



There is no such thing as "vegan"

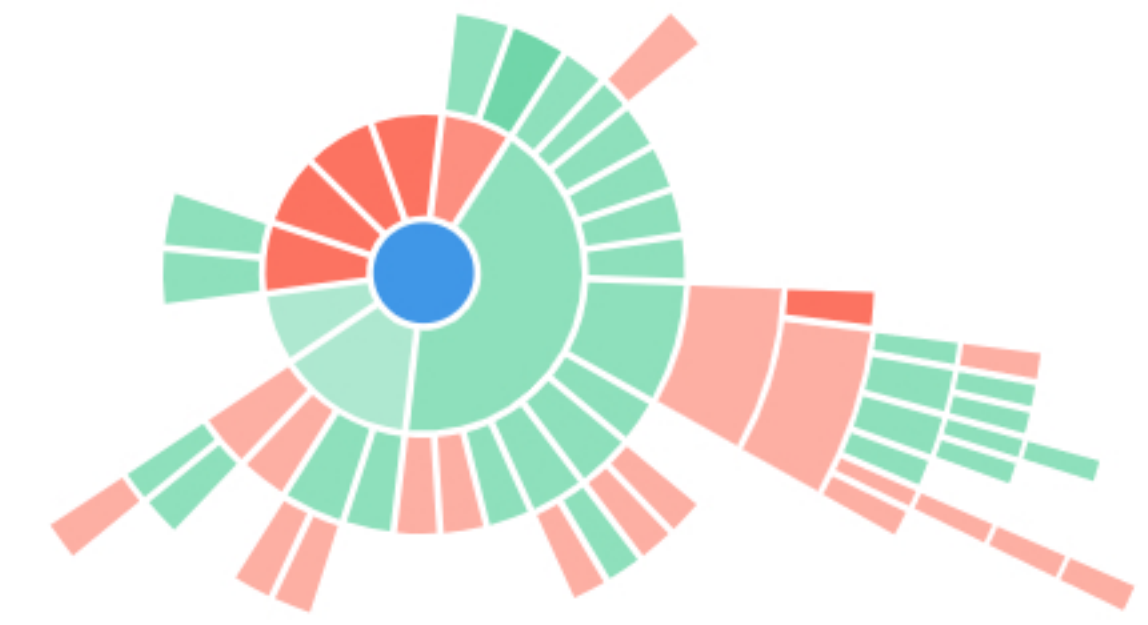
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Background

There is a lot of hype around "vegan" food to be healthier. However, people often ask the question: what is vegan? Delving deeper, one realizes that the definition "vegan" makes living by it subjective. One definition shows it is a ["way of living which seeks to exclude, as far as is possible and practicable, all forms of exploitation of, and cruelty to, animals for food, clothing or any other purpose"](#). However, one can find it nearly impossible to truly avoid exploitation in every extent when one thinks about it. Another definition is: ["a strict vegetarian who consumes no food \(such as meat, eggs, or dairy products\) that comes from animals; also: one who abstains from using animal products \(such as leather\)"](#). However, this definition is not truly adequate either as it does not talk about the animal products that were used to make the non-animal derived final product.

Luckily, this discussion openly addresses all these concerns by getting to the heart of what is truly vegan and what is not.

Discussion Topology



Tags

- Veganism
- Vegan
- Vegetarians
- Food

Participants	Claims	Contributions	Votes
vegforlife	45	89	8
KalenMike	5	9	0
sean1440	2	2	14
Primate	2	2	6
somahaiken	1	1	20
RchloeA	1	1	0
Parolanto	1	0	0
AmesRK	1	0	0
Notveganbutnotsure	0	0	5
Uberche	0	0	2
helenaitoo	0	0	1