

HELLO AND WELCOME TO THE SECOND EPISODE OF THE YEAR OF HOUNDBITE A FOOD PODCAST ONLY ON WHJE. NOW IF YOU ARE A LONGTIME LISTENER AND HAVE A GOOD MEMORY YOU MIGHT REMEMBER EVERYWHERE I'VE VISITED. WE'RE TALKING BURGERS, PIZZA, COFFEE, SUSHII, ENGLISH FOOD, SEAFOOD AND SO ON. WHILE ALL PLACES SERVE COMPLETELY DIFFERENT TYPES AND STYLES OF FOOD THEY ALL ARE OR AREN'T ONE THING. AND THAT IS VEGAN.

TODAY WE ARE GOING TO BE TAKING A CLOSER LOOK ON THE RAPIDLY GROWING WORLD OF VEGANISM AND EVEN GET A CHANCE TO TALK TO A REAL-LIFE VEGAN MAE BAN. SO LET'S DIG RIGHT IN

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FOR THOSE OF YOU WHO DON'T KNOW WHAT VEGANISM IS IT GOES A LITTLE SOMETHING LIKE THIS, NO

-meat

-seafood

-dairy

-eggs

-animal by-products

SEEMS LIKE A LOT TO TAKE IN BUT MANY AMERICANS ARE NOW TURNING TOWARDS VEGANISM AS IT IS ONE OF THE FASTEST GROWING LIFESTYLE CHOICES IN THE COUNTRY WITH THE NUMBER OF VEGANS SKYROCKETING 500% SINCE 2014.

BUT THE POPULARITY FOR VEGANISM HASN'T ALWAYS BEEN SO HIGH. IN FACT THE WORD VEGAN WAS NOT COINED UNTIL 1944 WHEN LEICESTER BASED ENGLISHMAN DONALD WATSON PUBLISHED HIS WEEKLY ARTICLE KNOWN AS THE VEGAN TIMES.

FAST FORWARD TO THE 1980S AND YOU'LL FIND THAT VEGANISM OFTEN ASSOCIATED WITH PUNK AND HARD ROCK COUNTERCULTURE AND OTHER SUCH GROUPS

THE MODERN DAY VEGAN DID NOT EMERGE UNTIL THE 21ST CENTURY WHERE THE EXPONENTIAL GROWTH HAS NOT BEEN IGNORED

BUT HOW DO PEOPLE CHOOSE TO BECOME VEGAN?

WHILE I CANNOT SPECIFICALLY RELATE TO BEING VEGAN WHJE'S OWN MAE BAN IS JUST ONE A 1.62 MILLION PRACTICING VEGANS IN THE US.

I ASKED HER ABOUT HER DAILY LIFE WITH VEGANISM AND HOW SHE GOT TO THAT POINT

I DECIDED TO BECOME A VEGAN WHEN I SAW A YOUTUBE VIDEO EXPLAINING ON WHY THEY WERE VEGAN AND I WAS SUBSCRIBED TO THEM. IT SHOWED VIDEOS OF ANIMALS BEING TORTURED AND KILLED AND IT BROKE MY HEART AND IT MADE ME DO SOME MORE RESEARCH AND IT MADE ME WANT TO BECOME VEGAN.

FOR ME GOING ONE MEAL VEGAN IS HARD ENOUGH SO HOW DOES MAE DO IT FOR HER ENTIRE DIET?

A TYPICAL DAY WOULD BE IN THE MORNING CEREAL, BECAUSE I'M LAZY AND I LIKE CEREAL. INSTEAD OF MILK I DRINK ALMOND MILK AND IT'S FINE. FOR LUNCH I HAVE A PEANUT BUTTER JELLY HONESTLY OR SOUP, I'M DOWN FOR SOUP. FOR DINNER IT'S USUALLY PASTA OR A POTATO AND I EAT A LOT OF CARBS BECAUSE THOSE ARE THE MAIN FOOD GROUPS. SO I EAT A LOT OF THAT TYPE OF FOOD.

ONLY 52% OF CARMEL RESTAURANTS DESCRIBE THEMSELVES AS BEING VEGAN FRIENDLY, SO HOW DOES MAE GO ABOUT EATING OUT?

SO I'LL TAKE A LOOK AT THE MENU FIRST ONLINE AND THEN WHEN I GET THERE I'LL THINK ABOUT HEY ARE THERE OPTIONS HERE FOR ME? AND IF NOT I'LL PREPARE MYSELF TO EAT NOTHING. AND MOST OF THE TIME THEY ARE PRETTY ACCOMADATING AND ITS EASY TO FIND SOMETHING ON YOUR OWN.

MOST VEGANS. THINK A LOT ABOUT ANIMALS WHEN THEY CHOOSE NOT TO EAT MEATS. BUT VEGANISM ALSO AFFECTS YOUR DIET SO THIS IS WHAT MAE HAS TO SAY WHEN IT COMES TO EATING A VEGAN DIET AND HOW SHE FEELS.

I MEAN I FEEL SO MUCH BETTERT PHYUSCIALLY AND IT GOKES FOR A LOT OF PEOPLE BECAUSE THE HEALTHIER FOODS YOU EAT THE BETTER. AND I THINK IN GENERAL BEING VEGAN MAKES THAT EASIER.

WHILE ITS CLEAR THAT BEING VEGAN ISN'T FOR EVERYBODY. IT CLEAR THAT THIS ONCE REALITIVELY UNKOWN IDEA HAS NOW BECOME A REVOLUTION SWEEPING THE NATION.

FOR MORE STORIES LIKE THESE VISIT WHJE.COM. FOR WHJE AND THE COMMUNITY DEPARTMENT THIS HAS BEEN JOHN GRIFFIN

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