Vegan in daily life, meat eater on holiday?

Darmstadt, March 16, 2017 *** Veganism is not only a trend in the foodie-verse, but also, according to scientists at Massachusetts General Hospital, a way to live longer. Scientists found a correlation between the amount of consumed animal proteins and a lower mortality rate. It might seem challenging to keep up with a vegan diet while on vacation when the ingredients are not clearly labeled on grocery store shelves. And how to you handle eating in a resort’s restaurant? Some holiday destinations have adapted their menus and offer vegan options now. Green Pearls® explores vacation spots ideal for vegans. And it is evident that food and culinary experiments are always an integral part of exploring foreign countries.
Welcome to Spice Heaven India

Even though India can claim the earliest records of vegetarianism, living a vegan lifestyle in a country that loves dairy products has its challenges. India is the number one milk-producing country in the world, and dairy products are a vital part of their diet. Due to a rise in tourism who want to see vegan options on restaurant’s menus India is slowly incorporating vegan dishes into their diets. Coming to Spice Village will surprise every foodie, as vegan choices are offered at the buffet, the kitchen indulges guest with garden fresh vegetables from its certified organic garden, and cooking courses introduce guests to the secrets of Kerala’s local kitchen. When visiting you should try the Okra Stew – a great vegan dish that also illustrates the art if cooking with spices, typical for India.
Sri Lanka – Vegan Holiday Made Easy

The cuisine of Sri Lanka is characterized by its rich variety of flavors, fire-like curries, Ayurvedic healthy food and naturally delicious ingredients. Exploring the country culinary without meat and animal products will not be as difficult as one think since the abundance of exotic fruits and vegetables offers various possibilities for vegan dishes. Guests will be amazed by the freshness of Amaya Lake’s food since everything is grown in the hotel’s own organic garden. Natural and authentic Sri Lankan fused with international cuisine is served by experienced, award-winning chefs. The
In Thailand hardly any dairy products are using in preparing meals, especially appealing are the large variety of creamy fruit shakes offered which are made of pureed fruit and ice. It will be harder to avoid eggs, since those find their way in many traditional dishes, such as fried rice and noodles. Since a vegan lifestyle becomes more common and vegan options are in higher demand, Thais now offer a number of traditional dishes without eggs. The Zeavola Resort will take you on a culinary journey of fresh, authentic and delicious Thai cuisine in its two signature restaurants. Tacada on the beachfront specializes in fresh and contemporary
Mediterranean cuisine while Baxil offers authentic local dishes full of flavor. Every vegan will dream about Gang Kiew Waan Phak, a classic green curry with tofu, after trying it.

Heidi and Peter Dig Vegan

Veganism is considered a trend in the meat-centric German eating culture. Buying vegan groceries is now commonplace and is made easier by specially marked products in stores. Many restaurants now feel obliged to offer at least one vegan dish. The HUBERTUS Alpin Lodge & Spa will let you enjoy regional and seasonal products and every guest can choose what they want to eat making a vegan diet much easier. The hotel started out with offering a LOGI (Low Glycemic and Insulinemic) diet but has since then ventured into the vegan lifestyle as well. The hotel offers information and a list of distributors of all products used, perfect to ease a vegan’s mind. In addition to a vegan diet you can enjoy a visit to the wellness area or a stroll through the fresh alpine air.
The German Green Pearls GmbH with place of business in Darmstadt, Germany unifies international tourism companies that support environmental protection and demonstrate social commitment. Thereby, Green Pearls is the first holding company worldwide that consolidates sustainable hotels, destinations and restaurants in a global data source.

Among the criteria of admission to Green Pearls, are a sustainability plan on management level, sustainable architecture, comprehensive water, energy saving and waste recovery measures, the use of seasonal and regional ingredients in the kitchen, as well as a large commitment for the social balance in each of the vacation regions.

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