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## Post: Avoiding an unsustainable vegan world



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Research

[Community](#), [Environment](#)



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### Content

Even though veganism is touted as a savior for the world, it isn't perfect and has pitfalls. Here're what they are and how to avoid them:

Problem: With climate change, even though it can be decreased through a vegan diet, the impacts on plants will be too late for many by then.

Example: Rotten series on Netflix

Solutions:

- Do not overload demand on [luxury vegan foods](#) that can have market failures that lead to crime and allow for greed to take over.
- Avoiding non-optimized food that requires a lot of water (big one) for less nutritional value and volume helps
- grow one's own food and look for local to avoid reliance on the food system and foods that are harder to oversee in-person

Problem: aggression/violence to increase veganism through extremist groups/militant vegans

Example: <https://newsone.com/3433351/11-things-you-didnt-know-about-move-philadelphia-bombing/> and <https://raisevegan.com/antispecist-militant-vegans-jailed-for-ransacking-butcher-shops-in-france/>

Solutions:

- realize violence towards other humans isn't vegan, as people are animals too to debunk it
- find non-violent/aggressive means to increase veganism - as violence won't really solve a lack of systemic change
- guide, not force people towards veganism
- don't fight someone that doesn't want to be vegan - as they're not at the stage for it

Problem: some vegan foods use more water than beef to grow

Example: <https://beyondanimal.com/resource/GroupResource/view/Water-usage-of-various-food-products-ngFOhacEB7>

Solution:

- eat low water-consuming food
- avoid high water-wastig foods
- grow one's own food
- invest in efficient systems - like aeroponics, vertical farms, synthetic chemicals/foods (like 3d printing plant cells and fermenting microbe -produced proteins)

Problem: being vegan in an unhealthy manner

Example: <https://www.youtube.com/c/ChubbyemuGames/videos> , like the psyllium one

Solutions:

- avoid overdoing anything to where it becomes unhealthy
- avoid undoing something that leads to being unhealthy



Other thoughts are located at <https://www.kialo.com/all-humans-should-be-vegan-2762>

## Comments

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