

# The Ingredients Project



Research and Presentations by Jain Study Center of North Carolina  
Mahavir Group Pathshala Students 2020

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Each student selected a category that they wanted to work on (food-related or any other item).

**Part I:** Research different commercially available brands of item(s) in that category- find out if they contain any animal products (eggs, meat, gelatin, lard etc.). Where applicable, also find out about cruelty-free manufacturing (eg.vegan, no animal testing, harm to the environment)

[Use multiple resources to get the information you want: Go Online, Visit the store/check ingredients, Call the Company etc.]

**Part II:** Prepare a presentation and share the information they had gathered

# Review of Principle of Ahimsa



Non-violence or non-injury: causing as minimal harm or suffering as possible, by thought, speech, and action.

1- To yourself

2- To other living beings

3- To the environment

**Jainism:** First Mahavrata ( for monks/nuns) and Anuvrat (for laypeople)

**Hinduism :** Ahimsa is described and admired within the Vedas and Upanishads and is regarded as the highest of moral virtues.

**Buddhism:** First of the five moral precepts.

**Christianity:** Biblical texts support plant-based diet. Genesis Chapter 1

**Islam:** *“Bismillahir Rahmanir Rahim”* Oh compassionate Lord, have merciful grace and compassion towards all living beings.

**Judaism:** 75 rabbis published a statement in 2017 encouraging Jews to move toward a vegan diet

**Sikhism:** Guru Nanak forbade his disciples to consume meat and alcohol.





# Many Reasons to Move Towards Veganism

- 1- Dairy industry tied to animal violence and cruelty
- 2- It can be considered stealing (not following Asteya) as the cow's milk is meant for its calf
- 3- A non-plant based diet is harmful to our planet - increases your carbon footprint
- 4- Vegan diet has been shown to be healthier for preventing chronic diseases such as Diabetes and Heart Disease
- 5- There are many vegan and Jain vegan options available

Useful Resources:

<https://www.animal-ethics.org/why-be-vegan/>

JAINA The Book of Compassion

Jain Way of Life Book

<https://www.truehealthinitiative.org/#>

<https://jainism-says.blogspot.com/2019/06/jainism-view-on-dairy-products.html>



# Importance of The Ingredients Project



Our actions must be aligned with our principles. Mere intent is not sufficient.

Having knowledge of the suffering that is caused to sentient beings for the mere sense of taste pleasure or comfort, it is our responsibility as followers of Jainism to make a change in our lifestyles to uphold our values.

It is up to each of us to be cognizant of how our diet, rituals, and way of living is impacting our own health and the health of our planet.



If in any way the information presented as a part of this research initiative goes against Jain values or principles or causes any hurt to any individual, we sincerely apologize.

Our students have worked hard to gather the information for their individual research topics and we hope that you will find it useful.



*Disclaimer: We hereby acknowledge that the information presented within “The Ingredients Project” presentations is based on research conducted using publicly available sources in 2020. Due diligence was conducted to verify the information, based on web research and checking against the source pages noted on each presentation. Thus, the information is true and accurate based on our knowledge at that time.*

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