



# THE VEGAN DON'T EAT

## *Cheat Sheet*

- **ALL MEAT, POULTRY AND FISH** - This may seem obvious but I always get asked if fish is ok.
- **EGGS** - Eggs come from animals.
- **EGG BEATERS** - Are made from egg whites.
- **CHEESE** - Cheese is made with milk and cream.
- **BUTTER** - Butter has milk.
- **CREAM CHEESE** - Made with milk, milkfat, cheese culture and whey.
- **MILK** - Any milk that comes from an animal.
- **ICE CREAM** - Ice cream contains milk.
- **GELATO** - It's made with milk and cream.
- **HONEY** - Honey comes from bees.
- **NUTELLA** - Contains skim milk powder and whey powder.
- **COFFEE CREAMER** - It's cream.
- **POWDERED COFFEE CREAMER** - Unless non dairy - it contains milk powder.
- **BAKED GOODS** - Unless marked vegan friendly - contains eggs and butter.
- **SUGAR** - Unless marked vegan friendly - the refining process contains bone char.
- **MARSHMELLOWS** - Made with gelatin that is from collagen that comes from animal by-products.
- **JELL-O** - Made with gelatin that is from collagen that comes from animal by-products.
- **GUMMY BEARS** - Made with gelatin that is from collagen that comes from animal by-products.
- **SOY CHEESE** - Made with casein which is milk protein.
- **WORCESTERSHIRE SAUCE** - Made from anchovies.
- **CEASER SALAD DRESSING** - Made with anchovies and egg.
- **ALL CREAMY SALAD DRESSINGS** - Unless marked vegan - have cream and milk products.
- **MOST BRANDS OF POTATOE CHIPS** - Bummer! a lot of brands use chicken fat for flavor.
- **SOME BRANDS OF REFRIED BEANS** - Traditionally made with lard.
- **ORANGE JUICE FORTIFIED WITH OMEGA 3'S** - Omega 3's come from fish.
- **VEGETABLE SOUP** - Some restaurants and canned brands use chicken or beef broth.
- **SUBWAYS VEGE PATTY** - Contains eggs.
- **MILK CHOCOLATE** - Hint, MILK.