



EUREKA

VEGAN FOOD ANALYSIS

A vegan diet or veganism tends to omit animal products for ethical, health, or environmental reasons. It is a type of vegetarian diet that excludes meat, eggs, dairy products, and all other animal-derived ingredients. Many vegans also do not eat foods that are processed using animal products, such as refined white sugar and some wines.

The diet is much developed in recent times which gains attention on a large scale globally and increasingly becoming mainstream.

Vegan Diet excludes,

- Meat
- Egg
- Seafoods
- Poultry
- Honey
- Animal extracts (fats, protein and other products)
- Dairy products

A key distinction is that although most of these diets are defined by what they exclude, the plant-based diet is defined by what it includes,

- **Lacto-vegetarian:** Excludes eggs, meat, seafood, and poultry and includes milk products.
- **Ovo-vegetarian:** Excludes meat, seafood, poultry, and dairy products and includes eggs.
- **Lacto-ovo vegetarian:** Excludes meat, seafood, and poultry and includes eggs and dairy products.
- **Mediterranean:** Similar to whole-foods, plant-based diet but allows small amounts of chicken,

- dairy products, eggs, and red meat once or twice per month. Fish and olive oil are encouraged. Fat is not restricted.

- **Whole-foods, plant-based, low-fat:** Encourages plant foods in their whole form, especially vegetables, fruits, legumes, and seeds and nuts (in smaller amounts). For maximal health benefits this diet limits animal products. Total fat is generally restricted.

A plant-based diet is not an all-or-nothing program, but a way of life that is tailored to each individual. It may be especially beneficial for those with obesity, Type 2 diabetes, high blood pressure, lipid disorders, or cardiovascular disease. There may be a chance of nutritional deficiencies if in case not taken care properly. Certain nutrients should be taken care such as iron, calcium, essential fatty acids, vitamin-D, most significantly vitamin-B12. So those who follow plant-based diets need to be self-monitored and make sure to include lots of green leaves, fortified foods, other vitamin supplements. Vegan and vegetarian diets are similarly tested for vitamins, minerals, and essential fatty acids

WHY US?

Eureka fulfil the need for reliable and traceability, for the analysis of Vegan foods. Vegan food authentication helps manufacturers/ suppliers and retailers to appropriately specify manufacture of products, chemical management, risk assessment and testing to complete vegan certification of products.