



# Mami, ist das vegan?: Ein Erfahrungsbericht (German Edition)

*Jumana Mattukat*

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## **Mami, ist das vegan?: Ein Erfahrungsbericht (German Edition)** Jumana Mattukat

Eine Mutter wird vegan - was passiert mit dem Rest der Familie? Kein Tierleid, kein Hungern in der dritten Welt und keine gesundheitlichen Schäden durch tierisches Eiweiß: Gründe genug für die Autorin, sich vegan zu ernähren. Jumana Mattukat erzählt von ihrem ganz persönlichen Prozess der Ernährungsumstellung und wie er sich auf ihre Familie auswirkt. Hin- und her gerissen zwischen ihrem Mitleid mit Tieren und ihrem Bedürfnis, ihre Kinder gesund zu ernähren. Und dem großen Wunsch, Teil einer ganz normalen Familie zu sein. Dieser ehrliche Erlebnisbericht erzählt von Perfektionismus und Ausnahmen, vom zu sich stehen und den eigenen Werten, von Kompromissen und dem Wunsch nach Harmonie am Esstisch. So könnte es in vielen anderen Familien auch laufen. Und genau deshalb kann diese Geschichte jeden unterstützen, der überlegt, vegan zu leben.

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