

Vegan/Vegetarian in Kumamoto

SEPTEMBER 2022

SUPER TIPS

Tips and tricks from Kumamoto JETs

- 1** Google translate - you can scan ingredients using the photo function and it will automatically translate to your chosen language.
- 2** Don't assume because it uses tofu, it is Vegan/Vegetarian, especially when eating at a restaurant.
- 3** When speaking to a waiter/chef, learn how to explain what you DON'T eat, instead of just: 'I am a Vegan/Vegetarian, a lot of people still do not understand the idea of Vegan/Vegetarian.'
- 4** In most supermarkets there will be an allergy/free-from section, this usually has a varying amount of Vegan/Vegetarian options.
- 5** Be careful with the obvious items; bread, sweets, sauces and even potato chips/crips. Most bread here is made with milk, sauces often have animal derived ingredients and potato chips also use actual animal products in their flavoring.
- 6** Within cities the HappyCow application is very good, however outside of the city, you will need a small note explaining what you can/can't eat in Japanese. At Izakayas you can usually get away with a few small dishes like wedges, edamame, garlic bulbs and sometimes even small tofu dishes.
- 7** For more serious allergies/intolerances and without sounding like a nagging parent, I would highly advise carrying your EpiPen and/or a warning note about your allergies.



Online Resources

Community and Information

VegJET - **facebook group of Vegan/Vegetarian JET's sharing advice, recipes, etc.**

IsItVegan? Japan - <https://isitveganjapan.com/> - **helpful food and non-food labeling information and vocabulary**

JustHungry - <https://www.justhungry.com/japan-dining-out-cards> - **Makiko Itoh's Japanese cooking blog with vegan/vegetarian recipes and advice linked is a page with printable "can't eat" cards in Japanese and English**

HappyCow - <https://www.happycow.net/> - **Vegan/Vegetarian and Vegan/Vegetarian-Friendly Restaurants**

Vege-Navi - <http://vege-navi.jp/> - **International restaurant search engine with various filters and reviews**

Japan-specific Vegan/Vegetarian restaurant search engine/Online Orders

Alishan - <https://store.alishan.jp/> - **English Website/Organic/Vegetarian Products/Vegan Products/Domestic**

iHerb - <https://jp.iherb.com/> - **English Website/Vegetarian/Vegan/Supplements/Bath & Body/International**

Karuna - <https://www.karuna.co.jp/index.html> - **Japanese Website/Vegetarian/Vegan/Faux Meat/Domestic**

Brick and Mortar Shops:

The Body Shop - **Bath & Body/Cruelty-Free/All Vegetarian/Some Vegan**

Lush - **Bath & Body/Cruelty-Free/All Vegetarian/Some Vegan**

International Food Shops

Kaldi Coffee Farm, Jupiter, Landmarche, etc. - **These carry lots of imported and niche products, some of them Vegan/Vegetarian.**

