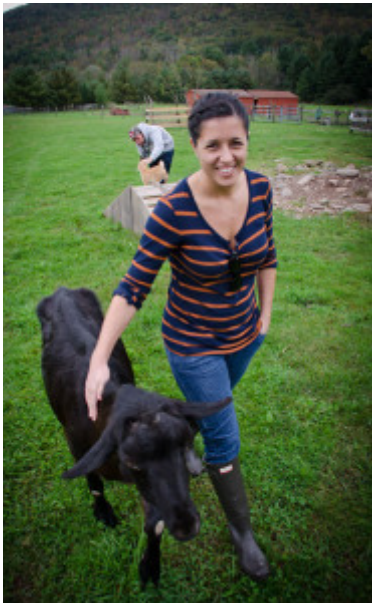


## Vegan Like Me No. 2

March 21, 2012 by jerseycityvegan

*Vegan Like Me aims to profile fellow vegans, from all walks of life from everywhere in the world! We've all been beginners and I think its important for folks to hear people's stories in order to motivate themselves to keep going. This feature is intended to do just that. If you are vegan and would like to participate, get in touch with me (<https://web.archive.org/web/20151017205147/http://jerseycityvegan.com/contact/>) and I'll be sure to send our questionnaire along to you.*



<https://web.archive.org/web/20151017205147/http://jerseycityvegan.files.wordpress.com/2012/03/stacy.jpg>

*Stacy De-Lin, Vegan for five months*

**Name:** Stacy De-Lin

**Where do you live?** New York City

**How long have you been vegan?** Five months!

**What inspired you to take on a plant-based (vegan/vegetarian) diet?** I've been a vegetarian for years, since my teenage years. I'm Italian-American and getting rid of meat was difficult, but I always thought to myself the old adage, "I could never give up cheese!" Truthfully though, I think that for a lot of years, I tried not to read things about the egg and dairy industry as a way of keeping it out of sight, and out of

mind. Then last winter, my husband and I took a trip to [Woodstock Farm Animal Sanctuary](https://web.archive.org/web/20151017205147/http://www.woodstocksanctuary.org/). Once we saw the battery cages and the cows that would have been taken from their mothers and sold as veal, we couldn't put it out of sight anymore. We took the plunge after that trip and never looked back.

Additionally, I am a physician, and I work with so many patients whose health problems are nearly exclusively diet-related, like Type 2 diabetes and obesity. When counseling my patients on nutrition, all of the evidence points towards a vegan diet as the most healthy. Meat, dairy and eggs are high in cholesterol and saturated fat. It's hard to ignore.

**What do you love most about being vegan?** So many things! I love to cook, and being vegan has opened up a whole new realm of cooking and baking to me. I love being part of a vegan community—knowing that there are so many great people out there who are compassionate and caring too. And of course, there's the old Franz Kafka quote: "Now I can look at you in peace; I don't eat you any more." It's very, very true.

**What three items do you always have in your pantry?** Only three?? Ok.... [Daiya Mozzarella](https://web.archive.org/web/20151017205147/http://daiyacheese.com/) (<https://web.archive.org/web/20151017205147/http://daiyacheese.com/>), [Gardein](https://web.archive.org/web/20151017205147/http://gardein.com/) (<https://web.archive.org/web/20151017205147/http://gardein.com/>), chicken, Raw Ice Cream Company's mint chocolate chip flavor. (Don't worry, I've got some vegetables in there too.)

**What is your favorite vegan comfort food?** People always say brunch is the hardest thing to give up when vegan, but some of my favorite vegan foods are brunch foods! My top comfort food is tofu scramble with potatoes and [Field Roast](https://web.archive.org/web/20151017205147/http://www.fieldroast.com/) (<https://web.archive.org/web/20151017205147/http://www.fieldroast.com/>) sausage. I love starting my weekend mornings with some hearty scramble.

**What advice would you give to someone who is thinking about taking on a plant-based (vegan) diet?** After putting off a transition to veganism for some time, taking the plunge was so much easier than I thought. Find a good community—online or otherwise—to help you with the transition and give you support. You will feel better, more healthy, with a freer conscience.

**Do you find anything difficult about being vegan?** Surprisingly, the food part for me isn't hard at all. The most difficult part has been the social aspect. My family has had a hard time adjusting and friends don't always understand. But being a new-ish vegan, I know that in time the people who love me will adjust, and in the future will always make a dinner reservation where there are vegan options!

**Any other comments you or words of wisdom you would like to add?** I love being a vegan! If you haven't taken the journey already, there's no time like the present. Please feel free to contact me with any questions or concerns!

Thanks Stacy! I love to hear about other vegans who have been inspired to go vegan by the [Woodstock Farm Animal Sanctuary](https://web.archive.org/web/20151017205147/http://woodstocksanctuary.org/).—just like me! If you'd like to get in touch with Stacy, feel free to [contact me](https://web.archive.org/web/20151017205147/http://jerseycityvegan.com/contact/) (<https://web.archive.org/web/20151017205147/http://jerseycityvegan.com/contact/>), and I'd be happy to get you in touch with her.

*This entry was posted in [Beginner](#), [Uncategorized](#), [Vegan Like Me](#) and tagged [daiya](#), [Field Roast](#), [gardein](#), [health](#), [meat consumption](#), [physician](#), [raw ice cream company](#), [Stacy De-Lin](#), [vegan](#), [Woodstock Farm Animal Sanctuary](#). Bookmark the [permalink](#).*

## 5 thoughts on “Vegan Like Me No. 2”

1. [christineandmike](#) says:

*[March 21, 2012 at 12:00 pm](#)*

Loved your profile, Stacy! Yes, the social aspect has been a challenge at times. I totally related to that. I also agree that a vegan community is so important for embracing a vegan lifestyle! More power to you!

Now I want to visit the Woodstock Animal Sanctuary!

[Reply](#).

◦ [jerseycityvegan](#) says:

*[March 21, 2012 at 12:31 pm](#)*

Melissa & I go all the time, Christine We're going this weekend to Volunteer, actually! They open up in April for the summer and give farm tours — highly recommended!

[Reply](#).

2. [Jessica](#) says:

*[March 21, 2012 at 4:52 pm](#)*

Oh I am getting SO into your blog!! I'm trying to increase my protein intakes so I think a vegan lifestyle may be aways off for me, but I am still so interested in learning vegetarian and vegan-friendly means to incorporate protein WITH vegetables into my diet.

[Reply](#).

◦ [jerseycityvegan](#) says:

*[March 21, 2012 at 5:50 pm](#)*

Hi Jessica! Thanks for supporting JCV. Recipes are on the way, so stay tuned.

Hopefully as we all continue on this journey, you'll stick with us and learn how much plant-based proteins both are plentiful and how great they can be for athletes. Now more than ever, vegan athletes are coming out and saying how much their performance has been enhanced since taking on a plant based diet! Its really fantastic and encouraging. Thanks again so much for reading!

-Emily

[Reply](#).

3. Pingback: [Vegan Like Me No. 11 | Jersey City Vegan](#)

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