



Eating Vegetarian and Vegan

General Advice: Eating vegan or vegetarian in Japanese isn't always easy, especially for those living rural, but it is definitely possible!

Tell your schools about your diet as soon as you can. Be clear about what you can and can't eat!

It's likely that you will be bringing your own lunches (or 'bento') to school.

Check the ingredients in everything when you're starting out.

Dashi (meat/ fish stock) is EVERYWHERE.

Ask Japanese friends for recipes and cooking classes – home-cooking will be much more fun!



Tips for travelling and eating out:

Scope out the area before you arrive, it saves you a hangry food-hunt later on.

Ask for 'osusume' in restaurants after explaining your diet (using the 'I can't eat sheet!)- the restaurant may be able to make you something!

Save vegetarian and vegan restaurants on *Google Maps* so you can find them again/ share!

Bring snacks from home! Trips become a lot easier if you have a set of non-perishable snacks lining your backpack!

Be prepared to eat solo! Travelling with a friend that doesn't have the same diet as you might mean they want to try food you can't eat; so do your research and eat dinner solo!

Double check– sometimes 'vegetarian' in Japanese means different things i.e. that you eat fish or dashi – make sure to double check before you sit down to eat!

Mosburger sells soy burgers! Unfortunately McDonalds in Japan does not.

Convenience stores are lifesavers when you need something fast. Just grab seaweed/ pickled plum onigiri or another veggie option to keep you going!



Online resources:

VegJet: online Facebook group for veggie and vegan JETS: recipes/ advice/ support and meets!

Happycow.com: Lists vegan and vegetarian restaurants in a searched area (no results doesn't mean no restaurants!)

Mangoes App: Relatively new app – locations of vegan eateries and recipe ideas!

The Foreign Buyer's Club: <http://www.fbcusa.com/>: You can have food items shipped to you, delivery can take from a week to a month!

Alishan: <https://store.alishan.jp/>: Ships food from a Japanese-based organic vegetarian company!

Rakuten: <https://global.rakuten.com/en/>: Ship vegetarian and vegan food, as well as other goods, to your address!

Kobe Halal Food: <http://halal.shop-pro.jp/>: Ships Halal foods and meats – website is in Japanese!

Vegans Cafe and Restaurant: <https://www.veganscafe.com/online-shop/>: Ships vegan foods – website is in Japanese!

The VegeFoods Company Karuna: <https://www.karuna.co.jp/index.html>: Ships fake-meat and vegan food – website is in Japanese!

Vegetarian and Vegan Restaurant Navigation: <http://vege-navi.jp/>: You can find Japanese restaurants with vegan or veggie food on the menu!

Is it Vegan? Japan: <https://isitveganjapan.com/>: The website is no longer updated, but still has useful information and tips for reading food labels, ordering food and more!

Veggie and Vegan blogs: NourishingAmy.com, Ohmyveggies.com

International Food Shops are also a big help! Places like Kaldi Coffee Farm, Landmarche and Jupiter will be great allies!

Also, Kumamoto is FULL of farmer's markets selling awesome veggies, get yourself down!



If you want some recipe ideas/ to read about my experience as a veggie in Japan you can check my blog at <https://yokinaliving.wordpress.com/> or email me at jesslangshaw@gmail.com with any questions or worries.

It will be hard sometimes so just remember **you can do it** and **you are not alone!**

