

Your Name please (OPTIONAL)	Choose your gender
Hom Bahadur Magar	Male
Pawan chhantyal	Male
Jane	Female
	Female
YOUNGEUN AN	Female
Really really healthy decision to have Vegan Food	Male
Gopal Kandel	Male
Vladislav	Male
Aisuluu	Female
	Female
Purna	Male
Satkar don	Male
	Female
	Female
	Male
Kolya	Male
heo dal	Female
	Female
Chuck	Male
	Male
	Female
	Male
	Male
Dan	Male
	Female
Jyunsik	Male
Suman Kumar Khadka	Male
	Male
	Female
Nono	Female
Novel Bhujel	Male
Michael	Male
Andreea	Female
Meredith Miller	Female
	Male
	Female
	Female
	Female
	Male
Claire	Female
	Male
Laura	Female
	Male
	Male
Elaida	Female

	Female
	Male
	Female
	Male
	Male
	Female
	Female
Bibek Pandit	Male
	Female
	Male
	Female
David	Male
	Male
	Male
	Female
Giri Kandel	Male
	Female
Barb	Female
Annemiek	Female
Magdalena	Female
Swati	Female
	Female
	Male
	Female
	Female
Anina	Female
	Female
	Male
Soojin jeong	Female
	Female
Harsh Jha	Male
	Male
	Male

What is you age?	Specify your Ethnic Origin	Education (Highest degree received)
20-29	Asian Or Pacific Islander	Bachelor's Degree
20-29	Asian Or Pacific Islander	High School Graduate
20-29	Asian Or Pacific Islander	Bachelor's Degree
20-29	Asian Or Pacific Islander	High School Graduate
20-29	Asian Or Pacific Islander	Bachelor's Degree
20-29	Asian Or Pacific Islander	High School Graduate
20-29	Asian Or Pacific Islander	Bachelor's Degree
20-29	Asian Or Pacific Islander	High School Graduate
20-29	Asian Or Pacific Islander	Bachelor's Degree
40-49	White	Professional Degree
20-29	Asian Or Pacific Islander	Master's Degree
20-29	Asian Or Pacific Islander	Bachelor's Degree
30-39	White	High School Graduate
20-29	White	Bachelor's Degree
20-29	Asian Or Pacific Islander	Bachelor's Degree
20-29	White	Bachelor's Degree
20-29	Asian Or Pacific Islander	Master's Degree
20-29	Black Or African American	Master's Degree
40-49	White	Bachelor's Degree
30-39	Hispanic Or Latino	Master's Degree
30-39	Hispanic Or Latino	Professional Degree
20-29	Asian Or Pacific Islander	Associate Degree
20-29	Black Or African American	Bachelor's Degree
20-29	Asian Or Pacific Islander	Bachelor's Degree
30-39	Hispanic Or Latino	Bachelor's Degree
20-29	Asian Or Pacific Islander	Associate Degree
20-29	Asian Or Pacific Islander	Bachelor's Degree
50 +	White	Doctorate Degree
20-29	White	Bachelor's Degree
20-29	Asian Or Pacific Islander	Bachelor's Degree
20-29	Asian Or Pacific Islander	Master's Degree
20-29	Asian Or Pacific Islander	High School Graduate
20-29	White	High School Graduate
30-39	White	Bachelor's Degree
50 +	White	Professional Degree
30-39	Asian Or Pacific Islander	High School Graduate
30-39	Asian Or Pacific Islander	Bachelor's Degree
30-39	White	Bachelor's Degree
50 +	White	Bachelor's Degree
30-39	White	High School Graduate
20-29	South Asian	Bachelor's Degree
40-49	White	Bachelor's Degree
30-39	South Asian	Doctorate Degree
30-39	White	Master's Degree
40-49	White	Bachelor's Degree

20-29	White	High School Graduate
30-39	White	Master's Degree
20-29	White	Bachelor's Degree
20-29	White	Bachelor's Degree
40-49	White	Master's Degree
20-29	Mixed white and black British	High School Graduate
40-49	White	Associate Degree
20-29	Asian Or Pacific Islander	Bachelor's Degree
30-39	White	Bachelor's Degree
30-39	Mediterranean	Master's Degree
40-49	White	Bachelor's Degree
50 +	White	Master's Degree
30-39	White	Professional Degree
40-49	White	Professional Degree
20-29	White	Bachelor's Degree
20-29	South Asian	Doctorate Degree
20-29	White	Master's Degree
20-29	Hispanic Or Latino	Master's Degree
20-29	White	High School Graduate
30-39	White	Bachelor's Degree
30-39	Asian Or Pacific Islander	Master's Degree
30-39	White	Master's Degree
20-29	White	Master's Degree
20-29	do not wish to respond	Master's Degree
20-29	White	Bachelor's Degree
20-29	Asian Or Pacific Islander	High School Graduate
20-29	White	Bachelor's Degree
30-39	Asian Or Pacific Islander	Master's Degree
20-29	Asian Or Pacific Islander	High School Graduate
20-29	Asian Or Pacific Islander	Bachelor's Degree
Under 20	Asian Or Pacific Islander	High School Graduate
20-29	Asian Or Pacific Islander	Bachelor's Degree
40-49	do not wish to respond	Master's Degree

How would you describe your diet?

Meat Eater

Meat Eater

Meat Eater

Meat-Reducer (Cutting down on Meat)

Meat Eater

Vegan

Meat-Reducer (Cutting down on Meat)

Meat-Reducer (Cutting down on Meat)

Meat Eater

Meat Eater

Meat Eater

Vegetarian

Meat-Reducer (Cutting down on Meat)

Meat Eater

Meat-Reducer (Cutting down on Meat)

Meat-Reducer (Cutting down on Meat)

Meat Eater

Vegan

Meat-Reducer (Cutting down on Meat)

Vegan

Vegetarian

Vegan

Vegetarian

Vegan

Meat Eater

Vegan

Vegan

Meat Eater

Vegan

Vegetarian

Meat-Reducer (Cutting down on Meat)

Meat-Reducer (Cutting down on Meat)

Meat-Reducer (Cutting down on Meat)

Vegetarian

Meat Eater

Meat Eater

Meat-Reducer (Cutting down on Meat)

Meat Eater

Meat Eater

Meat-Reducer (Cutting down on Meat)

No egg

Vegan

Meat-Reducer (Cutting down on Meat)

Meat-Reducer (Cutting down on Meat)

Meat-Reducer (Cutting down on Meat)

Vegetarian

Meat Eater

Vegetarian

Meat-Reducer (Cutting down on Meat)

Vegan

Meat-Reducer (Cutting down on Meat)

Vegan

Meat-Reducer (Cutting down on Meat)

Meat-Reducer (Cutting down on Meat)

Meat-Reducer (Cutting down on Meat)

Meat-Reducer (Cutting down on Meat)

Meat Eater

Vegetarian, No egg but slight cheese consumption.

Vegetarian

Vegetarian, No egg but slight cheese consumption.

Vegan

Vegetarian

Vegetarian

Meat-Reducer (Cutting down on Meat)

Meat-Reducer (Cutting down on Meat)

Vegetarian

Meat-Reducer (Cutting down on Meat)

Meat Eater

Meat-Reducer (Cutting down on Meat)

Vegetarian

Meat-Reducer (Cutting down on Meat)

Meat-Reducer (Cutting down on Meat)

Vegetarian

Meat Eater

Meat-Reducer (Cutting down on Meat)

Vegetarian, No egg but slight cheese consumption.

Meat Eater

Meat Eater

What is your knowledge level on Vegan Diet?	What is your knowledge on Sustainability?
Moderate Amount	Moderate Amount
Very Little	Nothing
Moderate Amount	Quiet a lot
Moderate Amount	Moderate Amount
Nothing	Very Little
Moderate Amount	Moderate Amount
Moderate Amount	Quiet a lot
Moderate Amount	Moderate Amount
Quiet a lot	Very Little
Quiet a lot	Quiet a lot
Moderate Amount	A lot
Moderate Amount	Quiet a lot
Very Little	Quiet a lot
Very Little	Very Little
Quiet a lot	Quiet a lot
Moderate Amount	Moderate Amount
Very Little	Moderate Amount
Moderate Amount	Moderate Amount
Moderate Amount	Moderate Amount
Quiet a lot	Moderate Amount
Moderate Amount	Moderate Amount
Quiet a lot	Quiet a lot
Moderate Amount	Moderate Amount
Quiet a lot	Quiet a lot
Very Little	Very Little
Moderate Amount	Moderate Amount
Moderate Amount	Moderate Amount
Quiet a lot	A lot
A lot	Quiet a lot
Very Little	Moderate Amount
Moderate Amount	Quiet a lot
Very Little	Very Little
Quiet a lot	Quiet a lot
Quiet a lot	Quiet a lot
A lot	A lot
Moderate Amount	Moderate Amount
A lot	Moderate Amount
Quiet a lot	Moderate Amount
Moderate Amount	Moderate Amount
Moderate Amount	Moderate Amount
Moderate Amount	Moderate Amount
A lot	Moderate Amount
A lot	A lot
Moderate Amount	Quiet a lot
Quiet a lot	Quiet a lot

Moderate Amount	Quiet a lot
Quiet a lot	Quiet a lot
Quiet a lot	Moderate Amount
Quiet a lot	Quiet a lot
Very Little	Moderate Amount
Very Little	Moderate Amount
A lot	Quiet a lot
Moderate Amount	
Moderate Amount	Quiet a lot
Moderate Amount	A lot
Quiet a lot	Quiet a lot
Very Little	Very Little
Moderate Amount	Moderate Amount
Quiet a lot	Quiet a lot
Moderate Amount	Very Little
Very Little	A lot
Quiet a lot	Moderate Amount
Moderate Amount	Moderate Amount
Moderate Amount	Very Little
Moderate Amount	A lot
Very Little	Very Little
Quiet a lot	Quiet a lot
Very Little	Very Little
Moderate Amount	Moderate Amount
Quiet a lot	Moderate Amount
Moderate Amount	Moderate Amount
Moderate Amount	Moderate Amount
Moderate Amount	Moderate Amount
Moderate Amount	Moderate Amount
Moderate Amount	Nothing
Moderate Amount	Very Little
Very Little	Very Little
Very Little	Very Little
Quiet a lot	A lot

Why did you become a vegan?

Health

Environment

Environment

Im not vegan

Im not vegan

Health

Im not vegan

Im not vegan

Im not vegan

Im not vegan

Consciousness

Im not vegan

Im not vegan

Im not vegan

Im not vegan

Im not vegan

Food Preferences

Im not vegan

Animal Welfare

Im not vegan

Food Preferences

Culture Influence

Culture Influence

Im not vegan

Health

Health

Im not vegan

Environment

Im not vegan

Im not vegan

Im not vegan

Im not vegan

Im not vegan

Im not vegan

Im not vegan

Im not vegan

Im not vegan

Im not vegan

Im not vegan

Consciousness

Animal Welfare

Im not vegan

Im not vegan

Environment

Im not vegan

Environment

Im not vegan

Im not vegan

Food Preferences

Im not vegan

Im not vegan

Im not vegan

Im not vegan

Im not vegan

Consciousness

Consciousness

Environment

Environment

Im not vegan

Environment

Im not vegan

Im not vegan

Im not vegan

Im not vegan

Im not vegan

Im not vegan

Animal Welfare

Once i did try for a year, for ethical reasons

Consciousness

Im not vegan

Im not vegan

Im not vegan

Culture Influence

Im not vegan

Im not vegan

Do you believe Vegan/Vegetarian diet is healthier than non-Vegan/Vegetarian diet? Explain your reason

Yes

Yes

Yes

No

Yes

Yes

No

Yes

No

No

Yes

No

No

Yes

Yes

Yes

Yes

Yes

Yes

No

Yes

Yes

Yes

No

Yes

Yes

No

Yes

Yes

No

No

Yes

Yes

No

No

No

Yes

No

No

Yes

Yes

Yes

No

Yes

Yes

No

Yes

No

No

Yes

Yes

Yes

No

No

No

Yes

Yes

Yes

Yes

Yes

No

Yes

Yes

No

Yes

Yes

No

Because human are omnivore and supposed to eat a wide range of food. Also, there are studies pointing out the

Yes

I do, just cause from my experience, most of the vegan people i know really did their researches before they star

Yes

Yes

Because human are omnivore and supposed to eat a wide range of food. Also, there are studies pointing out the

No

Yes

No

No

What kind of barriers do you face to include Vegan/Vegetarian meals into your diet? (You may choose m

Meat Enjoyment, Cost

Meat Enjoyment, Convenience of Non-Vegan/Vegetarian meals

Meat Enjoyment

Convenience of Non-Vegan/Vegetarian meals, Family eating preferences/ routines

Meat Enjoyment

Family eating preferences/ routines

Obstacles preparing Vegan/Vegetarian meals

Cost, But I'm using vegan stuff

Recipe Ideas, Meat Enjoyment, Convenience of Non-Vegan/Vegetarian meals, Obstacles preparing Vegan/Vege

Meat Enjoyment, Convenience of Non-Vegan/Vegetarian meals, But I'm using vegan stuff

Meat Enjoyment

Family eating preferences/ routines

But I'm using vegan stuff

Recipe Ideas, Obstacles preparing Vegan/Vegetarian meals, Cost

Recipe Ideas, Convenience of Non-Vegan/Vegetarian meals, Obstacles preparing Vegan/Vegetarian meals

Meat Enjoyment, Family eating preferences/ routines

Recipe Ideas, Meat Enjoyment, Convenience of Non-Vegan/Vegetarian meals

Obstacles preparing Vegan/Vegetarian meals

Meat Enjoyment

Family eating preferences/ routines

Family eating preferences/ routines

Family eating preferences/ routines

Convenience of Non-Vegan/Vegetarian meals, Cost

Recipe Ideas, Convenience of Non-Vegan/Vegetarian meals, Cost

Family eating preferences/ routines

Meat Enjoyment

Recipe Ideas, Meat Enjoyment, Convenience of Non-Vegan/Vegetarian meals, Obstacles preparing Vegan/Vege

Meat Enjoyment

Obstacles preparing Vegan/Vegetarian meals

Recipe Ideas

Recipe Ideas, Obstacles preparing Vegan/Vegetarian meals, Family eating preferences/ routines

Meat Enjoyment

Convenience of Non-Vegan/Vegetarian meals, Cost

Recipe Ideas

Meat Enjoyment

Recipe Ideas, Meat Enjoyment, Convenience of Non-Vegan/Vegetarian meals

Family eating preferences/ routines

Recipe Ideas, Meat Enjoyment, Family eating preferences/ routines

Family eating preferences/ routines

Recipe Ideas, Meat Enjoyment

Recipe Ideas

Obstacles preparing Vegan/Vegetarian meals

Obstacles preparing Vegan/Vegetarian meals, Cost

Recipe Ideas, Meat Enjoyment, Family eating preferences/ routines

Meat Enjoyment, But I'm using vegan stuff

Family eating preferences/ routines, Cost, But I'm using vegan stuff

Convenience of Non-Vegan/Vegetarian meals, Cost, Proper macronutrients balance

Recipe Ideas, Cost, Proper macronutrients balance

Convenience of Non-Vegan/Vegetarian meals

there is too much of ideology stick with vegan life style. I prefer moderate way of living

Recipe Ideas, Obstacles preparing Vegan/Vegetarian meals, Cost

Recipe Ideas

Meat Enjoyment

But I'm using vegan stuff

Recipe Ideas, Meat Enjoyment, Convenience of Non-Vegan/Vegetarian meals, But I'm using vegan stuff

Meat Enjoyment, Convenience of Non-Vegan/Vegetarian meals, It requires at lot of effort for a vegan meal to taste

Meat Enjoyment, there is too much of ideology stick with vegan life style. I prefer moderate way of living

Obstacles preparing Vegan/Vegetarian meals, Cost, It requires at lot of effort for a vegan meal to taste great. No

Convenience of Non-Vegan/Vegetarian meals, Obstacles preparing Vegan/Vegetarian meals

Recipe Ideas, Proper macronutrients balance

It requires at lot of effort for a vegan meal to taste great. Not using butter, cheese, cream or meat means you ne

Convenience of Non-Vegan/Vegetarian meals, Cost, But I'm using vegan stuff

Recipe Ideas, Proper macronutrients balance, The variety of vegetables and fruit and taste is terrible in CR

Family eating preferences/ routines, But I'm using vegan stuff, there is too much of ideology stick with vegan life

there is too much of ideology stick with vegan life style. I prefer moderate way of living

Cost, The variety of vegetables and fruit and taste is terrible in CR

Recipe Ideas

Meat Enjoyment, Cost, It requires at lot of effort for a vegan meal to taste great. Not using butter, cheese, cream

Convenience of Non-Vegan/Vegetarian meals, Obstacles preparing Vegan/Vegetarian meals, Family eating pref

The variety of vegetables and fruit and taste is terrible in CR

Obstacles preparing Vegan/Vegetarian meals, Family eating preferences/ routines, Cost, The variety of vegetab

Meat Enjoyment, Convenience of Non-Vegan/Vegetarian meals, Social gatherings with friends and family

The variety of vegetables and fruit and taste is terrible in CR

Recipe Ideas

Meat Enjoyment, Cost, there is too much of ideology stick with vegan life style. I prefer moderate way of living, It

Family eating preferences/ routines, Social gatherings with friends and family

Meat Enjoyment

It is not a sustainable choice for health reasons. I want to be healthy and therefore I will not go vegan again.

How do vegan get enough vitamins and nutrients ?

By taking vegan supplements rich with vitamins and nutrients

By eating diversified variation of food

Vegetables

Balanced Vegan diet

From vegetable and fruits

With edibles and Vitamins

Vegetarian meals, Family eating preferences/ routines

Balanced diet, additional supplements

I don't know

Dal bhat tarkari

Supplements

Fruits and vegetables

No idea

Greens, fruits and vegetables

From vegetables and salad

There are different vegetables and fruits which can fulfil my need

I'm not vegan

Yes from nuts, vegetables and fruits

Green, leaves , vegetables , seeds and nuts , fruits, tahini , flour e

I don't think so they can get enough nutrients

millions of greens vegetables and plant based products

Vegetarian meals, Family eating preferences/ routines, Cost, But I'm us

they don't, they will always lack essential nutrients of animal origin

They eat healthy enough vegetables etc. and most of them do Yo

By consuming fruits in vegetables

Vegetables and fruits all full of vitamins and nutrition

probably from legumes, seeds and supplements (in pills etc.)

Take supplements

Supplements

Vegetable and fruit

Vegans are tend to be lack of vitamin b12 need to get from supple

This is a myth that vegans cannot get all nutrients

They don't.

I'm not vegan so not completely sure to be honest

Well, beans carries more nutrients than meat, I am by birth vegeta

I take vita in b12. The rest is already everything in my food

I think they get enough vitamins and nutrients through different ve

Supplements and certain food like lentils and stuff.

By using supplements

Fruit and veg I got guess

Like everyone else with diet

With other nutritional foods

Legumes, fruits and veggies

Diet, and if necessary supplements

Either following a very thoughtful diet or supplements. A lot of veg

Careful planning

Mostly from what you eat. Dependant on which fruits and vegetab

Through different vegan products

Pills

Consumption of green vegetables

Vegetables and legumes

style. I prefer moderate way of living, It requires at lot of effort for :

Medikament

I dont know

with variety of food

by having varied and balanced diet, i feel like most of the vegan p

They don't get any more vitamins and nutrients than any meat-eat

From fruits and nuts

requires at lot of effort for a vegan meal to taste great. Not using b

with synthetic suppliments

What is your philosophy on Food?

Food is a basic need.

Eat what makes you not only healthy but also happy.

Enjoyably eat

Artistic, healthy, identity reflecting, affordabl.

Eat vegetation food with meat sometimes

Listen to your body

Enjoy

As long as man massacre animals they will kill each other indeed who sows the seeds of murder and pain cannot

You are what you eat !

Eat what make you healthy

Go green

I don't like to eat meat or I don't want to punish animals or kill them.

Due to welfare of animals

I like honey and other things made by animal eg eggs and dairy products

I respect animals and don't want to kill them

tc

Everything should be eaten and meat is also good for health

vegan is healthy, sustainable and good for planet earth

sing vegan stuff

a balanced diet is the best approach. everything in moderation

When I started using more green vegetables day by day. It made my day and also my body started dislike fastfo

Anything you eat to maintain life and growth

I love any kind of food

I think that anyone is allowed to eat whatever they want, even if it's considered healthy or not by others. I try to ea

Try not to eat processed foods and make my own meals or choose restaurants that have my same values.

Eat what you love.

Pleasure

Eat balance, Less meat, No dairy, No pork

The smarter the animal is the more I try not to eat it.

Eat how your you feel.

It's all about balance!

Food brings good mood.

I eat healthy but sometimes I cheat

Food resembles your overall character and your health. Healthy food is peaceful mind and healthy body.

No junk food

Makes you even happier when sustainable!

Eat with moderation

health & balance. no extremes.

Enjoyment and a healthy balance! We are what we eat

Meat is murder

You become what you eat

Variety and equilibrium

Food is sacred. We can and should focus on reducing meat consumption.

I follow the Michael Pollan advice: "Eat food, not too much, mostly plants". By food he means the real deal, not th

Enjoy it

Love the food you eat. Enjoy the process of making the said food as it will prove to be worth the effort.

Do not make suffer animals in order to feed myself

N/A

Eat what my body feels

Everything moderately and balanced should become the standard. Meat isn't bad, we have just gotten used to ea

Balance diet

I dont know

balance, variety and enjoyment is important

Good food isn't just tasty, it promotes a healthy lifestyle, after all you're what you eat.

er if they have very rigid and unhealthy diet. Wrongly put question.

I live to eat food. Food is love.

utter, cheese, cream or meat means you need to really have a lot of talent and time in the kitchen to make a prop

eat what makes me healthy

It reaps the joy of love.

and

at as healthy as I can, the way I see "healthy foods". Also, I don't limit myself very much and I allow myself to

things that the food industry creates. Besides that, I believe in balance and variety are the way to go.

ating it everyday, which is bad.

per tasting dish. I love to cook and I often cook vegan but it is a lot of work.

› also eat junk food, sugars etc. when I'm craving. I am also trying to cut off meat, so for now I'm eating less

and less because I think a vegetarian diet is really not hard to succeed and it's most sustainable for the env

ironment and health. But, in the same time, I am pro for the local meat and dairy industries which I don't thi

nk pollute that much and actually produce qualitative food, not like the big markets do.