

# Stay Healthy

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**That's a good question.** The cost of a vegan diet depends on how you do it. According to some sources, a simple vegan diet with no special ingredients or preparations can be relatively affordable, costing around \$30-\$50 per week. However, if you eat a lot of specialty vegan products, such as mock meats, vegan cheeses, or vegan ice creams, your costs can go up significantly. Eating out at restaurants can also raise your expenses, as vegan options may be more limited or pricey.

Some studies have suggested that vegan diets can actually save you money compared to omnivorous diets. For example, one study found that healthy plant-based diets could save you almost \$900 per year compared to meat and vegetable eaters<sup>3</sup>. Another study found that vegan, vegetarian and flexitarian diets could save you around \$9-\$12 per week compared to omnivorous diets.

Of course, the cost of a vegan diet also depends on other factors, such as where you live, where you shop, and how much you cook at home. You may be able to find cheaper vegan products at discount stores, farmers markets, or online retailers. You may also be able to save money by buying in bulk, preparing your own meals, and using coupons or discounts.

Ultimately, a vegan diet can be as expensive or as cheap as you want it to be. It all depends on your choices and preferences. ☺

**Starting a vegan diet** can be a rewarding and enjoyable experience, but it may also require some planning and preparation. Here are some tips to help you get started:

Do your research. Learn about the benefits and challenges of a vegan diet, as well as the nutrients you may need to pay attention to, such as protein, iron, calcium, vitamin B12, and omega-3 fatty acids.

Start gradually. You don't have to go vegan overnight. You can begin by incorporating more vegan foods, such as vegetables, fruits, grains, beans, nuts, seeds, and tofu, into your diet. You can also try reducing your intake of animal products, such as meat, eggs, and dairy, or replacing them with plant-based alternatives. For example, you can use almond milk instead of cow's milk, or veggie burgers instead of beef burgers.

Find vegan recipes that appeal to you. There are many delicious and satisfying vegan dishes that you can try at home or at restaurants. You can find vegan recipes online, in books, or in magazines. Some examples are 45. You can also experiment with different spices, herbs, sauces, and condiments to add flavor and variety to your meals.

Get support from others. Going vegan can be easier and more fun if you have the support of your family, friends, or other vegans. You can join online communities, forums, or groups where you can share your experiences, ask questions, and get tips. You can also look for local vegan events, meetups, or restaurants where you can meet like-minded people and enjoy vegan food.

Be flexible and open-minded. Going vegan is a personal choice that may not always be understood or accepted by others. You may encounter some challenges or difficulties along the way, such as social pressure, cravings, or limited options. Don't be too hard on yourself if you make mistakes or slip-ups. Remember why you chose to go vegan and focus on the positive aspects of your diet. Be respectful of other people's choices and opinions, and don't judge or criticize them for eating differently than you.

I hope these tips help you start your vegan journey. If you have any questions or concerns, feel free to ask me. ☺ **Content by Heather Banks SHW Research Team**

