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Vegetarianism and Veganism within the Framework of Bioethics

UNIT 3





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Deaf Chefs
Learning the Vegan Cuisine
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Unit 3:

Vegetarianism and Veganism within the Framework of Bioethics

Vegetarianism and veganism are not only lifestyles and philosophies of life but also bioethical approaches. People may choose veganism for various reasons, including animal rights, ethics and respect for living beings, ecology, feminism and health. In this context, vegetarianism and veganism are linked to the concepts of sustainability, sustainable gastronomy, sustainable food management systems and sustainable nutrition, while also embracing a philosophical foundation built upon the balance between humans, animals and nature.

According to the Michelin Guide, sustainable gastronomy is defined as considering where ingredients come from, how they are produced and how they are transported to local markets and ultimately to plates. Sustainable gastronomy can be supported in various ways. Purchasing products from food markets, small producers, farmers, fishers or family-run businesses helps support local producers.

Seasonal eating can be encouraged by selecting ingredients based on their natural harvest times, whether by restaurants or individual consumers. Traditional culinary heritage can be preserved by using regional and locally sourced crops and ingredients in recipes. Moreover, monitoring expiration dates





and managing portion sizes can help prevent food waste and contribute to the conservation of natural resources (Michelin, 2021).

According to the 2019 EAT-Lancet Commission, a study on healthy diets within sustainable food systems highlights that a global shift toward plant-based foods can help feed the world's growing population with a nutritious and sustainable diet. A plant-based diet includes more legumes, whole grains, vegetables, fruits and nuts while reducing the consumption of animal-based foods, red meat and processed meats (Eat Right, 2021). These dietary patterns support the positive contributions of vegetarian/vegan nutrition to sustainability.

Sustainable nutrition is defined as "nutrition that preserves biodiversity and the ecosystem while ensuring food security and quality of life for future generations." The Food and Agriculture Organization (FAO) describes sustainable nutrition as a diet that meets the nutritional needs of present and future generations, respects and protects biodiversity and the ecosystem, is culturally acceptable, accessible, economically affordable, nutritionally adequate, safe and healthy (Kurtgil & Beyhan, 2021).

In recent years, increasing awareness regarding food consumption patterns has prompted discussions about how to protect ecosystems and ensure a sustainable environment for future generations. Within this context, vegetarian/vegan nutrition, healthy and balanced eating and the slow food movement have been examined. Vegetarianism is a dietary pattern that primarily involves the consumption of plant-based foods. Veganism, on the other hand, is a lifestyle that seeks to





avoid (as much as possible) the exploitation and cruelty of animals for food, clothing or any other purpose while promoting alternatives that benefit both the ecosystem and animal welfare.

The Slow Food Movement was initiated in Italy as a response to the disappearance of local and traditional foods and the standardization of flavors. Healthy and balanced nutrition is essential for overall well-being. Sustainable healthy eating is a dietary practice that incorporates elements of environmental sustainability, responsible consumption, intergenerational responsibility, environmental ethics and bioethics. Because of these aspects, sustainable nutrition can be considered a bioethical value.

