

The V Word

by Heather Mills

Quashing vegan stigma
with carnivore-convincing
comfort food



One of the biggest food dilemmas I have had to face during my decades of being a vegan is the stigma. The same questions always arise: Where do I get my protein? Why do all vegans only eat lentils and beans, and look like they are ill? Which is obviously not true AT ALL!

I initially turned to raw plant-based eating to overcome illness – back in the days when I had the hydrochloric acid levels of my wheaten terrier – but now I have to rely on cooked foods, which are kinder to my

digestive system. If you are lucky enough to be able to eat raw food and get the benefits, with no side effects, then there is nothing better. If, however, you're like me and need to cook everything you eat, then you probably already know that there is no faster way to eliminate the preconceived ideas of a carnivore than by feeding them a great vegan burger.

These days, most plant-based burgers have high enough protein levels and such great, authentic textures and flavours that you can convert anyone within a few bites.

MAKING A CHANGE

Over 10 years ago I was shocked when I paid a visit to a charity in the Bronx, in New York, called Huntspoint. They were trying to help the poverty-stricken kids learn how to eat healthily, by growing vegetables on the rooftops.

The problem was that the kids had only ever lived off fast food, and were only given a dollar a day, at the time, to feed themselves. In fact, they were so addicted to junk food, I was told they hated the taste of vegetables.