

# Veganism on the Rise: Is Meat Still Popular?

With veganism and no-meat diets on the rise, how is the meat market doing, and is there still a demand for it? Look at the benefits of eating meat, as well as meat-alternative options, to gain the same benefits.



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## How popular is veganism?

Over the past five years especially, veganism has grown substantially. It involves avoiding consuming animal products and meat products, such as chicken, beef, eggs, milk, and honey.

In 2023 so far, over 700,000 people officially signed up for [Veganuary](#), where they go vegan for the month of January. Since 2014, over 2.5 million people have signed up for Veganuary, which shows the scale of this mission.

Many people choose veganism due to the reasoning that they want to protect animals and that they should not be raised for slaughter and human consumption. Others choose to go vegan for their health.

But is cutting meat out from your diet all sunshine and rainbows? The short answer: not really.

### **Meat: The Health Benefits**

Meat provides many health benefits to the body and brain that other meat-alternative foods do not.

Meat is rich in zinc, iron, vitamin D, vitamin B12, and calcium and is a great source of protein. As a result of the high levels of zinc, your body can produce antibodies to fight off diseases and illnesses to recover at a faster rate.

Vegetarians must consume double the amount of iron-rich foods as those who eat meat to be able to stay healthy in terms of iron levels. So, vegans, who do not consume dairy products such as milk, cheese or even honey, take in much lower levels of iron, and instead need to eat other iron-rich foods to make up for this.

### **Iron Rich Foods**

If you're vegan, here are some iron-rich foods that you can have to have an intake of iron:

- Spinach
- Sweet potatoes
- Broccoli
- Kale
- Tofu
- Figs
- Dates
- Red kidney beans
- Nuts

- Dried apricots
- Lentils



### **Is meat still in high demand?**

Over the past 50 years, meat production has more than tripled, showing there to be a huge market and demand for it. The demand is still growing, but equally, veganism is being explored by more and more people, helped by Veganuary and similar advertisements.

[Learn more about the meat market here.](#)

### **High-Nutrient Meals**

Having a balanced and healthy diet is important, regardless of age, gender or where someone lives. But many people, especially in developing countries, do not have the luxury of affording meat, even if they want to eat it.

Some of the most common foods eaten in these countries are porridge, corn, and rice, which means they miss out on high-nutrient foods. This can affect health, development, and concentration, so it affects all ages – from babies and school children to older people.

### **The Perception of Meat in Different Religions and Cultures**

Not only is meat an essential component of a balanced diet,

but it also plays a significant role in a number of religions and cultures. For instance, working as a solution to help the poor and needy, Muslims who practice Islam give [Qurbani 2023](#) once a year. This is where an animal is sacrificed for the meat to be given to people experiencing poverty. This can be done in any country around the world, with the aim of helping the impoverished.

Qurbani is a compulsory form of charity and worship that is performed at least once a year, and the meat is often distributed in countries like India, Bangladesh, Palestine, the Gambia, and Sri Lanka. Despite this, it can even be distributed among those on your doorstep.