## ODE TO THE VEGANS

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## **Ode to the Vegans**

Veganism is becoming more and more popular. There has been, for example, a 600% increase in the number of vegans in the USA between 2014 and 2018.

Some people turn to veganism for health reasons, others because of its environmental benefits, and still others for animal rights reasons. I find myself with a vegan son, a vegan daughter-in-law, a vegan granddaughter and a wife who no longer prepares meat dishes.

There is the stereotype of the vegan as a granola-eating hippie with a pale and scrawny appearance. In fact, vegans come in all shapes and sizes. Indeed, several of the portrait models I've worked with recently are also vegan activists.

This photo essay presents three vegan models against a backdrop of a plant-based diet. It is intended as an ode to the vegans--you are what you eat, so eat well and be happy.

















































































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