

(English version)

**Question for written answer E-003113/25
to the Commission
Emmanouil Fragkos (ECR)
(28 July 2025)**

Subject: Need to reduce the EU's promotion of veganism

The Commission is indirectly promoting veganism through policies aimed at 'EU sustainability, health and self-sufficiency', envisaging a 55% increase in the human consumption of plant proteins by 2032.

The farm to fork strategy and the European protein strategy promote the production of plant proteins, such as pulses, soya and alternative sources such as algae and microbial proteins.

A reduction in the consumption of red/processed meat is being promoted in parallel, for health and environmental reasons.

NGOs and alliances such as the European Alliance for Plant-Based Foods are advocating for the stronger integration of plant-based foods in European public procurement and dietary guidelines.

Although consumption of plant-based meat substitutes remains low, the EU is supporting research and investment in alternative sources of protein, promoting a shift towards more 'vegan' eating habits.

Some nutrients found in animal products are difficult to source in purely plant-based diets.

Vitamin B12, iron and EPA/DHA omega-3 can almost only be found in meat and fish. These nutrients are critical for the proper functioning of the nervous system, the production of blood cells and platelets and cardiovascular health. They are absorbed much better from animal sources than from plant-based ones.

Similarly, zinc, iodine, calcium, vitamin D and protein with the complete amino acid profile are very difficult to obtain through a vegan diet.

Does the Commission recognise that veganism can pose problems for human health?

Submitted: 28.7.2025

**Answer given by Commissioner Várhelyi on behalf of the European Commission
(24 September 2025)**

The Commission's Communication on a Vision for Agriculture and Food ⁽¹⁾ sets out a roadmap to guide the Union's activities in the agrifood sector in the years ahead. It acknowledges that a diverse and balanced nutrition can impact positively people's well-being and health.

In this context, the Commission recognises the nutritional value of animal products as a source of high-quality protein, essential minerals, and certain vitamins. The European Food Safety Authority notes that food groups such as meat and meat products, fish and shellfish, milk and dairy have significant and specific dietary functions. At the same time, it also encourages sufficient consumption of whole grains, fruits and vegetables, nuts and seeds ⁽²⁾.

Since the objective is to promote healthy and balanced nutrition, the Commission neither advocates for veganism nor promotes a shift towards more strictly plant-based eating habits.

It shall be noted that the Commission is actively fostering policies to progress towards a future-proof livestock production system through the Common Agricultural Policy and to support research and innovation through Horizon Europe ⁽³⁾.

⁽¹⁾ https://agriculture.ec.europa.eu/overview-vision-agriculture-food/vision-agriculture-and-food_en.

⁽²⁾ <https://www.efsa.europa.eu/en/efsajournal/pub/7259>.

⁽³⁾ https://research-and-innovation.ec.europa.eu/funding/funding-opportunities/funding-programmes-and-open-calls/horizon-europe_en.