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Plant Based News Articles 2-3 pages

Rise in Veganism from The Youth

Veganism seem to be one of those “shooting from the dark” but actually making the shot, the lifestyle has gotten so popular it’s no longer just the smelly hippie in a tie dye who’s vegan but now it’s wide ranges from celebrities, athletes, to an everyday joe. A surprising but not unexpecting outcome is that there is a rise veganism in the younger generation and it keeps on growing. But why? As long as veganism has been acknowledged by everyone, why is it so suddenly popular now? There are many answers to that.

Since I learned what veganism was, I thought it was a totally crazy thing, my whole life I’ve eaten food from different countries, I remember my mom making her traditional Mexican food that is probably a vegan’s worst nightmare. What made me and the rest of the younger generation change our way of life? Most people do it for ethical reasoning since many people don’t know what goes on in the animal agriculture industry. Everyone knows these animals die but not many know of how badly they get mistreated. These sentient beings go through o much pain their entire and short life and it’s in the billions. Many of us young people don’t want to support that system anymore since it doesn’t reflect on our moral and values. A lot of people say that this generation is ‘too soft’ but I like to think that we are finally starting to care about issues we would just ignore. Many people consider unnecessary harm to be immoral and if we can find a way to eat well, safe and not cause harm, why wouldn’t we?

Many people live everyday not knowing if they are healthy or not. Sadly, for many young people, they can’t afford going to doctor to find out, with bad diets and lack of physical activity due to always being busy at work or school, and ignorance, many people get sick and almost never notice till it’s to late. So, what’s an alternative? Veganism. It’s a healthy life style if done right. According to the American Dietetic Association on vegetarian diets, “Well-planned vegetarian diets are appropriate for individuals during all stages of the life cycle, including pregnancy, lactation, infancy, childhood, and adolescence, and for athletes”. We eat three times a day, every day. Our diets have a huge impact on our health, why not choose the best one for our bodies?

It’s safe to say that the American Economy has had its better days before. With medical care, Schooling, automation taking jobs, overall cost of living, and an unbalanced system, eating is becoming very expensive for many people and since a lot of people are either too lazy are too busy to cook for their own, they usually get outside food, which if you add up on a yearly basis, you can see how outrageous and expensive it really is. It’s pretty obvious that non vegan products like dairy and meat are a huge cost and take a big toll on people’s income. But vegetables and other natural products overall are cheaper than most meats and cheeses. A giant sack of rice or beans is cheaper and last longer than most meat products. You’re getting more for your money, why wouldn’t anyone want to save money on probably their big expense other than rent or bills?

Now the most important reason most people are becoming vegan. A lot of people recognize that climate change is a real thing and a real threat, that if we don’t do something about it, our planet we start to respond with negative effects. Such as the articles melting, more flooding, more droughts, coast cities being destroyed, more heat, and overall causing billions if not trillions of dollars’ worth of damages. What’s heating up our planet? According to World Resources Institute, UN Food and Agriculture Organization, and Pitesky et al. 2009, “The burning of fossil fuels for energy and animal agriculture are two of the biggest contributors to global warming, along with deforestation.” Just by eating less meat, everyone would be doing a huge part in saving our beautiful planet. We need to do something since it’s going to be us “ our generation” and our children’s that will suffer the consequences if we don’t do anything.