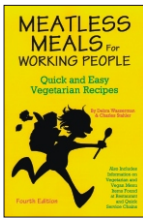


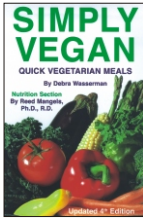
MEATLESS MEALS

This 192-page book contains over 100 quick and easy recipes and tells you how to be a vegetarian within your hectic schedule using common, convenient foods. Includes information on quick service restaurants. (\$12)



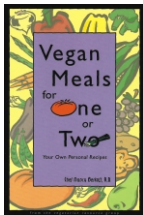
SIMPLY VEGAN

This excellent resource contains 160 quick and easy vegan recipes and an extensive vegan nutrition section by Reed Mangels, PhD, RD covering topics such as protein, fat, calcium, iron, vitamin B12, Pregnancy and the Vegan Diet, Feeding Vegan Kids, and a nutrition glossary. Also featured are sample menus and meal plans. An additional section on shopping by mail or online tells you where to find vegan clothes and shoes, cosmetics, household items, etc. (\$15)



VEGAN MEALS FOR ONE OR TWO

Whether you live alone, are a couple, or are the only one in your household that is vegan, this 216-page book is for you. Information on meal planning and shopping, as well as breakfast ideas, one-pot wonders, and more included. (\$15)



Send check to The Vegetarian Resource Group, PO Box 1463, Baltimore, MD 21203 or call (410) 366-8343.

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RECEIVE THE QUARTERLY VEGETARIAN JOURNAL CONTAINING VEGAN RECIPES.

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HEART HEALTHY EATING TIPS

THE VEGETARIAN WAY



Heart Healthy Eating

Saturated fat, cholesterol, sodium, fiber — Does this sound like too much to think about? Choose vegetarian foods that maintain a healthy body weight and include whole grains, dried beans, vegetables, and fruit. You'll soon find that without much effort, you're on your way to a heart healthy diet.

Heart Healthy Cooking

- Sauté in water instead of oil or use small amounts of olive or canola oil.
- Use low-fat cooking methods like broiling, steaming, roasting, baking, poaching, boiling, microwaving, or stir-frying with little or no oil.
- When baking, cut the oil, butter, or margarine in half and replace it with water, juice, applesauce, or puréed prunes.
- Replace whole eggs (when used as a binder) with bananas, tofu, applesauce, ground flaxseed, or egg replacers such as Ener-G or Bob's Red Mill brands.
- Prepare foods using as little salt as possible.

Heart Healthy Shopping

- Buy more fruits, vegetables, whole grains, and legumes.
- Buy snacks like popcorn (air pop and serve plain or with a drizzle of olive oil), fresh fruits and vegetables, rice cakes, and reduced sodium pretzels instead of chips, crackers, and cookies that are high in hydrogenated fats and sodium.
- Buy whole grain breads and cereals that are high fiber. Limit low fiber refined breads and cereals and high fat products like most croissants, muffins, and granola cereal.
- Buy plain fresh or frozen vegetables instead of vegetables in cheese, cream, or butter sauces.
- Look for low-sodium or reduced sodium versions of your favorite foods.
- Use nutrition labels to help choose foods lower in saturated and *trans* fat, cholesterol, sodium, and total fat.

Heart Healthy Eating Out

- Choose foods like pasta and tomato sauce, stir-fried dinners (request that they be made with little oil), steamed vegetables, pizza without cheese, plain baked potatoes, vegetable-based soups, and fruit or sorbet for dessert. At salad bars, choose lots of fresh vegetables and fruits. Avoid mayonnaise-based salads such as most potato salads and coleslaw, cheese, and salad dressings unless low-fat.
- Ask that dressings and sauces be served on the side so you can control the amount you eat.
- Ask that your foods be prepared with little fat or salt.



By Reed Mangels, PhD, RD
THE VEGETARIAN RESOURCE GROUP