



 The  
**Vegan Society**  
One world. Many lives. Our choice.



**GREAT TIPS FOR STUDENTS TO GO VEGAN**

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**LOVE FROM THE FRY FAMILY FOOD CO  
AND THE VEGAN SOCIETY**

# OUR TOP THREE TIPS

## 1. ASK A FRIEND



We know that making a change to your diet and lifestyle can be daunting. It can be a great help to chat things through with someone who has already gone vegan. This way, you can get their top tips and ask any questions you may have.

- 💡 Reach out to any vegans you know to ask for help
- 💡 Join vegan groups on Facebook and follow vegan pages on Twitter and Instagram



## 2. DO SOME RESEARCH

- Take The Vegan Society's **30 Day Vegan Pledge** for a month of email support, including daily tips, advice and recipes
- Watch some documentaries, such as *Cowspiracy*, *Earthlings*, *Forks Over Knives* and The Vegan Society's film - *Making the Connection*
- Find out all about topics such as nutrition, cooking, social situations and more on **The Vegan Society's website**

[Click here to watch Making the Connection](#)

## 3. GO EASY ON YOURSELF



You can still have all of your favourite quick and easy go-to meals such as sausages, chips and beans as part of a balanced healthy lifestyle. Vegan diets aren't all kale and chickpeas all the time!

[Check out Fry's quick and easy recipes here](#)

Trust the Trademark - many products carry the Vegan Trademark to make purchasing vegan products even easier.



Learn how to shop vegan - check out The Vegan Society's tips on vegan shopping and find some new great favourites.

[Click here for The Vegan Society's shopping tips](#)

## WHERE TO EAT OUT

Cafes and restaurants are getting so much better at providing for vegans. Several chains have started creating regular vegan options, and more are bound to follow.

[Check out The Vegan Society's list to find some options near you](#)

**OR**

[Search on HappyCow](#)

# WHAT TO SWAP

These days you can find a vegan version of almost everything you could ever think of - including milk, cheese, ice cream and even meat.

Animal based meats	➔	Vegan meat alternatives
Cows milk	➔	Soy/oat/coconut milk
Animal derived cheeses	➔	Vegan cheese
Dairy-based yoghurts	➔	Coconut Yoghurt
Honey	➔	Agave or maple syrup
Eggs (Baking)	➔	Apple Sauce

## FRY'S MEAT ALTERNATIVES



THICK CUT  
CHUNKY STRIPS

PEPPER  
STEAK-STYLE PIES

TRADITIONAL  
SAUSAGES

GOLDEN CRUMBED  
SCHNITZELS

ASIAN SPICED  
BURGERS

## FRY'S ICE CREAM



VANILLA BEAN  
ESPRESSO

SALTED  
CARAMEL

JUST TOASTED  
COCONUT

TONS OF  
COOKIES

MADAGASCAN  
VANILLA BEAN

# THE FACTS

“Well-planned vegan diets can meet everyone’s nutritional needs. They tend to be low in saturated fat, and high in fruit, vegetables (including pulses), nuts and seeds, which are great sources of fibre, vitamins and minerals. Research has linked vegan diets with lower rates of heart disease, type 2 diabetes and some types of cancer.”

Heather Russell, Dietitian



Many athletes choose plant-based diets to optimise performance, and vegan athletes have set world records in speed, endurance and strength events.



Animal agriculture is one of the leading causes of deforestation, water depletion and pollution, and is responsible for more greenhouse gases than the entire transportation industry.

**FIND OUT MORE**



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