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Five Ways to Adopt a Vegan Diet like Oprah Winfrey's

By **associatedtruth**

Oprah Winfrey, talk show superstar and one of Forbe's most powerful women, recently announced she was going on a short-term vegan diet. Oprah, who turned 54 this year, said she was inspired by best-selling author Kathy Freston's book, Quantum Wellness, to become a vegan for 21 days. It's part of her overall detox plan to "eliminate caffeine, sugar, alcohol, gluten" as well as animal products from her diet.

Oprah Winfrey is just one of many celebrities who have made the switch to a vegetarian or vegan diet. It's part of a widespread trend as people become more sensitive to the ecological, environmental and health risks associated with a meat-based diet. Plus, with many new food recipes and food items that can imitate meat (such as Boca Burgers) or improve on old vegetarian standbys, the switch to a vegan diet is much easier than it was 10 years ago. As Oprah herself said at http://www2.oprah.com/foodhome/food/cleanse/blog/blog_main.jhtml, "I never imagined meatless meals could be so satisfying" .

Not only are meatless meals satisfying, but they're also healthy and cruelty-free. In this article, we'll show you five easy ways to switch to a vegetarian diet similar to Oprah's vegan diet.

First, make a gradual change to a vegetarian diet using meat substitutes. Common foods like burgers, sausages, fish-even turkey has vegetarian imitations. Boca Burgers makes great and tasty meatless burgers that taste JUST like the real thing. There are also similar dairy replacements that often taste just as good as the stuff they're replacing. For butter, try Earth Balance's spread that's made of natural oils. Instead of using cholesterol-rich cheese, try Tofutti cheese slices made from heart-healthy soy. And instead of milk, try soymilk (this lends itself well to soy ice cream!).

Second, experiment with vegetarian recipes. This can be fun and exciting as you discover new ways to use vegetables to create delicious, satisfying and healthy stir fries, casseroles, lasagnas, soups, stews and barbecue foods. Everything from Thai to Greek to Chinese meals can be made with a vegetarian focus. Try online recipe sites like VegCooking.com. This site even allows you to search by food type (e.g. appetizers or soups) to find great recipes that are nice to animals and to your health and environment!

Third, a true vegan lifestyle encompasses the non-use of animals in all parts of your life. Get rid of the leather (often made from dog and cat skins imported from Chinese fur farms) and fur. If you feel like you must use animal skins, try pleather or faux fur.

Fourth, keep an eye on nutrition. Just because it's vegan doesn't make it always healthy. Take a multivitamin and eat balanced meals. Pasta is vegan, but eating pasta for all of your meals is a sure road to disaster.

Finally, get support and encouragement to your vegan diet. This will help you stick to it and get through that first period where you feel like giving up. If Oprah can do it, you can, too! People for the Ethical Treatment of Animals (PETA) offers a lot of vegan and vegetarian support. Take their 30 Day Pledge to vegetarianism for more information.

Oprah's onto something when she switches to a vegan diet. Find out what all the fuss is about and try the vegan lifestyle for a bit. You'll enjoy it, and the environment, animals and your body will thank you!

Sources:

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