, once you've finished exploring an ancient temple, or doing a relaxing yoga class, you'll find plenty of options for your dinner. Besides raw burgers, piping hot tofu stir fries and spicy curries, you'll find sumptuous vegan ice creams and cheesecakes to have for afters. If you're there in October, be sure to attend the annual Bali Vegan Festival, where you can share some gorgeous street food with other vegan travellers.

BALI'S RELIGIOUS LANDMARKS WILL TAKE YOUR BREATH AWAY



5



Berlin, Germany

You won't struggle to find vegan food in Berlin. More or less every eatery will have at least one vegan option, and there's no shortage of purely vegan cafes and restaurants, either.

Singapore, Singapore

Singapore's melting pot of cultures – Tamil, Malay and Chinese – means its food is as diverse as its people. There's vegetarian South Indian fare everywhere, and you must try the Loving Hut for a completely vegan Chinese experience.

Kingston, Jamaica

Many Rastafarians believe humans are natural vegetarians, and some follow a vegan diet. You'll find plenty of healthy and delicious options here – check out the plantain and vegetable stews on offer.

