

- **How would you rate/evaluate vegetarian and vegan options in Singapore restaurants?**

Singapore, in my opinion, is one of the most abundant countries in the world for vegetarian and vegan options, it is just a matter of know where to find them! Thankfully due to the influx of Buddhism and Hinduism in Singapore, there are really countless options. I have reviewed over 400 eateries so far, and I estimate there is another 200-300 more in total.

- **What about vegan and vegetarian options at supermarkets? What is the availability of these products and what are the choices?**

There are several types of mock meats and vegan/vegetarian frozen meals which you can get from supermarkets in Singapore. But this is not something I recommend. It is a country that has an unbelievable hawker/coffee shop scene, which provides cheap and amazing quality veg food to the public, so I urge people to check those out, more than supermarkets.

- **Where do Singapore people usually shop for these products?**

There are a variety of supermarket chains, and there is the highly popular Mustafa Centre (in Little India) that has a lot of vegetarian/vegan products.

- **What do Singapore people usually eat? Are they more of a "carbivore" nation?**

As the majority race in Singapore is Chinese, then obviously rice and noodles are the staple here. But having said that, you can find a range of cuisines here.

- **What do you think, how do Singapore people perceive vegetarians and vegans?**

Unfortunately there is a lot of the same ignorance in Singapore that there is everywhere else in the world. They will often perceive you as lacking protein or somehow not getting the necessary nutrients that one would need - Ironically these are often the same people overweight and on medication, so (as with many things in life) it is an inability to introspect.

- **Is there any campaign or promotion of how this kind of diet influences one's health being?**

There is the Vegetarian Society in Singapore, who have done a lot of good work in raising awareness to the ethical side of the diet. In terms of health (and sustainability), then Michael Broadhead holds an annual Earth Fest event in Singapore every year, which aims to raise awareness on these issues.

- **Is English vegetarian and vegan options (restaurants, food, products, shops...), comparable to Singapore?**

There is no comparison at all really, Singapore is a country with a much longer history of vegetarianism compared to the West. So it is very easy to find 100% vegetarian eateries here. Whereas in the West, it is more common to go to restaurants and just find 'vegetarian options'. For me personally, I prefer the former, haha.



**About Luke Otter:**

He has lived most of his life in Manchester, England. After coming to Singapore around several years ago that he developed a keen passion for the world of food. He has been an ovo-lacto vegetarian since the age of 11. In March 2012, he made the transition to a totally vegan diet. When he was 11 years old, the big reason was definitely due to animal abuse and suffering. Therefore, he no longer wanted to contribute to the murder industry. As he grew older, he also discovered about the health benefits of a vegetarian diet, along with the environmental destruction that the meat industry causes.

He prides himself in being knowledgeable on all varieties of cuisine - Western, Japanese, Chinese or Indian. Personally, the cuisine that will always be closest to his heart is Indian food.