**Interveiw With My Vegan Sister Libby**

Why are you vegan?

Because I do not agree with how the animals in the industry are treated and it is also better for the environment.

What are you not allowed to eat food that vegetarians are allowed to?

I don’t eat any animal products so where vegetarians can eat dairy products and eggs I don’t.

When did you become vegan?

Lent 2019 so sometime in march last year.

Do you know anyone else who is vegan?

My friend Sofie is vegan for health reasons.

What do you eat the most of?

Pasta, though my favourite meal is chilli.

Do you think you may revert back to being vegetarian?

Maybe, if I became pregnant as I do no t have the nurtitonal knowledge to know what to eat through out where as being vegetarian there’s more options.

Do you miss any foods that you can’t eat?

Not anymore, you get used to the new tastes, and realise that an animals life/well being is worth more than taste.

Was it hard to go vegan?

Yes and no. I missed the products and had to do my research in terms of health as I wanted to be able to maintain the diet. It was easy in the sense that I wanted to help the animals and knew that this was one of the ways I could do that day to day.

Do you think other people should be vegan?

I think people should try to reduce their consumption of animal products and it would be great to have more vegan friends but no, everyone has their own individual needs and some can’t sustain themselves on a plant-based diet either due to availabily and convience or health reasons. This is my choice and as long as everyone has the freedom to choose I don’t mind what everyone else eats (stay healthy though).