



A Vegetarian Speaks

Interviewee: Inés Reynoso (Mexican American accent)

Hi, I'm Inés Reynoso, I'm 35, and I've been asked to answer 3 questions about being a vegetarian.

What's the difference between a vegan and a vegetarian?

Vegetarians don't eat animal *flesh*, so no meat, fish, or poultry, but they do eat animal products like, eggs or dairy.

On the other hand, most vegans avoid eating or using animal products, including wool, silk leather and things like chocolate.

Of course, the extent to which animal products are excluded may vary and, although there are many labels, *the way I see it*, What really matters is how we chose our food. Which leads to the second question:

Why shouldn't we eat meat?

Some experts say that meat carries more pathogens and bacteria than vegetables and fruit, or even that our bodies are not really designed to digest it. Of course, there are other experts who sustain the opposite theory. So who can we trust?

Ideally, we should be able trust ourselves, as long as we are fully conscious when we make decisions.

Ask yourself 3 questions: Do I know what's in this food? Does it contain things that I know are bad for me? and "Where does this come from?"

Take an apple, for instance. You know what's in it, you know it will do you good and, *if you wonder* about its origins, you'll picture a tree and a truck. Whereas, chewing gum would lead to answers that are not so reassuring. In the case of meat, these questions open the door to a series of images of how the animal lived, how it was killed and even what it ate and metabolized.

If you feel bad and are tempted *to shut it out*, remember that making your own choice, means that you never ignore what you know or what you care about. You act on it. That way, not only will you feel happier, but you'll cease to support what you don't like. This is basically how we shape the world.

so consider all your options, select your providers, maybe you can buy *free-range eggs*, start fishing or even *forgo* meat all together. Which leads to the third question:

How can we make up for the nutrients we miss?

Actually, all the nutrients we need can be found in fruit, vegetables, beans, dried fruit or cereals. Of course it's important to have a varied, well-balanced diet, but this is as true for meat-eaters as it is for vegetarians. There is plenty of information available on the web, in books and you can even get some expert advice. Just don't let fear stop you, find reassurance.

This was Inés Reynoso, thanks for listening.