

# The Rise of Veganism: A Step toward Better Animal Welfare?

Smith Jerry\*

Department of Veterinary Pharmacology and Toxicology, University of Veterinary and Animal Sciences, Sakrand 67210, Pakistan

## Introduction

In recent years, veganism has shifted from being a niche lifestyle choice to a mainstream movement, driven by growing concerns about health, the environment and animal welfare. As awareness of factory farming practices spreads, more people are choosing plant-based diets to reduce the suffering of animals raised for food. The increasing availability of plant-based alternatives, along with endorsements from celebrities and influencers, has fueled this trend. One of the most significant ways veganism contributes to animal welfare is by reducing the demand for factory-farmed meat, eggs and dairy. Industrial animal agriculture is notorious for its inhumane practices, such as overcrowding, forced feeding and cruel slaughter methods. By choosing plant-based options, consumers send a strong message to the food industry that ethical considerations matter. In response, some companies have started to offer cruelty-free and lab-grown meat alternatives, further reducing reliance on traditional animal farming [1,2].

## Description

Despite its positive impact, veganism alone may not be enough to completely transform the food industry. While the movement has led to greater scrutiny of animal welfare, regulatory changes and enforcement remain critical. Governments must implement stricter animal welfare laws and encourage sustainable farming practices to ensure that all animals, including those still raised for food, are treated more humanely. Additionally, some critics argue that simply eliminating animal products does not address the root causes of unethical farming; instead, a broader shift toward ethical consumption and sustainable agriculture is needed [3]. The rise of veganism has also influenced discussions around animal rights and ethics. Documentaries and social media campaigns highlight the emotional and cognitive abilities of animals, challenging the traditional view of livestock as mere food sources. Many people who adopt veganism not only avoid consuming animal products but also advocate for stronger legal protections for animals in all industries, including fashion, entertainment and scientific research. This growing advocacy has led to policy changes in some countries, such as bans on animal testing for cosmetics and restrictions on the sale of fur products.

Furthermore, the food industry has responded to the shift toward plant-based diets by developing innovative alternatives that mimic the taste and texture of meat. Companies like Beyond Meat and Impossible Foods have gained widespread popularity, proving that plant-based diets can be both ethical and enjoyable. Supermarkets and restaurants are expanding their vegan offerings, making it easier than ever for consumers to choose cruelty-free options. This commercial success demonstrates that a plant-based lifestyle is no longer just a personal choice but a viable and profitable market trend [4]. However, some skeptics argue that veganism may not be a one-size-fits-all solution. In certain cultures and communities, access to plant-based foods is limited and traditional diets have relied on animal products for

generations. Additionally, small-scale farmers who raise animals ethically may struggle to compete with industrial plant-based food companies. A balanced approach that supports humane and sustainable farming while promoting plant-based alternatives could help create a more inclusive path toward better animal welfare [5].

## Conclusion

The economic impact of the vegan movement is also noteworthy. As demand for plant-based foods rises, businesses and startups are investing in research and development to create sustainable alternatives. This shift has the potential to reshape agricultural industries, reducing dependence on livestock farming and promoting regenerative agricultural practices that benefit the planet. Additionally, job opportunities in the plant-based food sector are expanding, further solidifying veganism as an influential force in global markets. Another important consideration is the nutritional aspect of veganism. While plant-based diets offer many health benefits, such as lower risks of heart disease and obesity, they also require careful planning to ensure adequate intake of essential nutrients like protein, iron, vitamin B12 and omega-3 fatty acids. Fortunately, advancements in food science have led to fortified plant-based products and supplements that help vegans meet their dietary needs without relying on animal sources.

## Acknowledgement

None.

## Conflict of Interest

None.

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\*Address for Correspondence: Smith Jerry, Department of Veterinary Pharmacology and Toxicology, University of Veterinary and Animal Sciences, Sakrand 67210, Pakistan, E-mail: jerrysmith77@gmail.com

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