



Top 5 Destinations for Vegans Travel in USA



Maintaining a healthy diet while traveling for business or vacation can be challenging and stressful. This is particularly so for new vegans who are still trying to adjust to a diet without animal products but may have fewer alternatives than usual.

Plants (including vegetables, grains, nuts, and fruits) and plant-based foods are the main pillar of the vegan diet. Dairy, eggs, and other animal products are avoided by vegans. It's helpful to have personal suggestions whether you're vegetarian, vegan, or simply looking for plant-based eating options.



There are varieties of options for [best vegan travel in USA](#), but how do you know where to go? Explore the top five and learn why they should be at the top of your travel list for this year. In this list, you'll find the top 5 vegan-friendly cities in the USA.

1. SAN FRANCISCO, CALIFORNIA

San Francisco is often considered to be one of the most vegan-friendly cities in the United States. Many people appreciate it for both its culinary culture and its green products. Even more impressively, PETA gives San Francisco a score of 71 out of 100 for its vegan friendliness, which we'd call pretty darn fantastic.



2. PORTLAND, OREGON

You can find several excellent vegan restaurants in Portland, Oregon. The greatest option, though, is Farm Spirit, which serves a variety of delicious plant-based meals that are influenced by regional farmers and seasonal produce.

3. NEWYORK CITY, NEWYORK

There is a wide variety of vegan restaurants in NYC, from fast-food restaurants to hidden gems. Find the one that best suits your needs.



4. LOS ANGELES, CALIFORNIA

As a city, Los Angeles has gained a reputation for being friendly to vegans. There is no shortage of vegan restaurants. It's also possible to search for hidden gems

5. LITTLE ROCK, ARKANSAS

Little Rock, Arkansas, is a city that welcomes and promotes vegans. In this city, you may find restaurants serving food from every corner of the globe, without having to sacrifice your diet or food standards.



Do you need vegan travel guides for your journey across the United States? The trips offered by Veg Jaunts & Journeys are designed for small groups of vegans who are interested in exploring the world together. We started out six years ago, and every year since then, the vegan movement has grown massively. Visit our website to find out more about our upcoming vegan day tours across the world.

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