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Post: 'Vegan' items that aren't really vegan



Created by [Brittany Bunk](#) on 21-Feb-2021

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Background reading: <https://janeunchained.com/2021/02/21/why-vegan-claims-must-be-audited/> , why vegan claims must be audited

It's really frustrating to look at so many foods with a vegan label that really aren't vegan. This resource is here to call them out. Most are obvious, so I'm just limiting it to what is too difficult to notice. Here's my list, but feel free to add onto it:

Brands:

- naked juice - contains ingredients that might be tested on animals
- Laird Superfoods - contains aquamin, which is tested on animals
- Naturelo (and other 'vegan' vitamins) - also contains aquamin

Naturally carnivorous:

- mushrooms - some are
- venus fly traps
- [some figs](#)

items:

- limestone, marble, chalk - made from shells
- gold - toxic chemicals from its extraction kill wildlife (also there's labor issues)

labor:

- human rights issues (because people are animals too):
 - avocados - has the nickname 'blood avocados' due to crimes against laborers, which would still not be vegan, as humans are animals
 - vanilla - same issue as avocados
 - marginal - quinoa, peppercorns - supply and demand negatively impacting farmers
 - [non-fully-automated farming](#)
 - mica - https://www.youtube.com/watch?v=LS_CR7UwhRs
- animal labor:
 - coconut - utilizes animals to collect coconuts sometimes
 - truffles - uses animals, like pigs and dogs, to find
 - farmed bees:
 - almonds - most farmed bees pollinate them
 - tomatoes and other non-self-pollinating crops - also use farmed bees
 - field-plowing - especially in developing nations



- companies of vegan products that aren't vegan themselves
- companies accidentally add animal products to a vegan alternative by mistake by confusing the two
- outdoor farming:
 - machine harvesting - field animals might be die from them
 - farmers protecting crops from wild animals like wolves
- wildlife - biodiversity loss
 - water
 - bottled - plastic trash
 - desalination - can harm wildlife
 - wind turbines - interferes with bird migration
- growing
 - Non-veganic growing methods - like blood or bone meal
 - monoculturing
 - palm oil - clears endangered forests with high biodiversity due to monoculturing
 - marginal - [acai](#) - same as palm oil
 - sugar - see 'rotten' series on netflix about big sugar and the everglades in florida. Also <https://greengroundswell.com/environmental-impact-of-sugar/2019/07/22/>
 - pesticides, insecticides
 - possibly - algae blooms from runoff
 - non-self-pollinating crops (see farmed bees) or using mechanical/hand pollination methods
- Preparation:
 - lac resin/shellac (maybe even shellfish) coating on: coffee beans, some produce
 - indirectly supports animal agriculture: byproducts become livestock feed
 - corn syrup, high fructose corn syrup
 - canola oil
 - possibly - molasses - indirectly is a part of non-vegan sugar production, due to being a byproduct of it
 - table (or white) sugar - filtered in bone char

soy - deforestation - <https://unearthed.greenpeace.org/2021/05/19/food-giants-soya-amazon-deforestation-brazil/>

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Comments



Brittany Bunk

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check <https://foodprint.org/blog/sugar-substitutes/> for the most sustainable sugars



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sugar's really destructive to the environment. Stevia is a more more eco-friendly alternative option.



Brittany Bunk

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I need to find the sources on these, so bear with me. If anyone finds sources to help me out, that'll take the workload off me.

