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MONOGRAPH

**“ANALYSIS OF THE EVOLUTION OF VEGETARIAN HABITS IN THE LAST 15
YEARS IN LATIN AMERICA”**

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Gratitude

First of all, I want to thank God for giving me everything I have, for not leaving me alone for a single moment and increasing my faith even more, for allowing me to have such a good experience in Javier's school, thanks to my two schools for allowing me to become the student I am and for helping me discover that I am good at. I also want to thank my parents who have given me the opportunity to study in a good school with good education, thank them for the effort my parents have made for me, the love they have given me and all their support. With nothing that I lack. I want to thank them especially for giving me knowledge and way of thinking that I learned from them.

Last but not least, I want to thank my teachers and my adviser who have supported me and taught me how to always deliver a good job and to be thankful for everything I have.

I hope, as a student, to be able to use all these lessons that life has given me when I become a professional and that way serve society in the best way possible. Finally I thank those who read this monograph, for permitting my experiences, research and knowledge, incur within their repertoire of mental information and learn something new.

Summary

In this monograph, the author writes about the different stages of vegetarian diet and how it has changed over the years. The purpose of this monograph is to teach others what a vegetarian diet is, how it evolves and how good it is to follow this not so new diet. The author explains the stages of vegetarianism, as well as the different types of vegetarianism. The purpose of this paper is to limit ourselves primarily to the study of vegetarianism as a food practice, studying the scientific evidence to this present. Since the beginning of time, human beings have been concerned about a healthy life and have adapted their concept of health in order to obtain a complete well-being and a good quality of life. To achieve this it has been necessary to consider health from different points of view, being something fundamental and of widespread interest, nutrition.

Vegetarian food is a good alternative of daily diet to improve the quality of life the health and it has been gaining a good amount of market position over traditional food for many years in great influence of the tendency to eat healthy. Veganism is profoundly impacting contemporary society in multiple ways, in ecology as well as in politics, economics and culture. Its influence is beginning to be felt globally as a growing trend. The vegetarian and vegan diet apart from helping the environment, provides more nutrients than that of an ordinary diet, one of the most important purposes is to reduce animal abuse and seek a better helpful diet. World hunger, global warming, deforestation and health are, among others, issues of concern to many people around the world; some make decisions to provide practical solutions, one of them is to consume products that are based on

plants. The objective of this monograph is to influence more people to follow this plant based diet by giving the right information to everybody.

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Introduction

The following monograph is about the *Analysis of the evolution of vegetarian habits in the last 15 years in Latin America*. The purpose of this document is to demonstrate the types of vegetarianism and their benefits and risks. With this information the author pretends to show young people the current diet that has been used in the late 20's. The author believes that the research of this topic is relevant for the development of a well-prepared, vegetable-based diet reduces the risk of developing one of the many degenerative diseases such as cancer, diabetes and kidney disease. With regard to the number of vegetarians and vegans worldwide, no specific data have been found; however, there are figures that allow us to obtain an approximate increase in adherence to this type of diet. The increase of people who have started to follow this wonderful diet is due to social media.

This monograph consists of three chapters. In chapter one, the author revises the basic concepts of vegetarianisms, the origin and its differentiation, showing some important definitions, types and practices. Then in chapter two a comparison is created. This is where the author demonstrates the changes that have been in the past 10-15 decades, it talks about animal agriculture and how a plant-based diet has evolved. Finally, in chapter three, the author talks about the benefits of a vegetarian diet and the risk of following one without a vitamin required. One of the main ethical principles of the vegan points to the no exploitation of animals, abolishing unjust activities and replacing them with new and better ones in the interests of human beings as well as other animals and more importantly for the environment.

All things considered, the author has proven that following this cruelty free diet is a better life style, the theme of veganism, where a course is taken starting with the definition of the term,

with the origins of the same and its primary benefits and secondary disadvantages. In this monograph, the history of veganism and its ethical beginnings and their difference with respect to vegetarianism will be described, and the condition of vegans in Latin America will be discussed for the reader's knowledge.

Chapter I

Vegetarianism

1.1 Definition

Vegetarians are everywhere and they look like everyone else, they just eat healthier.

Vegetarianism is the practice of abstaining from the consumption of meat, seafood, red meat, poultry and the flesh of any other animal. Vegetarians primarily eat plants but nevertheless there is a wide spectrum of vegetarian diets. The dictionary defines that: "Vegetarianism is a dietary regime based on the consumption of plant products and admits the use of live animal products, such as eggs, milk, cheese, etc".

The terms meatless diet and plant-based diet have been used more frequently in the last 15 years. The terms already mentioned are less rigid than the normal meaning, but when expressed as vegetarianism. Based on scientific literature it is defined that a person is vegetarian even if he eats meat once a week (counting chicken and fish).

1.2 Types of vegetarian diets

A vegetarian diet is a form of eating that excludes foods of animal origin. However, in general, vegetarianism is not only seen from the point of view of food, but also from the point of view of lifestyle. The patterns of vegetarian diets change considerably to what the person wants to stop consuming and keep consuming. (Sabate, 2005) says that: "People who choose to be vegetarian for ethical or ideological reasons are often inclined to avoid meat and in some cases, any product of animal origin" (p.5). While many people nowadays identify as "vegetarian," there are actually numerous variations on a vegetarian diet, ranging from plant-based foods only to allowance of eggs and fish.

1.2.1 Vegans.

The lifestyle of a vegan is to avoid any animal products, whether in food, clothing, beauty products, ect. What defends the name "vegan" was originally as a principle that defends animal freedom, avoiding at least a percentage of animal exploitation that we "humans" suffer. The vegans do not include any animal products or produced by animals, so not only do they avoid meat and fish, but they also do not consume eggs, milk or honey.

The vegans act in this way because they maintain that animals are sacrificed prematurely or mistreated in order to use them as food or to take advantage of their resources. A nutritionist (Marcus, 2001, p.4) has signaled that a vegan diet is most in harmony with our bodies needs, our innate sense of compassion, and our ability to survive on earth.

1.2.2 Lacto-ovo-vegetarians.

The ovolacto-vegetarian diet eliminates all beef, chicken and fish, but allows eggs and dairy products, as well as foods that contain one or both. Studies suggest that this is one of the healthiest choices for people who choose this healthy lifestyle called vegetarianism. Sabate (2005) states: "The ovolacto-vegetarian diet provides a lower rate of obesity, cardiovascular disease, hypertension, high cholesterol, type 2 diabetes and certain types of cancer". (p.1)

The change to an ovolacto-vegetarian diet can be a big change in the food choices you can make and in your overall health. However, due to the fact of being allowed eggs, most do not consider them vegetarian, although it is one of the most common forms of this diet in Western countries.

1.2.3 Pescetarians.

A pescetarian, or a pesco-vegetarian, is a vegetarian who consumes fish and seafood. We can called it as well like a vegetarian who eats fish, the majority of people that choose this lifestyle

they want to avoid the hormones and chemicals of land animals, such as chicken, cow and pork. There is one concern that pescetarians need to know, seafood has traces of mercury so they have to stick to eating 12 ounces or less every week. Pescetarians can get their protein from other sources like beans, eggs, cheese and organic tofu. It's highly recommended taking one teaspoon of bentonite clay a day. Dr. (Axe, 2014) tells us that: Bentonite clay, also called Montmorillonite clay, is taking off as a wellness trend among people who are looking to help detoxify their bodies and defend against illnesses, is a natural clay with a fine, soft texture. It forms a paste when mixed with water.

1.3 Origins of veganism

In the early civilizations, the customs of nutrition were at the foot of plants. Most religions such as Hinduism and Buddhism recommended a vegetarian way of life. The first information about vegetarian eating dates back to the sixth century before Jesus Christ.

The ancient Greeks, moreover, observed that eating meat can be harmful to both health and mind (Leitzmann, 2014). The expression vegan was created by Donald Watson (1910-2005), in 1944, in which vegetarianism is really clearly differentiated from veganism, being the first, in many cases, only a diet: a vegetarian is one who refrains from consuming animals, but generally only for health or ecological reasons, without necessarily bringing its arbitration to other instances of consumption, so that their diet can become a way of life based on ethics and a friendly life.

The theory is that bentonite clay adsorbs materials by sticking to their molecules or ions. As the clay leaves the body, it takes the toxin or other molecules with it. When a person uses it on the skin, bentonite clay may have the power to adsorb oils and bacteria. When they consume the clay, it may adsorb toxins or other unwanted substances from the digestive tract.

Chapter II

Evolution of vegetarianism in the past decades

2.1 Animal Agriculture

What if I told you that we can change the world through our food choices? Animal agriculture is the practice of breeding animals for the production of animal products and for recreational purposes (source). In everyday life, animal agriculture links to our demand for meat (Newman, 2015). The raising of animals for food has grown to become one of the most and worst damaging industries in our planet. Going greener with our diets could be one of the most transformative choices we'll ever make in our life for just three reasons: It has tremendous benefits for our health, it's critical for the sustainability of our planet and it will widen our circle of compassion.

Animal Agriculture accounts for 51% of greenhouse gas emissions, "Greenhouse gas emissions is a gas that absorbs and emits radiant energy within the thermal infrared range, they let in most of the incoming solar radiation that heats Earth's surface, greenhouse gases cause the greenhouse effect." (Ma, 2008), is the number 1 cause of species and habitat loss due to deforestation and growing of feed crops. In some parts of the world is the main cause of water pollution, it uses half of the water we use, 70% of our grain and 80% of land of agriculture is used to feed the 10 billion land animals that are killed every year for food. In North America, 132 kilos of meat are eaten per inhabitant per year, in Hindustan they are 2 and in Spain they are 90. The Spanish figure is already 30% higher than that recommended by the O.M.S. which is the World Health Organization. The world average would be about 30 kilograms per year. The abuse of animal

products that we use is one of the reasons why our planet has these environmental problems such as global warming, greenhouse effect, pollution, deforestation, resource depletion, ect; is the one industry that is destroying our planet earth.

2.2 Social Media as an influence

Social media is a way to say that we spend around a lot these days, often to describe what we post on sites and apps like, Twitter, Instagram, YouTube and others. According to Nations (2019) You can infer that social media are web-based sites that allow people to interact with each other. Social media are web-based communication tools that enable people to interact with each other by both sharing and consuming information. (p.1)

Social Media also connects and allows you to meet other people with whom you share values. This creates a virtual community. In other words, social media are making veganism move in an unstoppable rhythm cause is all about influences.

Vegetarian or vegan diets are being followed by more and more people, and especially by young people. Among this specific group, those who make them inclined towards this type of diets are the environmental activism, the ethical issues around animal mistreatment, the fashion and the pursuit of a certain ideal of beauty. At a certain distance, there are issues related to health and well-being, except in those that try to achieve a correct weight through the adoption of vegetarian eating patterns. On the other hand, according to nutritionists, if not followed correctly and supplemented with vitamin B12, these diets can cause health problems, especially serious in people who are in full

development. Google also states that, according to its statistics, the search for the term vegan has increased by more than 400% in the last ten years. During this time, users of some reference social networks such as Facebook, Instagram, YouTube or Twitter have also grown. The new interest in veganism or vegetarianism has grown with increased use of social networks, especially for the "influencers".

Google also states that, according to its statistics, the search for the term vegan has increased by more than 400% in the last ten years (Oberst, 2018). During this time, users of some reference social networks such as Facebook, Instagram, Twitter and YouTube have also grown. The users of the social network Instagram, which in the last two years have doubled and in 2018 reached one billion active monthly users. This is very important if we consider that up to 60% of its users are between the ages of 18 and 34. In short, it belongs to the Z and millennial generations which are the ones who lead the interest for veganism in the world. There are several types of vegan and vegetarian social networks such as, Social Network "Animals Rights Zone".

Vegan social network that fights for animal liberation and for the end of species through rational debate that is highly recommended as well as "Green Friends" that welcomes to the world's the first and most effective site for singles interested in vegetarianism or environmental protection. All our progressive members enjoy outdoor activities, holistic and healthy lifestyles, caring for animal rights and environmental protection and much more.

2.3 Philosophical Aspects

Interestingly in almost all religions and old philosophies have existed different prohibitions and rituals on food, always in relation to the concept of purity. The very origin of the term Vegetarus, Vegetabilis, known as healthy, robust, capable of animation and life, indicates the fundamental

idea of vegetarian philosophy, the image of a healthy and vital vegetable, the contrary of meat, that because of its origin and its state, cannot represent a symbol of life. The word "vegetarian," first used by the founders of the British Vegetarian Society in 1842, comes from the Latin word *vegetus* which means whole, healthy, fresh or vigorous.

The real meaning of the word implies a balanced philosophy and a moral sense of life, much more than a diet of fruits and vegetables. According to its postulates the incidence that our diet has on our psyche is very great. It is considered the vegetarian diet much more appropriate to the nature of man than the carnivore, being considerably purer and healthier and at the same time more nutritious and fortifying. When meat is assimilated as food by man, it transmits part of its qualities to man, because the psychic vibrations of the animal are also assimilated. This effect of animalization is greater when the meat comes from the larger animals, somewhat less if it is birds, even less if it is fish or other cold-blooded animals, and minimum when only vegetables are used.

Chapter III

Benefits and nutritional risks

Vegetarian diets are becoming really important in our society and environment. “Despite the fact that there are no national epidemiological studies that allow us to know the prevalence of these diets, it is estimated that currently in Europe between 3 and 8% of the population is vegetarian” (Vega, 2016, p.161). Choosing a vegetarian diet includes the positive benefits to be gained attributes them to health, as well as ecological reasons related to available resources and their sustainability and of course animal rights.

3.1 Benefits

To adopt a vegetarian diet can be the perfect way to have a healthy and happy life. As previously mentioned there are several types of vegetarianism, which suits your lifestyle. Eating a vegetarian diet means taking into consideration possible nutritional deficiencies and how to make up for them. One of the first concerns is proper protein ingestion.

A vegetarian diet is a complete diet, which is associated with high consumption of fiber, vitamins C and E, folic acid, magnesium, unsaturated fat, and numerous phytochemicals. And this is why vegetarians have lower cholesterol, lower blood pressure and reduced risk of heart diseases. (Winston, 2009, p.162)

Vegan diets are becoming popular today among youth and teenagers, more in females.

3.1.1 Cancer.

A vegetarian diet can reduce the risk of colon and rectal cancer by up to 20 percent according to the results of a recent scientific study. The study was conducted at the University of Loma Linda

California and included more than 77,000 adults whose medical records were kept for 7-8 years.

It was observed that in people who followed a vegetarian diet, the risk of colon cancer was much lower than in people who followed an omnivorous diet. Those who obtained this benefit not only avoided consuming meat but also decreased sugar consumption, including at the same time eating plenty of vegetables, vegetables and intragastric grains. The more you eat fruits or vegetables, the lesser is the toxin and chemical build up in your body, thus facilitating more healthy years and a longer life-period.

A vegetarian diet provides a variety of cancer-protective dietary factors. In addition, obesity is a significant factor, increasing the risk of cancer at a number of sites. Because the mean BMI (Body Mass Index) of vegans is considerably lower than that of non-vegetarians, it may be such an important protective factor for lowering cancer risk. Fruit and vegetables are described as protective against cancer of the lung, mouth, esophagus, and stomach and to a lesser degree some other sites, whereas the regular use of legumes provides a measure of protection against stomach and prostate cancer.

3.1.2 Weight loss.

Recent investigations whose results were published in Nutrition Reviews observed that vegetarian diets can be very efficient in attaining weight loss. This weight loss does not rely on the amounts of exercise done or the calorie counting. Simply stopping eating meat can help you lose up to 2 kilos per week. But be careful, while vegetarian diets are usually low in calories, there are a few exceptions. Those who choose a diet that contains lots of fruits and vegetables and that excludes meats are likely to lose weight.

But vegetarians who choose to eat plenty of simple carbohydrates (such as white bread, potatoes, white rice, etc.), sugary beverages, fried foods, etc., may not be able to lose weight due to the

caloric intake of these foods and the peaks in blood glucose levels they are able to generate, which can cause the accumulation of fatty tissue.

3.1.3 Lowers the risk of type 2 diabetes.

Another of the great benefits of the vegetarian diet is its capacity to lower the risk of type 2 diabetes. In a study at an Adventist health center across North America, which included more than 22,000 men and over 38,000 women, a vegetarian diet was also found to reduce the risk of type 2 diabetes because it helps prevent obesity and is generally part of a healthy lifestyle. The greatest benefit comes from following a vegan diet, although ova-lacto-vegetarians also had a discrete benefit. In people on a semi-vegetarian diet or including fish, the benefit was less.

3.1.4 Environmental benefits.

2.1.4.1 Appetite for meat as strength impeller of environmental damage

Because we're totally dependent on nature, because of our land we extract all the resources we need to live, and if we want to succeed as a species we must rethink our relationship with the environment, because without realizing it, we're getting closer and closer to be left with nothing, where it doesn't matter what let's do, it's going to be too late. In order to demonstrate what has already been said, it is necessary to investigate certain analyses on the basis of this assertion, it is necessary to know the facts and information available, which is a lot, so it will not be so easy to grasp or understand.

Despite all efforts to reduce the destruction of tropical forests and the protection of natural habitats and wildlife populations in all humid tropics, the coming years do not look more promising for the future conservation of tropical forests and biodiversity, (...). Attempts to preserve the pristine habitats within the National Parks and other protected areas have failed to halt the expansion in the region these areas. (Martin, 2013, p.27) .While there have been reports about how tropical forests are cut down for the allow agricultural advancement, few environmentalists have suggested that eating meat is on the same level of importance as the types of problems that have been identified has been disseminated by major environmental conservation organizations, but as environmental science has advanced, it has become evident that the human appetite for animal flesh is a driving force behind almost all of the world's animal categories of environmental damage that now threaten the future of the environment human life like deforestation, erosion, scarcity of freshwater, air and water, climate change, biodiversity loss, social inequality, destabilization of communities, and the spread of disease.

3.2 Nutritional Risks

People who do not eat meat or fish may lack certain nutrients, especially if they are not consuming eggs or dairy products. Nutrients that can be lacking include:

- Iron
- Calcium
- Protein
- Vitamin D
- Vitamin B1

Vegans and vegetarians have a higher risk of developing vitamin B12 deficiency compared with people who consume animal-based products. Vitamin B12 is a nutrient that helps keep the body's nerve and blood cells healthy and helps make DNA, Vitamin B12 also helps prevent a type of anemia called megaloblastic anemia that makes people tired and weak.

Conclusions

At the end of this monographic work it is concluded that:

- It is important to know how the vegetarian diet consists and the person who wants to follow this diet has the initiative. To know that eating meat is restricted and to know how to eat all the necessary nutrients and that the animal protein is not needed if your replaced with vegetable protein.
- It is also important to know the stages of the plant based diet and to understand why it has changed over the years and how good these changes are.

- Following a vegetarian diet is called a lifestyle as it is regulated by ethical standards that guide your life in various aspects such as the protection of the environment, reducing the animal agriculture and the environment. Vegans don't just depend on not eating food products of animal origin but they also refrain from dressing or using articles coming from animals and even they refuse to use medicines with the same origins.
- The concern of those who criticize this tendency ideology is the bad nutrition that vegans can have and deficits in some nutrients but as shown in their studies conducted according to the quality of nutrition, have come to replace the nutrients that most of us take from animal products with plant products, and even show that their nutritional condition is equal to or better than a person's omnivorous as most of us are.
- The disadvantages of following a plant-based dietary regimen are minimal, however one of the most common ones investigated in this monograph was the deficiency of vitamin B12. The only way to replace this vitamin is buying supplements or b12, made with green products and it is cruelty free.

Recommendations

People and especially young people, have to know the benefits of this diet, for that are some recommendations so that they do not lose interested in following a vegetarian-vegan diet are:

- It is recommended that a similar study be carried out to know the trends of vegan, macrobiotic and functional nutrition.
- That a survey be carried out to determine these trends in the main cities of Ecuador.
- That a study be carried out to determine by age the trends that govern this type of food tendencies in the main countries.
- It is recommended to extend the research work into the future, deepening the work related to the supply and demand of vegan food products.

- Continue with further research on the subject, involving other variables such as clinical indicators cholesterol, triglycerides, hemoglobin, calcium, iron, vitamin D and vitamin B12.
- To carry out comparative studies with non-vegetarians who maintain a vegetarian diet in order to obtain a global characterization of the situation of the perception of healthy eating and vegetarianism.

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