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Choose Vegetarian Tasty Recipes: Live Much Better Because Of It

Whether or not you might be a seasoned chef or someone who has by no means place with each other an edible meal, look at expanding your know-how of cooking by adding vegetarian tasty recipes. Chefs of great restaurants and moms of hungry households will get pleasure from getting more meals to cook, and also the clients and children who consume the food will likely be pleased too.

Exploring vegetarian quality recipes is fantastic simply to spice up the kitchen with something new. No cook dinner likes to get bored by preparing the exact same foods over and over. It's usually fun to attempt new components or methods of generating the foods you love and it may be just as fun to experiment with vegetarian excellent recipes you've got never attempted before.

Fantastic vegetarian excellent recipes could be discovered in numerous areas. Search on the net, in cookbooks, or at local wellbeing food stores for strategies. If you have pals that happen to be cooking great dishes attempt swapping vegetarian recipes with them. Occasionally restaurants will even share vegetarian recipes with their customers for small or no charge.

Stopping into a nearby health foods save is really a good way to obtain all with the substances and spices you will need to start cooking vegetarian excellent recipes to

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perfection. Staff at these shops are typically knowledgeable resources that you could make use of and learn from.

Incorporating vegetarian excellent recipes into any eating plan will deliver range and give balanced eating options. A lot of studies recommend that switching a minimum of some of your weekly diet plan to vegetarian tested recipes can be beneficial to your health. Let your tastebuds take pleasure in new factors that are very good for your entire body. Vegetarian quality recipes will typically include many from the vitamins, minerals, and sources of nutrition that each entire body needs. Rather than meat, vegetarian tested recipes are stuffed with healthy protein substitutes so that you just don't miss out on items you need.

Acquire a take a look at your overall health and on the foods you've been eating. Including a couple of vegetarian recipes into your diet can quickly strengthen how you feel and may be part of an total well being prepare that will increase your lifestyle. Because couple of points are as crucial as main a nutritious lifestyle, consider your time in studying new ways to eat greater. Vegetarian recipes are just 1 of many points that you can contemplate. And opposite to common belief, vegetarian tested recipes are full in the style and enjoyment of a lot of other foods you eat. The biggest difference is always that they're much much better for you personally.

For more information on health food recipes visit the author's website today.

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Vegan Protein Powders Simply the Best

The world of health and nutrition has many options to offer consumers. How do you know if what you are getting is really best for your body and health? Maybe you regularly work out, or just have a busy lifestyle and want to add some additional nutrition to your diet. You should be aware of the advantages that occur when you buy whole food vitamins and organic multivitamins. When taking and utilizing whole food vitamins into your daily diet, you can be assured that you are using the most absorbable substances, made with only organic and plant based ingredients.

Ingredients in whole food vitamins often include superfood powders, herbs, and mushrooms. These have the maximum possible nutritional value and content. They are not the ordinary vitamins you grab on a trip to the grocery store. Organic multivitamins naturally help the body use its own sources to heal itself. There are no harmful additives like sugar, preservatives, flavors, or colors. Our bodies need pure nutrition such as those found in organic multivitamins. When you buy organic multivitamins, you enable your body to maintain better overall health. This in turn helps with energy levels and healthy digestion.

Natural protein is much better for your body than animal protein. Animal proteins are linked to disease, ageing, and poor health. Natural vegan and vegetarian proteins are easily

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digested and assimilated by the body. Entirely natural and organic, you may use these powders as a great supplement for extra protein in your daily diet. When you buy all natural protein, it should be entirely plant based. This is as absorbable as mother's milk. It also naturally enhances insulin and leptin functions within the body. Natural protein is a living substance, unlike animal protein, which causes acid accumulations in the body when digested.

Raw vegan protein is not heat treated. It is entirely alkaline, which means it does not add any acidity to the body. When you buy raw protein powder, you are getting highly digestible 85% protein that is gluten free. It is also hypoallergenic, which means you will experience no gas or bloating. A complete amino acid profile is provided in raw vegan protein, with zero sugar, and low fat. Vegan and raw protein powders give your body a supreme advantage for fat loss and gaining lean muscle mass. When you buy vegan protein powder, you help your body achieve optimum fitness levels. Immunity is strengthened, antioxidant functions are enabled, and good HDL cholesterol is built.

HolistikHealth.com is a forward thinking website and company that gives people access to the world's best supplements, such as all natural protein powder, so people can enhance and better their lives through natural nutrition. Visit holistikhealth.com to learn more about raw protein powder, vegan protein powder, and hundreds of other products.

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2 Yummy Vegetarian Slow Cooker Recipes, Plus Hot Tips

Here are a few lip-smacking vegetarian slow cooker recipes that not only save your time, but also serve your entire family for a lovely family dinner.

The Chilli Beans Recipe

YOU NEED:

black bean soup can (19oz), rinsed and drained garbanzo beans can and kidney beans can (both 15 oz), baked beans can (16oz), can of tomato puree (14 1/2 oz), a can of drained whole kernel corn (15oz), one onion, one green bell pepper, 2 garlic cloves, 2 celery stalks all these should be chopped, one tablespoon each of dried parsley, basil, and oregano, and chilli powder.

DO THIS:

Take your crockpot. Put the black bean soup, garbanzo beans, kidney beans, baked beans, tomato puree, onion, corn, celery stalks, and bell pepper in the pot. Season the mixture with parsley, garlic, oregano, basil, and chilli powder. Let it cook for a couple of hours on high heat.

Slow Cooking Apple Delight

Here is another one of the series of healthy slow cooker recipes that will tickle your tastebuds and make you a fan of crockpots.

YOU NEED:

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5 apples (half pound each), peel, core, and chop them finely; ground cinnamom and cloves, 2 tsps and tsps, respectively; tsp salt; white sugar, 4 cups.

DO THIS:

Put the apples in the crockpot. Take a bowl and mix cinnamom, cloves, sugar, and salt. Add this mixture in the crockpot containing apples. Mix everything well. Cover the crockpot and let it cook on high heat for 60 minutes. After that, bring the heat to low and let it cook for 9-11 hours. Stir the mixture once in a while. You will find the mixture turning dark brown and thick.

Remove the lid of the crockpot and continue to cook on low heat for another hour. If you wish to make the mixture smoother, use a whisk for stirring.

Take small containers and fill the mixture in them. Cover and refrigerate. You can also freeze.

Hot Tip On Easy Slow Cooker Recipes:

Prepare all the ingredients of your recipe as well as the crockpot the night before. Refrigerate the ingredients. When you wake up the next morning, simply toss the ingredients into your ready crockpot and plug it in. Your recipe will cook the whole day. When you return home after a hard day, you get a savory and piping hot meal to relish.

More Tips On Vegetarian Slow Cooker Recipes

You must allow 8 hours cooking time when on low heat and 4 hours when on high heat in a slow cooking pot.

When not sure about the cooking time of a recipe, leave the

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pot on low the whole day or overnight.

A good adjustment for slow cooker demands that you cut the quantity of all liquids to half.

Its time to try one of the above vegetarian slow cooker recipes. You can make a great dish even if you have never cooked before.

For more vegetarian slow cooker recipes, visit www.yeahtips.com. The site has a collection of healthy slow cooker recipes that are simple to prepare and quite nutritious. Of course, they are 100% vegetarian with yummy ingredients put together!

Vegetarian Diets Benefits

Vegetarian diets can help protect your heart. Many vegetarians eat nuts as a form of protein, and these nuts contain healthy fats called omega fats. Omega-3 and omega-6 both help the body reduce cholesterol, and work to unclog arteries. You know that weight loss is an industry. A money-making industry with many claims to make: Claims of weight loss pills, herbs and juices. Claims of exercise machines and exercise programmes. Claims of high-fat, no fat or lean diets. Diets high in fibre are associated with lower rates of colon cancer and coronary artery disease than diets low in fiber. If you have diabetes, you can better control your blood sugar by eating a diet that's high in fiber, too.

Today, most people complain of high blood pressure and

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elevated cholesterol levels. A diet rich in seeds, legume, whole grains and nuts can easily bring these down to a great extent. Plus being a vegetarian can not only improve your digestive system, but also makes it function more efficiently. Ensure a properly balanced diet by having all four main food groups within a vegetarian diet, namely beans, nuts and seeds; grains; dairy products; and fruits and vegetables. Include something from each group in your daily vegetarian diet to get all the nutrients you need.

The advantage that vegetarians have over non vegetarian dieters is the way that we study food labels carefully. By reading labels to ensure there are no animal products, we are more able to notice added sugar, salt and hidden fats, and can therefore avoid them. You may find that a vegetarian diet is the key to weight loss in your specific case. Vegetarian raw foods are nutrient and enzyme rich. They are often lower in calories than traditional non-vegetarian diets.

Some interesting facts about this diet has been found after investigation. Exceptionally studies, is a researcher on the flesh of animals has adverse effects on our systems that have pushed up vegetarians. However, the greatest benefits of a plant-based diet are spiritual. To concentrate in meditation, we need to be calm and collected. If we eat animals, our own consciousness will be affected. A healthful vegetarian diet based on whole grains, pulses, nuts, fruits, and vegetables will also be good for your heart as it is low in fat. The fats you use in vegetarian cooking should be vegetable fats and oils such as olive oil, coconut oil or groundnut oil.

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Where Does Becoming A Vegan Begin

It starts with the choice. In fact, becoming a vegan and remaining a vegan for the long haul rests solely on your firmly making a choice to do so. It won't begin with your wanting to experiment with it because someone you know or your favorite celebrity is doing it. It won't begin with your attempting to be defiant or trying to be different. It won't even begin with your doing so to impress someone.

It will all begin with you deciding to make the transition for the betterment of you and you alone. Becoming a vegan is a very personal commitment. If you firmly make the choice than you will be mentally and emotionally prepared for the transition. Thus, you will more than likely be committed to stick with your decision. Veganism is a major lifestyle change. It's a change in the way that you view yourself in the world. Its a change in the way you approach health and wellness. Its also a change in the way you interact and relate with others.

I'll admit that initially, the transition will not be easy. You will have to withstand brutal criticism and skepticism from others who don't understand veganism. You will question yourself about whether you've made the right decision. You will try to rationalize why your prior food choices were

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really “not that bad.” If you live with others who are meat-eaters you will struggle to resist the urge to have just a “taste” of what they’re having. The internal battle will seemingly never subside.

That said, you will need time to mentally adjust and your body will need time to physically adjust. If you don’t allow yourself time to adjust your rationalizations will turn into unavoidable temptation which will lead to failure.

Consequently, you’ll find yourself right back where you started and feeling guilty as ever about it. So don’t rush into this new lifestyle, make the change gradually and give yourself time. By taking this approach you will find that in no time at all you will feel good about having made the transition because you will start to feel and look better.

Your body will feel lighter and less weighted down. You won’t feel guilty about what you are eating. Your taste buds will change for the better. You will be more confident. You will have more energy. More than anything, you will start to have a more optimistic, open-minded outlook on life and you’ll care more about your environment and about the health and well-being of others around you. So relax and enjoy the deliciousness of the process. You’ll only get to experience it once so you may as well enjoy it.

Amirah Bellamy is a Vegan Transitional Coach, Vegan Fitness Meal Planning Expert, and Author. To learn more about her fabulous Vegetarian Meal Plans and Healthy Eating eBook or to INSTANTLY grab her FREE Vegetarian Starter Kit go to www.AmirahBFit.com

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Going Vegan in 5 Easy Steps

Assuming you have been strongly weighing the health benefits of adopting a vegan diet, it's reasonable to expect it will take some time to reach your goal once you begin. While everyone's situation is different, and there is certainly no single correct way (while I'm sure there are some who transformed overnight, the journey took me several months), below are a few suggestions that you may find helpful.

1. Once you have decided it's time to give up meat (pick up a copy of "The China Study" by T. Colin Campbell if you aren't convinced you should), you may want to savor your favorite foods one last time. Use the opportunity to celebrate and make your final taste of that food a memorable occasion. You can even take photos. You may need several days to do with all your favorite foods, so I'd recommend a limit of 10 dishes.

2. Start to try to incorporate vegan products, such as non-dairy milks or soy products (tofu, tempeh, textured soy protein), into your diet. I started ordering cafe lattes prepared with soymilk instead of dairy milk. To be honest, I hated it at first (thought it a waste of perfectly good espresso-and what's worse-cost extra, too!) I also replaced my traditional breakfast yogurt with 5-Grain hot cereal.

3. Order vegan cookbooks that match your particular ethnic tastes (some of my favorites are highlighted on this site), and pick up any ingredients you need to prepare them. Don't worry about the cost, and try out as many recipes as you need

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to find something you enjoy, or at least feel you could in time.

4. Start eliminating one category of animal food little-by-little. In my case, I cut out red meat and chicken, but kept eating fish and dairy occasionally (sushi and cheese were the hardest things for me to give up). I still had a lot of cheese in the refrigerator, and I thought there were no substitutes for eggs.

5. Eventually, begin to avoid eating animal products whenever practical. However, you don't have to have a heart attack if you learn a dish you're eating has a trace of meat (or dairy product). This is a benefit of becoming a vegan for health, rather than ethical, reasons.

Remember, you may lose weight at first on a vegan diet, but it will return once you discover vegan versions of your favorite foods. Vegan plant-based diets are generally healthier than animal protein-based diets, but it depends on the quality of ingredients and how they are prepared. For example, whole grain breads and pastas (complex carbohydrates) are much healthier choices than non whole-grain products. And oily, overly sweet, or processed foods should also be avoided, whether vegan or not.

Originally from Washington, DC, metro area, I have lived and worked in Tokyo, Japan, for about 20 years. I was schooled in Journalism. but work in the Technology field. My hobbies are cooking, running, and photography. I also began learning saxophone a few years ago, but don't practice nearly enough..

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Vegetarian Restaurants in Barcelona

Barcelona is a great place to find food with the eclectic mix of kitchens from around the world inviting you to try anything from Cebiche to Kow Neow, as well as the fantastic local specialties too numerous to name. The Spanish have an obsession with meat, and Pork in particular (they sell the brains in the supermarket, right alongside the trotters, ears and tails for God's sake!) and most restaurants will offer you cured hams, roasted or grilled meats or at least have a very meat orientated menu – which is not much fun if you're a Vegetarian or a Vegan.

I'm going to give you the lowdown on Vegetarian and (mainly) Vegan options if you're visiting Barcelona. If you don't know the city well, it's of pure co-incidence that these restaurants are all fairly close together, considering the size of Barcelona, and the scope it has for restaurants.

First up is Juicy Jones. Juicy Jones has a couple of establishments – both in the old town. The one just off Las Ramblas, on Carrer Cardenal Casañas behind the PC City computer store is more of a Juice Bar, whereas the one located on Carrer Hospital is a little bigger. Juicy Jones offers the freshest ingredients for some fantastic concoctions and always a varied menu. Well worth a try.

Just two streets up from Carrer Hospital is Carrer Pintor Fortuny, and this is the location for two of the restaurants

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on the list. First is Organic, which is on the corner of Xuclá and as the name suggests, serves all organic produce and is very central, just a minute's walk from Las Ramblas. Organic has another establishment on Carrer Hospital, at Plaça Sant Agustí – just a minute's walk from Juicy Jones above.

Walk a little further into the Raval neighbourhood, following Pintor Fortuny, and on the opposite side of the road is BioCenter – another great spot for Vegan and Vegetarian munchies. The shop bearing the same name on the opposite side of the road also offers produce and goods if you're renting a self-catering apartment, for example – along with other main supermarkets like nearby Carrefour and el Corte Inglés at Plaça Catalunya.

Finally we have Sesamo, which is located on Carrer Sant Antoni Abat, at the end, right next to Sant Antoni Market. This is a small, but popular place and serves “comida sin bestias” or “food without beasts”!

One last place worth a mention is “Fresco” which is an all you can eat buffet with various locations around the city centre, and although it's not strictly Vegetarian/Vegan, there's a huge salad bar for starters (go back as many times as you like), and there is almost always some vegetarian alternatives, such as pasta with pesto and cheese sauces, etc. I thought it's worth a mention as it's very good value for money – and healthy to boot.

David Brydon has been living in Barcelona for 9 years and writes about Apartment for rent Barcelona and regularly contributes to this great Barcelona Guide.

Explore the Benefits of Vegan Living

In today's world, there are many reasons why someone might want to explore the various healthier alternatives to traditional American lifestyles and diet. After a lifetime of fast food, the everyday stresses brought on by a rapid pace personal and business life, and the simple lack of attention most people pay to their lives, vegan diet and lifestyle alternatives are a good way to boost overall health and sometimes even bring failing health back to optimal levels.

What is a Vegan Diet?

A vegan diet is like a vegetarian diet, only more so. Most vegetarians do not eat meat, fish, or poultry. There are several variations on this theme, for example, people who do not eat meat or poultry but eat fish. Vegans, in addition to eliminating meat, fish, and poultry from their diet, also forgo eggs, dairy products, and sometimes even animal-produced substances like honey.

A wide variety of vegan foods and nutritional supplements are available in modern markets and health food stores. Seasonal organic produce is also usually available whether you live in the city or the country. Vegans have more food choices than ever before due to the increased popularity of vegan foods and the development of preparation, storage, and cooking techniques-all centered around tasty foods with high nutrition value. Vegetarianism and veganism are often placed in the

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broader context of lifestyle choices that involve much more than dietary concerns.

What is a Vegan Lifestyle?

Veganism is a lifestyle choice that, when all things are considered, involves asking and answering questions about the ethics of animal husbandry practices, the moral dilemmas associated with killing living things for food, and even about the chemicals and proteins that are ingested that may not contribute to overall health and vitality and may also be counter to our current evolutionary state as human beings. Vegans seek to live in a more conscious world, and if that means not eating animal flesh and associated byproducts, so be it.

In addition to eliminating animal derived food sources, many vegans choose not to use silk, wool, animal skins, or personal, cleaning and other substances that contain animal products. In practice, this eliminates leather goods and certain fabrics, soaps, detergents, glues, and cosmetics. A vegan household is one where every attempt as been made to live consciously and in harmony by not doing harm to the natural world or its inhabitants.

Putting it all Together

The benefits of vegan living are numerous. Increased vitality and health are high on everyone's list of top benefits. Taking the time to make conscious choices in one's diet, lifestyle, and personal concerns leads to being less in tune with the persuasive influences of consumer culture that involve mass marketing, subliminal psychological manipulations. There is now considerable evidence that clean brain chemistry means

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clear thinking. Clear thinking means the ability to handle stress and keep things in perspective—two things that help to empower yourself by making decisions that are right for you. Many other life areas are positively impacted by pursuing a vegan lifestyle, and everyone has more options than ever before to find the solution that feels right for them. Vegans aim to live a simplified, harmonious lifestyle that is lived consciously and in cooperation with the greater whole.

About the Author

Tim Thompson is a professional freelance writer/editor and content developer currently making his home in southern California. He works closely with other creatives and technical people to provide content writing and editing services and technical marketing and project administration to individuals and businesses of all kinds.

Cancer and a Vegetarian Diet

Cancer has been declining over the years in the United States. Even so, it remains the number 2 ranked cause of death, according to the Center for Disease Control. Certain diets have long been associated with cancer. Actually many links have been made in association with some cancers and a person's diet. A vegetarian diet is quite possibly in lowest risk group when it comes to cancer. Whether you are looking out for your future and you have never had cancer or you are recovering from cancer, a vegetarian diet may be a wise choice for you.

Meat on the other hand has a possible risk for developing

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cancer, especially red meat. One theory as to why red meat is associated with cancer lies in the preparation of the meat. The thought is that most red meat is grilled, and grilling leaves a quasi- charcoal like substance on and in the meat. The connection is that charcoal is on the list for being a suspected carcinogen. So the meat is often grilled or broiled such that it is blackened on the outside. When you eat the blackened surface of your hamburger or steak, you are actually eating charcoal. My own personal belief has to do with the cows themselves. The other theory is that the cows are occasionally fed hormones which stimulate their tissue growth. It could be that those hormones continue to work after the cow is dead. Instead of stimulating healthy muscle growth though, they start to mutate and affect healthy cells negatively. The problem is that pigs and chickens are also given the same supplements. If this were true then chicken and pork would have the same cancer risks as red meat, which they do not. By eliminating all meat, the chances of developing cancer are statistically reduced.

Vegetarian diets contain foods that are rich in antioxidants. Antioxidants work with your body's natural defenses to combat diseases, as well as to produce healthy tissue growth. Antioxidants fight cancer. Spinach and blueberries are two foods that are rich in antioxidants. Green tea is another great source.

Avoiding red meat and eating a vegetarian diet rich in antioxidants, you can improve your odds of getting cancer. Now that's some odds I can live with!

John A. Hrivnak

It's always better to have options. Having the option to

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change your diet to decrease the chances of cancer is a true blessing and a choice that is easy to make. For information on all aspects of health; go to my site at <http://informationinstantly.com>

Vegetarian Lifestyle – Values Driven Vegetarian

Values Driven Vegetarian – What does that mean? Some values have to do with telling the truth. Other values determine our work ethic. Most people think of values as related to character. What does that have to do with food? Warning! You might find this article provocative – but not because I'm trying to tell you what to eat.

Instead I'm going to ask you what the term vegetarian means to you personally. For you carnivores reading this article, it may be difficult to understand why anyone would give up hamburgers or pepperoni pizza. You may believe that God put animals here on the planet to be eaten. Or God may not come into your consideration of food choices. I've had people tell me they can't imagine giving up eating meat for any reason. Perhaps you'll have a different understanding of dietary choices after you finish reading.

We Americans do tend to want what we want. Often we want what we want now. Our decisions don't always make sense to other people. I'll tell you a true story. Much of my life I've owned and ridden horses. The pleasure of time with my horses always

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has overridden the cost. I've never understood the question when non-horse people asked why I had such an expensive hobby. Why would I not spend time and money on something I found so enjoyable? I figured they just didn't understand horse people.

On the other hand, one thing I've never been able to understand is how some people can drive vehicles, e.g., hummer-type, with its large size and low gas mileage. With our planetary resources being as they are, why would any one choose such an inefficient means of transportation. Who needs a hummer in the US?

Then driving down the road one day as a hummer passed me, I got it. Just as I have always wanted horses, that person wanted a hummer. That was it. Our values were different. I would feel uncomfortable driving a gas guzzler. Perhaps the hummer driver would see my horses as a wasteful use of money. We each made our choices according to what we wanted. Pretty simple. If I want it and can pay for it, I can have it. It's my right as an American.

My horses had value to me and were an expression of my values. The hummer had value that were expressed by the driver of that particular vehicle. Each of us believed we could have what we want – and had the right to have what we wanted. My value was horses bring me joy. I can only speculate on why the driver wanted the hummer, but I do know that it was a value connected to a belief that determined his choice. Big equals power? Different is fun?

Similar want/value variations of thinking are common among both vegetarians and carnivores/omnivores. We may not understand the position of the other because we believe differently. Our values are not same in this area. However,

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our beliefs, values and behaviors are all connected whether we're omnivore, vegetarian, or vegan.

Some will say if, " I want a hamburger or a steak or bacon or chicken wings, I can have any or all of them. The choice to eat meat and animal products is my right. I can eat what I want as much as I want whenever I want." Those same people might say that it made little difference to them that dolphins were caught in the tuna nets. Too bad. So what? Their values expressed as behaviors don't include respect for animal life. Values regarding food as providing nutrients to support body processes may not be the the stronger value either. No body, vegetarian or not, ever needs french fries and soda. Yet, most young people drink soda...and as they mature, their taste may change to martinis – which offer little if any nutritional value.

As a culture, we do value our rights. And our rights are a direct expression of our values. Have you ever thought of rights and choices in that way?

What I'm saying is while I may agree with our right to eat what we want, have as many kids as we want, drive the vehicles we want, smoke the cigarettes we want, and have all the horses we want, there are consequences to those choices. What we want and demand the right to have may not be wise in the long term.

Our values determine what is important to us. Our values determine our decisions re the choices we make. Is our value placed on immediate gratification or determined by future consequences of what we say and do? Do we value our right to eat a hamburger today more than the preservation of the environment for our children and grandchildren? How many burger eaters consider the crops, water and other resources

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required to raise that steer? More than eight billion animals are slaughtered each year. Could there possibly be a less efficient use of our natural resources?

We chop down oxygen providing rain forests to create more beef for the government subsidized meat industry. We factory farm the animals and send pollution uninhibited onto the land and into the air and water.

Vegetarians and environmentalists have been much maligned during most of my life time because they've seen the big picture. They tried to educate the American public of consequences to a meat based diet. The issue is much larger than the bacon and eggs you had for breakfast or the hamburger you had for lunch. The larger view is of the consequences of raising and eating animals, of use of land and water, of starvation and pollution.

Do you know that the methane gas from the cattle we raise for slaughter cause more harm to the environment than vehicle emissions from all the cars on the planet? There is far more untreated animal waste than treated human waste. Run off from factory hog farms ends up in the river. Perhaps the same river you enjoy boating on...or swimming in. We have dead zones in the ocean where no sea life can exist. They are increasing in size every day as a result of pollution.

Do you value your right to eat that hamburger more than the right of future generations to live on a markedly less polluted planet? Do you believe that the choices you make are significant? Do you think what you eat has no impact on either your body or the planet? Do you value living for today because you may not be here tomorrow?

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Of course you have the right to eat meat.

But what do you do when you can't stand to think that your hamburger was once an animal? You have to block those thoughts or they'd bother you. You might not even be able to eat a hamburger ever again. What would people say?!?! When you make your choices because of what other people say, that's also a value. You believe what they have to say is more important than your own experience of truth.

On the other hand, you might want to ask yourself what would it feel like to honor your feelings about eating that hamburger. Allow yourself to think of the animal that died to provide this meal for you. Try it. You may still decide to eat the burger, but you may appreciate it in a different way. You might have no sadness or angst, but instead gratitude for the availability of this food you enjoy thoroughly as nourishment for your body. Or, you may choose not to eat the burger. Either way, you would be living your life and making your decisions in a manner congruent with your beliefs and values.

When we live our lives in accordance with our conscious values, we experience significantly less internal conflict. When we are aware of our values in each area of our lives, we make choices that support our beliefs and so our actions are congruent with our words. Life becomes less stressful.

This article is on the topic of values and vegetarianism. Beliefs and values, behaviors and consequences, priorities and conflicts are all a normal part of life in every aspect of our lives. We make choices, hundreds of choices, every day. Many are unconscious. We may not even realize we're choosing.

We all make choices about food. With every bite we put in our

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mouths we make a statement. What we eat or don't eat tells others who we are and something about what we believe and value. Choices are different for omnivores, flexitarians, vegetarians and vegans. Which values determine your choices? Do you know? Are you curious? Can you see the consequences of your choices? Do you believe what you choose to eat makes a difference – to your health and to the health of the planet?

Ask yourself. See what answers you get. Then consider whether your actions are consistent with what you say you believe.

To read more about the vegetarian lifestyle go to Gayle's informative, friendly website <http://www.vegetariannook.com> A nurse educator and vegetarian for almost 30 years, Gayle offers information to help interested people understand vegetarian basics and ways to transition to a plant-based diet. Her specialty is dealing with social issues and concerns.

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