

Food Rules for Vegan and Vegetarian Eating: Rule #13

In Food Rules for Vegan and Vegetarian Eating, rule #13 is: avoid meat substitutes.



Food Rules for Vegan & Vegetarian Eating (Food Rules Series Book 13) by Jennifer Wells

★★★★☆ 4 out of 5

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This means avoiding processed foods that are designed to taste like meat, such as veggie burgers, hot dogs, and sausages. These foods are often high in sodium, saturated fat, and other unhealthy ingredients.

Instead, focus on eating whole, plant-based foods, such as fruits, vegetables, legumes, and whole grains.

Why avoid meat substitutes?

There are several reasons to avoid meat substitutes:

- They are often high in sodium. A single veggie burger can contain over 1,000 mg of sodium, which is more than half of the recommended daily intake for adults.
- They are often high in saturated fat. Saturated fat is a type of unhealthy fat that can raise cholesterol levels and increase the risk of heart disease. Many veggie burgers and other meat substitutes contain more saturated fat than ground beef.
- They are often low in nutrients. Meat substitutes are often made with processed ingredients that are low in nutrients. They also lack the iron, zinc, and other nutrients that are found in meat.
- They can be expensive. Meat substitutes can be more expensive than whole, plant-based foods. This can make it difficult to eat a healthy vegan or vegetarian diet on a budget.

What to eat instead of meat substitutes

Instead of eating meat substitutes, focus on eating whole, plant-based foods. These foods are nutrient-rich and low in sodium, saturated fat, and other unhealthy ingredients.

Some good options include:

- Fruits and vegetables
- Legumes, such as beans, lentils, and peas
- Whole grains, such as brown rice, quinoa, and oatmeal
- Nuts and seeds
- Dairy products, if you are not vegan

- Eggs, if you are not vegan

By following rule #13, you can avoid processed foods and eat a healthy, plant-based diet.

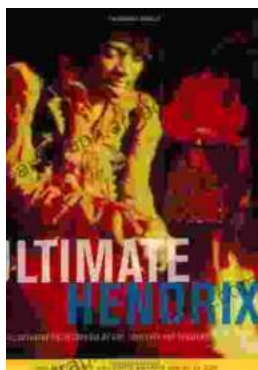
Avoiding meat substitutes is an important rule for vegan and vegetarian eating. By following this rule, you can avoid processed foods and eat a healthy, nutrient-rich diet.



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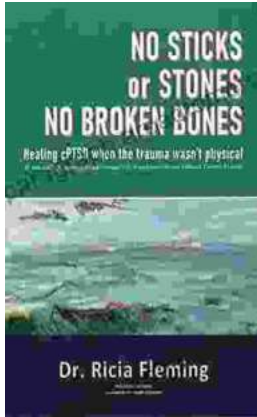
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