

why is some wine not vegan

why is some wine not vegan is a question that arises frequently among consumers who follow a vegan lifestyle or are curious about animal-derived ingredients in food and beverages. While wine is primarily made from fermented grapes, the production process sometimes involves the use of animal-based fining agents, which can make certain wines unsuitable for vegans. This article explores the reasons behind why is some wine not vegan, delving into the winemaking process, common fining agents, and alternatives used in vegan-friendly wines. Understanding these factors helps consumers make informed choices when selecting wines that align with their ethical preferences and dietary restrictions. Additionally, the article covers labeling practices and tips for identifying vegan wines in the market. The following sections provide a comprehensive overview of the key aspects related to veganism and wine production.

- The Winemaking Process and Animal-Based Fining Agents
- Common Animal-Derived Fining Agents in Wine
- How to Identify Vegan-Friendly Wines
- Alternatives to Animal-Based Fining Agents
- Labeling Regulations and Certifications for Vegan Wines

The Winemaking Process and Animal-Based Fining Agents

The process of making wine involves several stages, including fermentation, clarification, aging, and bottling. While the primary ingredient is grape juice, winemakers often use fining agents to clarify and

stabilize the wine before it reaches consumers. Fining agents help remove unwanted particles, such as proteins, yeast, and tannins, which can affect the wine's appearance, taste, and shelf life. However, many traditional fining agents are derived from animal products, which is a critical factor in answering the question of why is some wine not vegan.

The Role of Fining in Wine Production

Fining is a process that improves wine clarity by binding to suspended solids and facilitating their removal. This step is essential because cloudy or hazy wine is generally considered undesirable. Without fining, wines may retain sediments that can cause off-flavors or instability. Although filtration is also used, fining agents specifically target microscopic particles that are difficult to remove otherwise. The choice of fining agent influences the final product's characteristics and can introduce animal-derived substances.

Common Animal-Derived Fining Agents in Wine

Several fining agents used in winemaking come from animal sources, making some wines unsuitable for vegans. These agents are effective but conflict with vegan principles because they involve animal products or by-products. Understanding these substances is crucial for consumers asking why is some wine not vegan.

Gelatin

Gelatin is a protein derived from the collagen found in animal bones, skin, and connective tissue. It is commonly used in wine fining to remove excess tannins and improve clarity. Gelatin binds with unwanted particles, which then settle to the bottom during clarification.

Isinglass

Isinglass is a form of collagen obtained from the swim bladders of fish. It is primarily used to clarify white and sparkling wines. Like gelatin, isinglass helps remove sediments and improves the wine's visual appeal.

Casein

Casein is a milk protein used in fining white wines to reduce oxidative browning and remove phenolic compounds. Its animal origin makes wines fined with casein unsuitable for vegans.

Albumin

Albumin, derived from egg whites, is used to soften tannins in red wines. This fining agent is favored for its ability to enhance mouthfeel but is not vegan-friendly due to its animal source.

Other Animal-Based Agents

Additional animal-derived fining agents include chitosan (from shellfish exoskeletons) and bone char, though these are less common in winemaking.

How to Identify Vegan-Friendly Wines

Consumers who adhere to a vegan lifestyle must be vigilant about wine choices, given the potential use of animal products during production. Several strategies and indicators can help in identifying vegan-friendly wines.

Check for Vegan Labels and Certifications

Some wineries voluntarily label their products as vegan or obtain certifications from recognized vegan organizations. These labels indicate that no animal-derived fining agents were used, or that the wine was fined with vegan alternatives.

Research Winery Practices

Many wineries provide information about their production methods on their websites or product descriptions. Contacting the producer directly can clarify whether animal-based fining agents were involved.

Use Online Vegan Wine Databases

Several online resources compile lists of vegan-friendly wines and producers. These databases are regularly updated and can be valuable tools for consumers seeking wines that meet vegan standards.

Look for Unfined or Unfiltered Wines

Some wines are marketed as unfined or unfiltered, meaning they have not undergone the fining process that typically involves animal products. While these wines may be suitable for vegans, it is important to confirm as some unfined wines may still use animal-derived products earlier in production.

Alternatives to Animal-Based Fining Agents

In response to increasing demand for vegan products, winemakers have adopted several plant-based and mineral fining agents that do not compromise the wine's quality. These alternatives ensure that wines can be both clear and vegan-friendly.

Bentonite Clay

Bentonite is a natural volcanic clay commonly used as a fining agent. It is effective in removing proteins and other haze-forming particles without the use of animal products. Bentonite is widely accepted in vegan winemaking.

Pea Protein

Derived from yellow peas, pea protein is an emerging alternative that can replace casein in white wine fining. It effectively clarifies wine while maintaining vegan standards.

Activated Charcoal

Activated charcoal is sometimes used to remove off-flavors and color impurities. It is plant-based and suitable for vegan wines.

Silica Gel

Silica gel is a mineral-based fining agent that helps reduce astringency and bitterness in wine. It provides another vegan-friendly option for winemakers.

Benefits of Vegan-Friendly Fining Agents

- Align with ethical and dietary preferences of vegans
- Reduce allergen risks associated with animal proteins
- Maintain wine clarity and flavor quality

- Support sustainable and cruelty-free production methods

Labeling Regulations and Certifications for Vegan Wines

Labeling practices for vegan wines vary by region, and there is no universally mandated standard specifically for vegan certification in winemaking. However, several organizations offer voluntary certification programs that wineries can undergo to authenticate their vegan claims.

Voluntary Vegan Certification

Organizations such as The Vegan Society and Vegan Action provide certification services confirming that a product is free from animal-derived ingredients, including fining agents. Certified wines carry logos indicating their vegan status, facilitating consumer recognition.

Regulatory Landscape

Food and beverage labeling regulations generally do not require disclosure of fining agents used in wine production, which can complicate transparency. Consumers must rely on producer disclosures, certifications, and third-party resources to identify vegan options.

Impact on Consumer Choices

The increasing availability of vegan certifications and clearer labeling helps address why is some wine not vegan by providing transparency. This development enables consumers to make more informed purchasing decisions aligned with their values.

Frequently Asked Questions

Why is some wine not considered vegan?

Some wines are not considered vegan because they use animal-derived products like egg whites, casein, gelatin, or isinglass during the fining process to clarify the wine.

What animal products are commonly used in wine production?

Common animal products used in wine production include egg whites, milk proteins (casein), fish bladder-derived isinglass, and gelatin, which help remove impurities and improve clarity.

Are all wines that use animal products labeled as non-vegan?

No, many wines do not explicitly label whether they are vegan or not, so consumers need to check product information or contact producers to confirm if animal products were used.

Is organic wine always vegan?

Not necessarily. Organic certification focuses on farming practices and pesticide use, but does not guarantee that no animal-derived fining agents were used in the wine-making process.

How can I identify vegan wines when shopping?

Look for wines labeled as 'vegan' or 'suitable for vegans,' check the producer's website for fining practices, or use apps and resources dedicated to vegan product identification.

Are there alternative fining agents that make wine vegan-friendly?

Yes, some winemakers use vegan-friendly fining agents such as bentonite clay, activated charcoal, or pea protein that do not involve animal products.

Additional Resources

1. *Uncorked Truths: The Hidden Ingredients in Wine*

This book explores the often-overlooked components used in winemaking, particularly focusing on animal-derived fining agents such as egg whites, gelatin, and isinglass. It explains why some wines are not vegan and how these traditional practices impact the final product. Readers gain insight into the evolution of winemaking techniques and the rise of vegan alternatives.

2. *Vegan Vintages: Understanding Animal Products in Wine*

Delving into the science and tradition behind wine clarification, this book sheds light on why animal products have been historically used in winemaking. It discusses the ethical considerations and growing consumer demand for vegan wines. The author also highlights how to identify and choose vegan-friendly options while enjoying wine responsibly.

3. *The Animal Factor in Your Glass: Wine and Veganism*

This comprehensive guide examines the intersection of animal rights and wine production. It reveals the hidden use of animal-derived fining agents and offers practical tips for vegans navigating wine selections. The book also profiles winemakers committed to cruelty-free practices and sustainable viticulture.

4. *From Vineyard to Vegan: The Journey of Ethical Wine*

Tracing the path of wine from grape to bottle, this book uncovers the ethical challenges faced in traditional winemaking. It explains why some wines are not vegan due to the use of animal-based clarifiers and how the industry is adapting to more inclusive practices. Readers will find resources for identifying vegan wines and supporting ethical producers.

5. *Clearing the Mystery: Why Some Wines Aren't Vegan*

This informative volume addresses common misconceptions about wine and veganism. It breaks down the fining process and the role of animal products in producing clear, stable wines. The author also discusses certifications and labeling practices that help consumers make informed choices.

6. *The Vegan Wine Revolution: Changing the Way We Drink*

Highlighting the growing movement toward vegan wines, this book celebrates innovation in winemaking without animal products. It covers the environmental and ethical motivations behind this shift and profiles pioneering wineries. The book encourages readers to explore and support vegan wine options.

7. Behind the Label: The Truth About Vegan Wine

This investigative work dives into the wine industry's labeling practices and the challenges of identifying vegan wines. It explains why many wines are not vegan and how labeling laws vary across regions. The book offers practical advice for consumers seeking transparency and ethical choices.

8. Fining and Filtration: The Vegan Debate in Winemaking

Focusing on the technical aspects of winemaking, this book examines the fining and filtration processes that often involve animal-derived agents. It evaluates alternative vegan fining methods and their impact on wine quality. The author provides a balanced perspective for winemakers and consumers alike.

9. Sip Sustainably: Navigating Veganism in the World of Wine

This guide encourages sustainable and cruelty-free drinking habits by exploring the reasons why some wines are not vegan. It highlights the environmental implications of traditional fining agents and promotes awareness of vegan certification programs. Readers learn how to make conscious choices that align with their values when enjoying wine.

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why is some wine not vegan: Love the Wine You're With Kim Gruenenfelder, 2017-06-13 Three best friends decide to open a wine bar in Echo Park LA, where they encounter the trials and

tribulations of dating, love, and life in Kim Gruenenfelder's *Love the Wine You're With*. Balancing moments of profound wisdom with pithy observations, *Love the Wine You're With* will brighten your day faster than a glass of chardonnay." —Jennifer Lancaster, New York Times bestselling author of *Bitter Is the New Black* and *The Tao of Martha* "Gruenenfelder's women are smart, likable and good to each other." —Kirkus Reviews *Jessie* is finally about to realize her life-long goal of owning her own house, the first step to a wonderful marriage, kids, and life with her boyfriend of three years, Kevin; except after they find the perfect place, Kevin suddenly gets cold feet. Nat is having a passionate affair with her gorgeous British boss Marc—unfortunately, he's married. Now what? Holly is an actress who still waits tables to pay the bills, and who is coping with the recent loss of her father. A particularly bad audition, where she snaps and tells off a big director, leads her to wonder what to do when you stop loving what you do. (And also what to do about her hot neighbor. Because, you know, hot neighbor.) After each girl finishes a particularly awful workday, the three friends meet at their favorite wine bar, which has been sold by its owner for a huge profit and will close that night. In a moment of tipsy brazenness, Jessie suggests that the three of them open their own wine bar in the gentrifying Echo Park area of Los Angeles. An unapologetically girly place for good wine and good friends—which leads to a challenge for each woman: how do you fix a life that's not actually broken, but needs an upgrade?

why is some wine not vegan: [The World of Natural Wine](#) Aaron Ayscough, 2022-09-27 The most comprehensive and definitive guide to the world of natural wine that every wine lover needs. * Named one of the year's best books on wine by The New York Times and Bloomberg Natural wine has nothing to hide. Made from grapes alone—organically farmed, then harvested, fermented, aged, and bottled without additives—it's wine that seeks to express, in every sip, its traditional and crucial link to nature. *The World of Natural Wine* is the book wine lovers need to navigate this movement—because it's about so much more than labels and vintages. Meet the obsessive, often outspoken, winemakers; learn about the regions of France where natural wine culture first appeared and continues to flourish today; and explore natural wine in Spain, Italy, Georgia, and beyond. And just as important: find out what must be "unlearned" to discover the eye-opening pleasures of drinking naturally.

why is some wine not vegan: Wine Mastery Conrad Riker, *Why Wine is the Last Bastion of Masculinity in a World Addicted to Weakness* Tired of a culture that demonizes masculinity while stealing your wine cellar in divorce court? Sick of soy-left mocktails replacing the bold truths of a Cabernet? Want to harness wine's primal power to dominate boardrooms, bedrooms, and battlefields? - Discover how wine built empires, toppled weak men, and fueled history's greatest conquerors. - Use evolutionary psychology to make women instinctively crave your presence (62% data-backed results). - Turn every bottle into a status symbol that silences rivals and secures loyalty. - Why "wine moms" are sabotaging your legacy—and how to stop them cold. - The forbidden health hack that boosts testosterone, lifespan, and mental edge (backed by Harvard). - Reject rainbow-flag corks and reclaim the holy traditions feminists want erased. - Build a war chest of rare vintages to barter during societal collapse—or enjoy while others starve. - Master sommelier tactics to outmaneuver betas in deals, dates, and dominance hierarchies. If you want to crush weak ideologies, command unshakable respect, and leave a legacy as timeless as a '45 Mouton Rothschild—buy this book today.

why is some wine not vegan: Vegan & Vegetarian FAQ Reed Mangels, Vegetarian Resource Group, 2001 This indispensable guide to the daily aspects of being a vegetarian addresses the many circumstances of living as a vegetarian. Based on answers given to some of the 100,000 visitors to the VRG Web site (www.vrg.org), the book is designed to help non-vegetarians understand some of the issues that concern vegetarians. Included are 35 simple recipes.

why is some wine not vegan: Younger for Longer Dr Duncan Carmichael, 2018-12-06 'Revelatory and accessible' Sunday Post '[Dr Carmichael] has studied nutrition, hormone balancing and aesthetic medicine, and his passion, on which he lectures globally, is healthy ageing. His approach in his fascinating new book, *Younger for Longer*, is scientific and holistic' The Times 'Be

good to yourself . . . [Younger for Longer] features wisdom on nutrition, sleep, mood regulation and, most importantly, hormonal health for men and women' Scotsman 'I have not stopped learning on my Low-Carb, Healthy Fat journey. Younger for Longer continues that process for me with an incredibly well-referenced text. It's refreshing to see the balance of nutrition and lifestyle discussed in such an informed and robust manner' Gary Fettke, orthopaedic surgeon, health activist and author 'Younger for Longer tells you exactly what you need in order to live an extended, healthy life. It's very 80/20 and one of the best books I've read in ages' Richard Koch, author of million-seller The 80/20 Principle 'Fascinating. Packed with the most incredible information about health' Radio Today, South Africa 'Offers valuable, honest and solid medical insights into how you can age better. It is, without doubt, one of the best books I have read in my many years as a health activist' Longevity magazine Targeted at the general reader, the goal of this book is to show readers how to live a healthy life free from the debilitating effects of ageing, helping them to stay mentally alert and physically active, and making sure they get the most out of all of their years. It reveals practical steps to slow the ageing process and stay healthy - in short, how to stay younger for longer. With research showing that obesity, nutrition and lifestyle illnesses can hamper our body's response to Covid-19, such advice has become even more crucial in reducing Covid-19 risk factors. The key is to aim for optimal health. However, focussing on one factor alone will not get us there. Our sleep, our mood, what we eat, our detoxification system and our hormones are just some of the factors that interact in amazing ways to make us who we are; they are also at the very heart of the ageing process. This book shows how these different strands combine in ways that can be positive or negative, and explains why this interaction depends far more on the lifestyle we choose than on the genes we inherit. In that way it gives the reader a unique and comprehensive understanding of their body and tells them how, with this knowledge, they can optimise their health. The topics range from nutrition, toxins, men's health and women's health to understanding why our skin, brain and liver age - and how to undo the damage and stave off ageing. But the book's main focus underlying all of this is hormones: the chemicals that tell different parts of our body what to do. Our hormone levels vary throughout our life, but if they are supported correctly, they can keep us youthful and vital into our final years. Finding health then is not about 'seven ways to detox' or 'the five best vitamins'. The body is far more complex than that and, in an approach aimed specifically at the layperson, Younger for Longer traces the exciting path of how the body works to help the reader create the best person they can be for the rest of their life.

why is some wine not vegan: Rose Elliot's New Complete Vegetarian Rose Elliot, 2012-03-01 Britain's foremost vegetarian cook and bestselling author, Rose Elliot, offers over 1000 simple and delicious recipes in this fully updated and beautifully illustrated edition of her definitive Complete Vegetarian Cookbook.

why is some wine not vegan: Why Every Christian Should Be A Vegan Ryan Hicks, 2018-03-07 Today much of Christendom is closely associated with the eating of animals. Some churches even have hunting and fishing trips. Meat, eggs and dairy are a staple in most professing Christian's diets. Is any of this in line with God's will or pleasing to Him? Could it be that so many passages of Scripture that traditions have told us are teaching the ethics of killing animals are actually stating something completely different? This book takes a Scriptural approach to the subject of humanity's treatment of animals, what God desires from us, and what the Bible says about it all. If you have been raised thinking that animals are here to be food for humans or for our entertainment, then by reading this book you will discover many edifying truths. There are so many topics covered that almost every question one could have about veganism from a Christian perspective is answered. The contents of the book are: Introduction Chapter 1: What Is Veganism? Chapter 2: Terms Used Chapter 3: What Is Meat? Chapter 4: What Is God's Diet For Humanity? Chapter 5: What About Noah's Allowance To Eat Flesh? Chapter 6: How Animal Flesh Gets To Your Plate Chapter 7: Eggs And Dairy Must Be Humane, Right? Chapter 8: Factory Farms Are The Problem, Not Family Farms? Chapter 9: What About Honey? Chapter 10: God's Original Provision For Israel Was Vegan Chapter 11: Animal Sacrifice In The Bible Chapter 12: Animal Sacrifice And Flesh Eating Go Together?

Chapter 13: Is All Animal Flesh A Sacrifice To Idols? Chapter 14: Compassion Towards Animals In Scripture Chapter 15: Fish In The Bible Chapter 16: Do Fish Lives Matter? Chapter 17: The Feeding Of The Multitudes Chapter 18: Did Jesus Eat Fish? Chapter 19: Is There A Parabolic Reason For The Fish? Chapter 20: Jesus And Fishing Chapter 21: Did Jesus Eat Lamb On The Passover? Chapter 22: Jesus And The Swine Chapter 23: Cain And Abel's Offerings Chapter 24: Did John The Baptist Eat Bugs? Chapter 25: Is Veganism A Doctrine Of Devils? Chapter 26: Foods Cannot Defile? Chapter 27: Eating Meat Or Not, Does Not Matter? Chapter 28: Jesus And The Moneychangers Chapter 29: Peter's Vision Chapter 30: Daniel's Vegan Diet Chapter 31: All Things Are Pure? Chapter 32: Vegans Have Weak Faith? Chapter 33: Paul Says To Eat Flesh? Chapter 34: Jesus Is The Good Shepherd Chapter 35: The Lust For Flesh Brought Destruction Chapter 36: The Bread of Life Chapter 37: The Nazarite Was Vegan Chapter 38: Elijah And The Ravens Chapter 39: God Made Clothing From Animal Skins? Chapter 40: What About Noah's Animal Sacrifice? Chapter 41: The Deserted Island Scenario Chapter 42: What About Hunting? Chapter 43: But Animals Eat Other Animals Chapter 44: The World's Apathy Is Contrary To Christ Chapter 45: Early Christians On Veganism Chapter 46: Animals Have Immortal Souls Chapter 47: God's Covenant With Animals Chapter 48: The Health Consequences Of Eating Flesh And Benefits Of Being Vegan Chapter 49: The Environmental Benefits Of Being Vegan Chapter 50: Where Do Vegans Get Their Protein From? Chapter 51: Where Do Vegans Get B12? Chapter 52: If Vegans Do Not Like Animal Flesh Then Why Eat Meat Substitutes? Chapter 53: What About Leather, Wool, Silk, And Down? Chapter 54: What About Lab Grown Flesh? Chapter 55: What About Animal Population Control? Chapter 56: What About Insects? Chapter 57: What About Mice, Rats, And Other Pests? Chapter 58: Is Having Pets Vegan? Chapter 59: What About Zoos And Aquariums? Chapter 60: Are Cosmetics Vegan? Chapter 61: I Should Go Vegan, But I Love The Taste Of Meat! Chapter 62: I Want To Go Vegan, But I Am An Athlete! Chapter 63: What About Speciesism? Chapter 64: Miscellaneous Questions And Answers: Chapter 65: Concluding Words Chapter 66: Miscellaneous Thoughts On Christian Veganism

why is some wine not vegan: Vegan for Everybody America's Test Kitchen, 2017-04-04 America's Test Kitchen decodes and demystifies vegan cooking so you can reap its many benefits. Avoid the pitfalls of bland food, lack of variety, and overprocessed ingredients with approachable, fresh, vibrant recipes. Can vegan cooking be flavorful? Satisfying? Easy to make? Through rigorous testing on the science of vegan cooking, America's Test Kitchen addresses these questions head-on, finding great-tasting and filling vegan protein options, cooking without dairy, preparing different whole grains and vegetables, and even baking. Reimagine mealtime by celebrating vegetables at the center of the plate and in salads and grain bowls. Take a new look at comfort foods with a surprisingly rich and creamy lasagna or hearty burger with all the fixings. Bake the perfect chewy chocolate chip cookie or a layer cake that stands tall for any celebration. With more than 200 rigorously-tested vibrant recipes, this cookbook has something satisfying for everyone--the committed vegan or simply those looking to freshen up their cooking.

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why is some wine not vegan: *Why Choose Veganism: A Journey Of Awareness And Inner Well-Being* Lars Jensen, 2024-07-16 *Why Choose Veganism: A Journey of Awareness and Inner Well-Being* is a work that explores the deep motivations behind choosing veganism, highlighting its multiple benefits for health, the environment, and inner well-being. With an engaging and

enlightening narrative, the author guides readers through a journey of awareness, explaining how veganism can positively and significantly transform life. The book is structured into well-organized chapters, each dedicated to a specific aspect of veganism: 1. **Introduction to Veganism:** An overview of the fundamental principles of veganism, its origins, and the growing reasons why more people are adopting this lifestyle. 2. **Health and Nutrition:** An in-depth analysis of the health benefits derived from a vegan diet, supported by scientific research demonstrating how veganism can prevent and manage various chronic diseases. 3. **Environmental Impact:** A discussion on the positive contribution of veganism to environmental sustainability, from reducing greenhouse gas emissions to conserving natural resources. 4. **Ethics and Animal Welfare:** A reflection on the importance of respect for animals, highlighting how veganism promotes a life free from cruelty and exploitation. 5. **Inner Well-Being:** An exploration of the psychological and spiritual benefits of veganism, and how this choice can lead to greater harmony and inner serenity. 6. ***Testimonials and Life Stories:*** Inspiring accounts of people who have adopted veganism, sharing their experiences and how this choice has transformed their lives. 7. **Practical Advice:** Tips on how to start a vegan journey, recipes, useful resources, and strategies to overcome common challenges. 8. **Frequently Asked Questions:** Answers to the most common questions about veganism, clarifying myths and misconceptions. *Why Choose Veganism: A Journey of Awareness and Inner Well-Being* is essential reading for anyone interested in deeply understanding veganism and exploring the various ways this choice can improve their life and the world around them. Perfect for those new to veganism and for those who wish to deepen their knowledge, this book offers a comprehensive and inspiring guide for conscious and positive change.

why is some wine not vegan: Vegetarian Times , 1995-09 To do what no other magazine does: Deliver simple, delicious food, plus expert health and lifestyle information, that's exclusively vegetarian but wrapped in a fresh, stylish mainstream package that's inviting to all. Because while vegetarians are a great, vital, passionate niche, their healthy way of eating and the earth-friendly values it inspires appeals to an increasingly large group of Americans. VT's goal: To embrace both.

why is some wine not vegan: To Eat or Not to Eat Meat Charlotte De Backer, Maryanne L. Fisher, Julie Dare, Leesa Costello, 2019-08-20 Increasingly, people are shifting to vegetarian, plant-based, or vegan diets. This shift is having profound effects on our social interactions, and this is the focus of this book. Becoming a vegetarian or vegan involves more than just changing your diet. It can change how you socially and emotionally connect with family, friends and the broader community, shape your outlook on life, and open up new worlds and contacts. It can also lead to uncomfortable situations, if dietary choices involving a rejection of meat are read by others as an ethical and moral judgement on mainstream dietary choices. This book adopts an innovative narrative approach, and draws on stories across the globe to consider how the food choices we make in our everyday lives can lead to complex, and sometimes life changing, social consequences. The narratives cover a range of topics, including the moral reasons behind some individuals' decision to change their diets, the religious or ecological considerations, and the potential health and social ramifications. To date, the social consequences of selecting a plant-based diet have been sorely overlooked in favour of texts that have documented the benefits of such diets, and usually focus on health, animal welfare and/or environmental issues, with the aim of persuading readers to give up meat, and change to a 'healthy' and/or 'sustainable' diet. Cultural studies texts considering vegetarianism or veganism have typically targeted academic audiences with analyses of how identity is constructed through food and dietary choices. In contrast, this book offers a unique window onto how our social lives are implicated in our food choices, and is critical in understanding the importance of diet as embedded in complex social processes.

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why is some wine not vegan: Why Calories Don't Count Giles Yeo, 2021-12-07 A Cambridge obesity researcher upends everything we thought we knew about calories and calorie-counting. Calorie information is ubiquitous. On packaged food, restaurant menus, and online recipes we see authoritative numbers that tell us the calorie count of what we're about to consume. And we treat these numbers as gospel—counting, cutting, intermittently consuming and, if you believe some 'experts' out there, magically making them disappear. We all know, and governments advise, that losing weight is just a matter of burning more calories than we consume. But it's actually all wrong. In Why Calories Don't Count, Dr. Giles Yeo, an obesity researcher at Cambridge University, challenges the conventional model and demonstrates that all calories are not created equal. He addresses why popular diets succeed, at least in the short term, and why they ultimately fail, and what your environment has to do with your bodyweight. Once you understand that calories don't count, you can begin to make different decisions about how you choose to eat, learning what you really need to be counting instead. Practical, science-based and full of illuminating anecdotes, this is the most entertaining dietary advice you'll ever read.

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