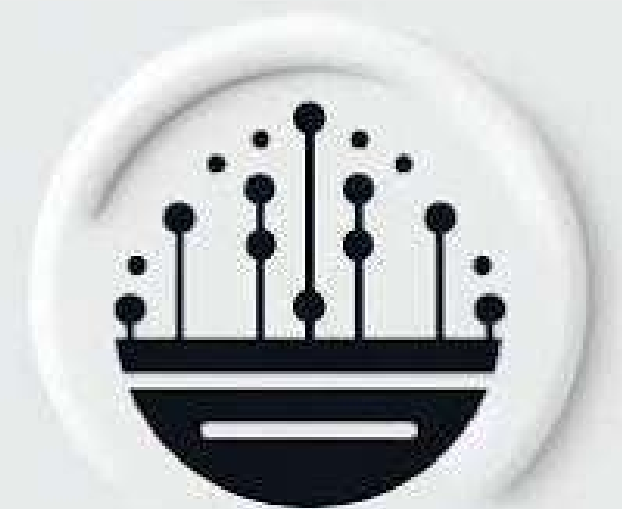




It's World Vegetarian Day

# GLOBAL TRENDS IN VEGETARIANISM AND VEGANISM INDEX 2024



USA  
DATA HUB

# Global Trends in Vegetarianism and Veganism: A Comparative Analysis

The following report provides an overview of the prevalence of vegetarianism and veganism in various countries, highlighting the approximate percentages of the population adhering to these dietary choices. The data set spans multiple years, offering insights into the evolving landscape of plant-based lifestyles.



## Key Findings:

1. Argentina: 12% of the population identified as vegetarians in 2020, constituting approximately 5.4 million individuals. Data on vegans is unavailable.
2. Australia: With 12.1% vegetarians in 2018 (2.5 million individuals), and 2% vegans in 2020 (518,000 individuals), Australia demonstrates a diverse spectrum of plant-based diets.
3. Austria: In 2022, Austria had 11% vegetarians (993,000 individuals) and 2% vegans (180,000 individuals), reflecting a substantial plant-based presence.
4. Brazil: 14% of Brazilians were vegetarians in 2018, amounting to approximately 29.26 million individuals. Vegan data is unavailable.
5. Canada: The Canadian landscape in 2020 comprised 7.6% vegetarians (2.89 million individuals) and 4.6% vegans (1.768 million individuals).
6. China: Approximately 4-5% of the Chinese population (50-70 million individuals) identified as vegetarians in 2013, showcasing a sizable adherence to plant-based diets.
7. Colombia: In 2016, 4% of Colombians were vegetarians (2 million individuals), with an additional 2% identifying as vegans (1 million individuals).
8. India: A notable range was observed, with 20-39% vegetarians (276 million individuals) in 2019-2020 and 9% vegans (121.5 million individuals) in 2021, indicating a substantial shift towards plant-based living.
9. United States: As of 2023, 4.2% of the U.S. population (14 million individuals) followed a vegetarian diet, while 1.5% (5 million individuals) identified as vegans.

### Regional Variances:

- Europe: Countries like Germany, Sweden, and the United Kingdom show significant percentages of vegetarians and vegans, reflecting a growing trend in European nations.
- Asia: India, Taiwan, and Israel exhibit a notable prevalence of plant-based diets, emphasizing diverse cultural and regional influences.
- Latin America: Brazil and Argentina demonstrate a substantial presence of vegetarians, showcasing a shift in dietary choices in this region.



### 1. Regional Patterns:

- Europe: European countries, including Austria, Germany, Sweden, and the United Kingdom, consistently exhibit higher percentages of vegetarians and vegans. This reflects a cultural shift towards plant-based diets in this region.
- Asia: India stands out with a substantial vegetarian population, while Taiwan and Israel also show significant percentages of individuals adhering to plant-based diets. The influence of cultural, religious, and health factors contributes to the prominence of vegetarianism in these Asian countries.
- Latin America: Brazil and Argentina demonstrate a noteworthy presence of vegetarians, aligning with global trends. The data suggests an increasing awareness of plant-based diets in Latin American countries.

### 2. Diversity in Dietary Choices:

- The range of vegetarian percentages varies widely, from 1.4% in Slovenia to 20-39% in India. This diversity underscores the complex interplay of cultural, socio-economic, and health factors influencing dietary choices globally.
- The presence of both vegetarians and vegans in many countries, such as Australia, Canada, and the United Kingdom, highlights the coexistence and acceptance of different plant-based lifestyles within these societies.

### 3. Temporal Trends:

- The data set spans different years, allowing for the observation of temporal trends. For example, Germany, India, and the United States show an increase in the percentage of vegetarians and vegans in recent years, indicating a growing acceptance of plant-based diets.
- Notable exceptions include Slovenia and the Philippines, where data from 2007/2008 and 2014, respectively, may not fully capture recent shifts in dietary preferences.

### 4. Population Impact:

- Countries with larger populations, such as China and India, have a substantial number of individuals adhering to vegetarian and vegan lifestyles. India, with its vast population, significantly influences the global count of vegetarians and vegans.
- In contrast, smaller countries like Slovenia or Latvia contribute fewer individuals to the overall count, but the percentages of plant-based diets in these nations are still noteworthy.

### 5. Challenges and Disparities:

- Disparities exist between countries in terms of the prevalence of vegetarianism and veganism. While some nations have embraced these dietary choices, others lag behind, possibly due to cultural or economic factors.
- Challenges in data consistency and availability are evident. For instance, data for some countries is outdated or incomplete, making it challenging to assess current trends accurately.

## Analysis of Countries with the Highest Vegetarian and Vegan Populations

### 1. India:

- Vegetarians (%): 20-39% (2019-2020)
- Vegans (%): 9% (2021)
- Approx. No. of Individuals: Vegetarians - 276 million (2019-2020), Vegans - 121.5 million (2021)
- Key Factors: India stands out as a global leader in vegetarianism, with a significant percentage of the population adhering to a meat-free diet. Cultural, religious, and ethical considerations, including Hinduism and Jainism, play a crucial role in shaping dietary choices.

### 2. Israel:

- Vegetarians (%): 13% (2015)
- Vegans (%): 5% (2015)
- Approx. No. of Individuals: Vegetarians - 1.046 million, Vegans - 421,000
- Key Factors: Israel has a notable vegetarian and vegan population, influenced by health, environmental awareness, and ethical considerations. The country's diverse culinary landscape offers a range of plant-based options, contributing to the popularity of these diets.

### 3. Taiwan:

- Vegetarians (%): 13-14% (2015)
- Approx. No. of Individuals: 3,297,011
- Key Factors: Taiwan has a high percentage of vegetarians, driven by a mix of Buddhist and Taoist influences, health concerns, and environmental consciousness. The availability of vegetarian-friendly foods in local cuisine further promotes plant-based diets.

### 4. United Kingdom:

- Vegetarians (%): 10% (2021)
- Vegans (%): 2% (2021)
- Approx. No. of Individuals: Vegetarians - 6.22 million, Vegans - 1.344 million
- Key Factors: The United Kingdom has witnessed a surge in vegetarian and vegan lifestyles, driven by health awareness, ethical considerations, and the availability of a wide range of plant-based products in supermarkets and restaurants.

### 5. Germany:

- Vegetarians (%): 10% (2021)
- Vegans (%): 2% (2021)
- Approx. No. of Individuals: Vegetarians - 8.3 million, Vegans - 1.66 million
- Key Factors: Germany reflects a growing trend in embracing plant-based diets. Factors such as environmental awareness, animal welfare concerns, and an increasing variety of vegan products contribute to the popularity of vegetarianism and veganism.

### 6. Sweden:

- Vegetarians (%): 12% (2020)
- Vegans (%): 4% (2020)
- Approx. No. of Individuals: Vegetarians - 1.248 million, Vegans - 415,000
- Key Factors: Sweden demonstrates a high proportion of individuals following vegetarian and vegan diets, influenced by health-conscious choices, ethical considerations, and a growing market for plant-based alternatives.

These countries showcase the diverse factors contributing to the popularity of vegetarianism and veganism, including cultural, religious, health, and environmental considerations. The availability of plant-based products and the promotion of meat-free lifestyles further contribute to the growth of these dietary choices in these regions.

Country	Vegetarians (% of population)	Approx. no. of individuals	Data set year	Vegans (% of population)	Approx. no. of individuals	Data set year
Argentina	12%	5,400,000	2020			
Australia	12.10%	2,500,000	2018	2%	518,000	2020
Austria	11%	993,000	2022	2%	180,000	2022
Belgium	7%	800,000	2018	1%	110,000	2018
Brazil	14%	29,260,000	2018			
Canada	7.60%	2,888,000	2020	4.60%	1,768,000	2020
Chile	6%	1,500,000	2018			
China	4-5%	50,000,000 - 70,000,000	2013			
Colombia	4%	2,000,000	2016	2%	1,000,000	2016
Czech Republic	5%	500,000	2019	1%	100,000	2019
Denmark	10%	580,000	2020	4%	230,000	2020
Estonia	6%	80,000	2020	1%	11,000	2020
Finland	12%	660,000	2021	2%	120,000	2021
France	5.20%	3,400,000	2018	1.10%	726,000	2018
Germany	10%	8,300,000	2021	2%	1,660,000	2021
Greece	4%	400,000	2022	2%	200,000	2022
Hungary	5%	450,000	2022	1%	90,000	2022
India	20-39%	276,000,000	2019-2020	9%	121,500,000	2021
Ireland	4.3-8.4%	153,500	2018	2.0%-4.1%	146,500	2018
Israel	13%	1,046,000	2015	5%	421,000	2015
Italy	5.9-8.9%	3,540,000 - 5,340,000	2014-2022	0.2-3.0%	120,600 - 1,809,000	2014-2022
Jamaica	10%	280,000	2015			
Japan	9%	11,160,000	2019	2.70%	3,500,000	2016
Latvia	5%	95,000	2020	1%	19,000	2020
Lithuania	6%	166,000	2020	1%	27,000	2020
Mexico	19%	23,750,000	2016	9%	11,250,000	2016
Netherlands	5%	850,000	2020	1%	150,000	2020
New Zealand	10%	500,000	2019			
Norway	9%	485,000	2020	4%	215,000	2020
Philippines	5%	5,000,000	2014	2%	2,000,000	2014
Poland	8.40%	2,500,000	2017	1.80%	536,000	2017
Portugal	1.20%	120,000	2017	0.60%	60,000	2018
Russia	1%	1,400,000	2018			
Singapore	7%	380,000	2020			
Slovenia	1.4-1.6%	28,922 - 33,054	2007/2008	0.3%-0.5%	6,197 - 10,329	2007/2008
South Korea	3%	1,500,000	2017			
Spain	1.40%	664,000	2021	0.80%	380,000	2021
Sweden	12%	1,248,000	2020	4%	415,000	2020
Switzerland	5%	425,000	2020	1%	85,000	2020
Taiwan	13-14%	3,297,011	2015			
Thailand	3.30%	2,300,000	2015			
Ukraine	5.20%	2,000,000	2017			
United Kingdom	10%	6,220,000	2021	2%	1,344,000	2021
United States	4.20%	14,000,000	2023	1.50%	5,000,000	2023
Vietnam	10%	9,000,000	2011			

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