

Vegetarian Books for Children • Indian Cuisine

VOLUME XXVII, NO 1

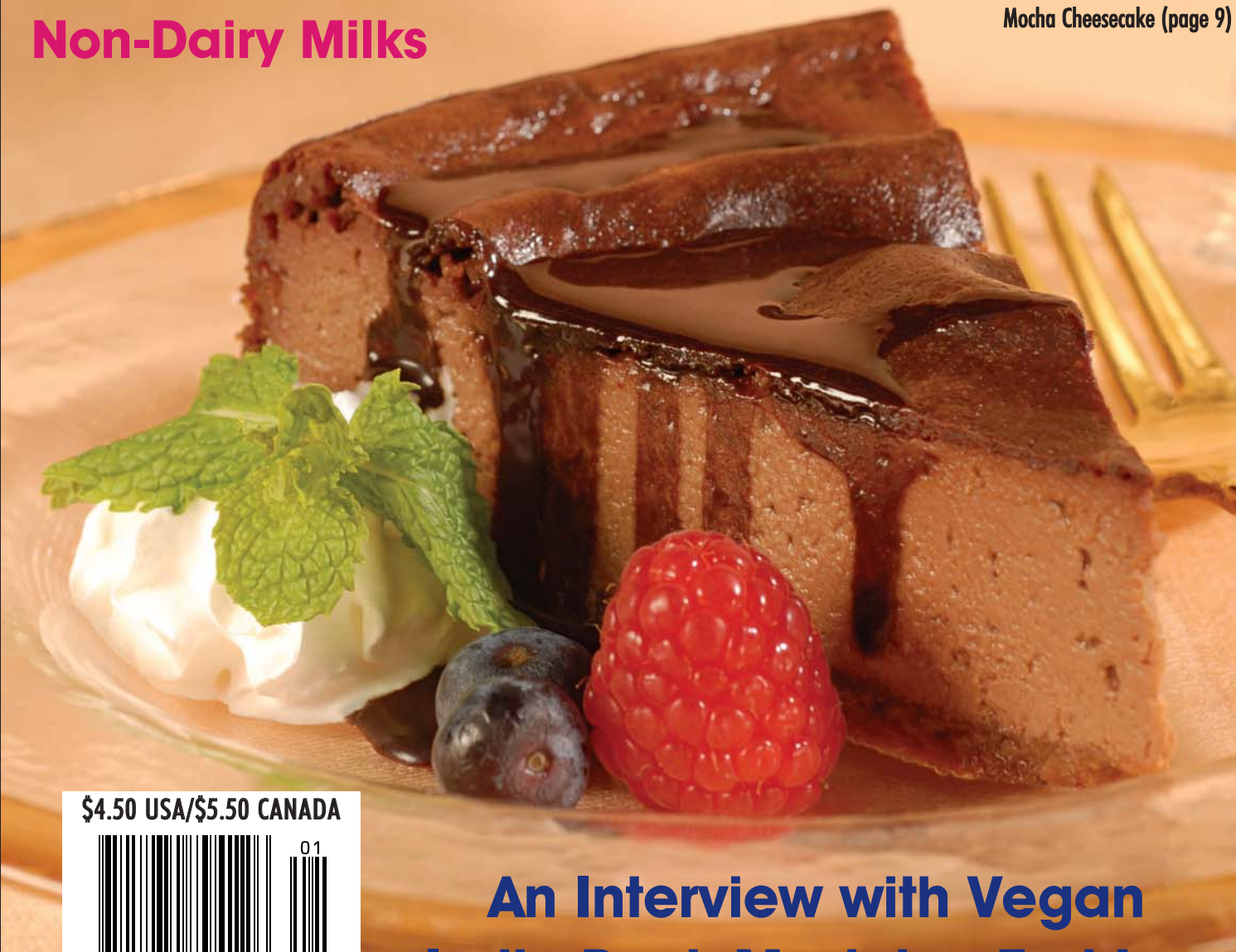
VEGETARIAN

JOURNAL HEALTH ECOLOGY ETHICS

**VRG's Definitive
Guide to Soy,
Rice, and Other
Non-Dairy Milks**

Three Cheers for
Cheesecake!

Mocha Cheesecake (page 9)



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**An Interview with Vegan
Indie Rock Musician Ted Leo**

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NUTRITION HOTLINE

REED MANGELS, PhD, RD



This issue's Nutrition Hotline discusses what plant sterols are, what effects they can have on one's diet, and which foods are good sources for them.

QUESTION: *"I've recently noticed that some foods on the shelves at my grocery store contain plant sterols. What are plant sterols, and are they vegetarian? Why are they being added to foods? Do vegetarians and vegans need to buy fortified foods to get plant sterols?"*

C.S., MD

ANSWER: Plant sterols are very similar in structure to cholesterol. Plant sterols are found in plants, while cholesterol is found in humans and other animals. Although we often think of cholesterol as something bad, every membrane in our bodies contains cholesterol. Cholesterol has many roles, including making it possible for our brains to function properly, producing hormones, and helping to produce the bile acids that enable us to digest fat.

Since cholesterol has so many important functions, our bodies make enough cholesterol to meet our needs, and we don't need to get any from our diets. We typically produce approximately 1,000 milligrams of cholesterol every day, more than is found in most diets. Some people make too much cholesterol or regularly eat foods high in cholesterol, leading to elevated blood cholesterol levels and an increased risk of heart disease.

In the same way that our membranes contain cholesterol, the membranes of plants contain plant sterols, also called phytosterols. Plant sterols are different enough from cholesterol that they are not well absorbed by humans.

Consuming plant sterols seems to reduce how much cholesterol

we absorb. In other words, if you eat a meal containing plant sterols, you won't absorb as much cholesterol at that meal as you usually would. This has the effect of reducing blood cholesterol levels. Over time, eating around 2,000 milligrams (2 grams) of plant sterols daily can lower blood cholesterol levels about 10 percent.¹

You may be thinking, "Wait a minute. I'm vegan. I don't have any cholesterol in my diet." Even if you don't eat any foods containing cholesterol, your body reabsorbs cholesterol from intestinal secretions every day. So, if you don't reabsorb some of this cholesterol because you're eating plant sterols, your body will have less cholesterol to deal with.

The best results, in terms of lowering blood cholesterol levels, from plant sterols are seen in people with very high blood cholesterol levels. They have been shown to be effective in people with slightly or moderately high blood cholesterol levels as well.

Plant sterols are found in, well, plants. Some plant-based foods have more plant sterols than others, however. Especially good sources include oils like corn oil and canola oil. Broccoli, almonds, pistachios, and wheat germ are other foods that contain generous amounts of plant sterols, although other fruits, vegetables, nuts, and grains also supply plant sterols. Most studies have found that a plant sterol intake of approximately 2,000 milligrams daily is useful in controlling blood

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The *Vegetarian Journal* is one project of The Vegetarian Resource Group. We are a nonprofit organization that educates the public about vegetarianism and the interrelated issues of health, nutrition, ecology, ethics, and world hunger. To receive *Vegetarian Journal* in the USA, send \$20 to The Vegetarian Resource Group, P.O. Box 1463, Baltimore, MD 21203.

NOTE FROM THE COORDINATORS

PARTICIPATING IN CHANGE



“The true measure of a man is how he treats someone who can do him absolutely no good.”

— Ann Landers, *advice columnist*

Thank you to our members who understand the meaning of the quote above, and practice this in their daily food choices and other decisions.

Not long ago, we had outreach booths at Natural Products Expo East (a trade show for the natural products industry) and at the annual meeting of the American Dietetic Association. When we first started educational efforts in these two venues 20 years ago, the attendees and the messages were in totally different worlds than those today.

It's interesting to see the evolution of these shows. The ADA exhibits now include foods such as Silk soymilk, a vegan fruit ice cream, and Edensoy, while Natural Products Expo is attracting a 'mainstream' audience from supermarkets and multinational corporations. The result is that more and more companies and groups exhibiting at this show push 'humane' and organic meat in various forms. Though the number of good-tasting meat alternatives has surged and there is absolutely no excuse not to be vegetarian today, only approximately 2-3 percent of the population chooses to be vegetarian. This percentage has doubled from what it was in the late 1990s, so there is progress. However, a considerable amount of work lies ahead.

At one of these shows, we were talking to a representative of a fig trade group, which was giving away dried figs. Having a fig tree in our backyard, we know how luscious fresh figs are, if you can get to them before the ants do. The fig representative agreed but mentioned that North American farmers and distributors didn't realize the potential for the growth of the fresh fig market. Perhaps here's an opportunity for a venture capitalist or businessperson looking for an ethical entrepreneur opportunity.

VRG STUDENT INTERN ON *GOOD MORNING AMERICA*: One day, a producer from *Good Morning America* called our office at 6 p.m., looking for a 15-year-old vegetarian girl (not a boy) and her non-vegetarian mother to be on the show the next day. VRG staff member Sonja Helman did some quick thinking and connected the show with Katie, who was a VRG intern during the summer. Though the media sometimes wants to portray vegetarianism as difficult and a concern for parents, Katie and her mother did a good job of showing that 'normal' people are vegetarians, and this step is one anybody can take. Thank you to Katie and all of our other supporters for volunteering!

Debra Wasserman & Charles Stahler

Handwritten signatures of Debra Wasserman and Charles Stahler in black ink.

Coordinators of The Vegetarian Resource Group

VRG'S MEMORIAL AND HONORARY GIFT PROGRAM

How often have you wanted to make a gift in honor of a loved one or friend but weren't sure which charities are vegetarian-friendly, pro-environmental, or pro-animal rights? Please remember The Vegetarian Resource Group. You can make a gift in memory of a loved one or as a living tribute to honor someone you care about on a special occasion, such as a wedding or birth. We'll send an acknowledgement to you and to the recipient(s) you choose. Your gift will support educational outreach programs and help promote vegetarianism.

Memorials & Honorary Gifts

In memory of: _____

In honor of: _____

Please send acknowledgement to:

Name: _____

Address: _____

My name and address:

Name: _____

Address: _____

Make checks payable to The Vegetarian Resource Group, P.O. Box 1463, Baltimore, MD 21203.

A donation was made by Mary Jane Ludwig in memory of Vilam Kanwar Ranka-Seth.

Thank you to Shefali P. Shah and Roshni J. Shah for volunteering at the VRG booth during the Jaina Convention held in New Jersey. Thanks to Terry Carlo for coordinating VRG's booth at a vegetarian festival in upstate New York. Finally, thanks to Susan Petrie and Reed Mangels for coordinating VRG's booth at the Boston VegFest.

Teen Champions Veganism at Every Turn Using VRG Brochures

Hello! My name is Antoinette, I'm 17, and I'm a vegan. I want to promote the lifestyle in a peaceful yet efficient way. It would, therefore, be very helpful and mean a great deal to me if you would send 15 of the "Vegan Diets in a Nutshell" and 15 "What is Animal Rights?" brochures. I would like to hand them out to people in effective ways (i.e., outside stores, to people at my school, when I go on trips, etc.). This would be a great way for me to promote a vegan lifestyle. Thank you!

Antoinette
Dixon, IL

VRG Happily Fills Requests for Archived Journal Articles

In response to *Men Made of Soybeans: What We Learned from P.O.W.s in World War II in the January/February 1996 issue of VJ*:
Hi, everyone—

Many years ago (12 or so?), there was an article in *Vegetarian Journal* written by a former POW (prisoner of war) in Japan. The point of the article was the value

of the soybeans that were given to the POWs at some point. I saved the article but cannot find it. I was just telling someone about it, and they have requested a copy. Is there a way I can get a copy of that article? I'm sorry, but I can't remember the author or the exact year. Thanks for any help you can give me,

Cheryl S., via e-mail

Editors' Note: Many Journal articles are available on our website at <www.vrg.org>. The staff at VRG is always willing to look up older articles and provide copies to VRG members and the general public.

Thank You for the Review of Our Vegan Cheeses Last Issue!

In response to the *Veggie Bits* in Issue 4, 2007:

Hi, Keryl—

We got the copies of the latest *Vegetarian Journal* with the write-up on the creamy Sheese. Thanks a bunch for sending them down, and of course, for the nice write-up. The creamy Sheese was a big hit at the Natural Products Expo, so we are quite pleased.

Regards,

Scott Myers

Black Duck Imports, LLC

Letters to the Editors can be sent to: *Vegetarian Journal*, P.O. Box 1463, Baltimore, MD 21203. You may also e-mail your letters to vrg@vrg.org.

Coming in the Next Issue:

CHEESE-LESS SAUCES

Plus: *African Cuisines, Veggie Burgers and Hot Dogs, The Latest Fast Food Update, and more!*

Cheesecake

Not Just for Dessert Anymore

By Chef Nancy Berkoff, RD, EdD, CCE

TRADITIONAL CHEESECAKES ARE USUALLY DECADENT desserts that combine a graham cracker crust and a filling similar in texture to custard. But why wait until after dinner to dig into a scrumptious slice? Savory cheesecakes can make intriguing appetizers and robust entrées. Creative chefs can find many ways to incorporate cheesecakes into any course of any meal.

Vegan cheesecake is pretty easy to prepare, actually easier than dairy-and-egg cheesecake. Tofu has the perfect texture for baked and no-bake cheesecakes, and it doesn't cause the worries involved with dairy cheese, which may not melt well and might burn. Vegan cheesecake can mean very little work or an afternoon in the kitchen, depending on your time and level of interest.

If you'd like to make cheesecake from scratch, you have lots of options. From the recipes in this article, you can see that tofu, vegan sour cream, and vegan cream cheese all make excellent substitutes for dairy

Vegan cheesecake is pretty easy to prepare, actually easier than dairy-and-egg cheesecake.

ingredients. If you are a stickler for tradition, authentic cheesecakes contain cream cheese, which is how they got the name 'cheesecake.' However, you'll find that cheesecakes don't always miss the cream cheese.

Don't have the time or inclination to make a cheesecake from scratch? There are no-bake, no-fuss cheesecake mixes available, complete with everything you need to make the crust and the filling. For example, Dixie Diner (<www.dixiediner.com>) sells a vegan cheesecake mix. All you have to do is add vegan margarine to the graham cracker mixture and pat it into a pie pan. The filling mixture, which is like making instant pudding, requires the soy or rice milk of your

choice. Add the milk to the mix, stir, pour it into the pie shell, and chill until firm.

If you can't find a vegan mix, purchase a pre-made vegan graham cracker crust pie shell. In a blender, combine soft silken tofu, vegan sour cream, a package of your favorite vegan pudding mix, and a little orange zest. If needed, add some sweetener; orange juice concentrate or maple syrup work well. Process until smooth. Pour the mixture into the pie shell, refrigerate, and allow cheesecake to cool until firm.

SWEET VERSUS SAVORY

When people think of cheesecakes, the sweet varieties usually come to mind. They are available in many different flavors, usually involving fruit, nuts, and sweet tastes. Chocolate and caramel are common additions. Sweet cheesecakes can reflect the season, with puréed pumpkin, cinnamon, and nutmeg for autumn cheesecakes or crushed mint candy for winter cheesecakes. Garnishes of seasonal fruit offer year-round enjoyment.

However, cheesecake lends itself equally well to savory flavors. There are smoky cheesecakes made with soy sauce and vegan 'ground round,' chili cheesecakes, and many others. I have even had a vegan version of Emeril Lagasse's lobster cheesecake.

Savory cheesecakes are prepared just like their sweet counterparts. Served as flavorful entrées, savory cheesecakes start with a tofu 'custard' base, and sautéed or stir-fried vegetables, herbs, and/or spice blends are added. Mushrooms, chilies, bell peppers, onions, sun-dried tomatoes, garlic, kale, basil, and spinach are popular choices. Vegan sausage; crumbled, flavored seitan or tempeh; smoked tofu; vegan 'ground round'; and Tofurky™ also blend very well into a savory cheesecake.

For a savory cheesecake, you'll want to bake a pie shell and let it cool. Then, you can start on the filling. In a blender or food processor, combine soft silken tofu, vegan sour cream, and a little vegan cream cheese to

create your base. If you feel ambitious, mince and sauté a combination of onions, garlic, bell peppers, chilies, sun-dried tomatoes, and fresh herbs. Allow to cool slightly and blend into your tofu mixture. Season the mixture with ground pepper, oregano, thyme, rosemary, or your choice of spices. If you'd like a little more color or 'zing,' blend a small amount of tomato purée into the tofu mixture. You can also add garlic paste, olive paste (finely chopped or puréed olives), or finely chopped parsley or cilantro. Pour your mixture into the pre-baked crust and allow it to set in the refrigerator for approximately 2 hours. This makes a refreshing cold entrée or appetizer.

Serve savory cheesecakes as appetizers or as hot or cold entrées. Savory cheesecakes can be baked and then reheated in an oven or a microwave as needed. They do freeze well, so make them ahead and reheat as needed. Consider a wedge of savory cheesecake, paired with a crisp green salad and poached dried or fresh fruit for a simple yet elegant meal.

CRUSTS

Different types of crust may be used for sweet cheesecake to make it more special. Vegan wafers in chocolate or vanilla varieties may be substituted for the graham crackers traditionally used in cheesecake crust, or the crust can be made from crumbled cookies. Ginger snaps also work well.

For savory cheesecakes, you may want to use a traditional pie crust. If you'd like to get inventive, you can use crushed matzo (not matzo meal) in place of graham crackers and dried onions (or a dried vegetable mixture) in place

of the sugar in a graham cracker crust mix.

If you have the bakeware, you can make individual cheesecakes in muffin tins or in dessert cups. You don't have to use the traditional springform pan, which is designed specifically for cheesecakes. Cheesecakes will come out just fine in pie pans, oven-proof bowls, and square casseroles.

SAVORY CRUST

(Makes two 8-inch crusts, each serving 8)

Use this recipe to create a casserole, quiche, or entrée 'pie.'

1²/₃ cups unbleached all-purpose flour
1/2 teaspoon salt
1/2 cup nonhydrogenated vegan margarine
3 Tablespoons ice water
1/4 cup soymilk

In a large bowl, combine flour and salt. Cut in margarine, breaking it into the flour with a fork, and mix until crumbly. Add water and soymilk, small amounts at a time, stirring constantly until combined.

Transfer dough onto a lightly floured surface and roll out to a 1¹/₂-inch thickness. Cut out 2 rounds, approximately 8 inches in diameter. Fold each round in quarters, wrap in waxed paper, and refrigerate until needed.

When ready to bake, place one folded round in the middle of a pie pan. Gently unfold so crust drapes entirely over pan. Gently press into pan and crimp edges.

Preheat oven to 375 degrees. Bake unfilled crust for approximately 12-15 minutes or until lightly golden.

Total calories per serving: 99 Fat: 6 grams
 Carbohydrates: 10 grams Protein: 1 gram
 Sodium: 135 milligrams Fiber: <1 gram

SAVORY VEGAN CHEDDAR CHEESE AND RICE CHEESECAKE

(Serves 12)

This is a versatile entrée. Use your imagination to change the flavors.

2 cups cooked white or brown rice (Start with 3/4 cup uncooked rice.)
1/4 cup chopped fresh parsley
1/4 cup chopped scallions (white parts only)
1 cup shredded vegan cheddar cheese
1 1/2 cups soft silken tofu
1/4 cup soymilk or rice milk
2 teaspoons ground white pepper
2 teaspoons hot sauce
1 unbaked Savory Crust

Preheat oven to 375 degrees. In a large bowl, combine rice, parsley, scallions, and cheese. Set aside.

In a separate bowl, combine tofu, milk, pepper, and hot sauce until well mixed. Combine rice and tofu mixtures.

Pour into *Savory Crust*. Bake for approximately 30 minutes or until set. Serve hot.

Note: You can add up to half a cup of fresh chopped vegetables of your choice, including bell peppers, summer squash, mushrooms, or tomatoes. Add up to 2 Tablespoons of different fresh herbs, such as basil, sage, thyme, or rosemary, to the parsley, if desired.

Variation: If you'd like a smooth texture, pour the prepared filling into a blender and process until just smooth. Then, pour into crust and bake.

Total calories per serving: 131 Fat: 5 grams
 Carbohydrates: 16 grams Protein: 7 grams
 Sodium: 166 milligrams Fiber: <1 gram

SUN-DRIED TOMATO CHEESECAKE

(Serves 8)

Enjoy the taste of the Mediterranean in a crust.

- 1 cup chopped sun-dried tomatoes, soaked in just enough water to cover
- 2 Tablespoons chopped fresh basil
- 2 teaspoons dried oregano
- 2 teaspoons white pepper
- 2 cloves garlic, minced
- 1 Tablespoon olive oil
- 1 cup soft silken tofu
- 1½ cups vegan sour cream
- 1 cup vegan cream cheese
- ½ cup chopped scallions
- 1 unbaked *Savory Crust* (See page 7.)

Preheat oven to 350 degrees.

In a food processor or blender, blend tomatoes (with water), basil, oregano, pepper, and garlic until just combined. Add oil and tofu and blend until combined. Add sour cream and blend until smooth. Add cream cheese and blend. Add scallions and process until well mixed.

Pour into crust. Bake for 20-30 minutes or until set. Serve hot or cool.

Total calories per serving: 362 Fat: 21 grams
Carbohydrates: 38 grams Protein: 7 grams
Sodium: 679 milligrams Fiber: 1 gram

NO-BAKE SAVORY CHEESECAKE

(Serves 8)

Make this recipe ahead of time. It makes a great appetizer or light entrée.

- 1 cup vegan cream cheese
- 2 Tablespoons vegan mayonnaise
- 1 Tablespoon prepared mustard

- 1 cup shredded vegan cheddar cheese
- 1 cup canned crushed pineapple, drained
- ½ cup chopped scallions
- 2 teaspoons chopped fresh mint
- 1 cup orange marmalade, divided
- 2 teaspoons fresh orange zest
- 1½ cups chopped pecans or walnuts

In a blender or food processor, combine cream cheese, mayonnaise, and mustard and process until blended. Add cheese, pineapple, scallions, and mint. Process until just combined. Add ½ cup marmalade and orange zest to blender and process until mixed.

Pour mixture into a serving bowl. Top with remaining marmalade and nuts. Cover and refrigerate until ready to serve.

Total calories per serving: 516 Fat: 34 grams
Carbohydrates: 53 grams Protein: 11 grams
Sodium: 315 milligrams Fiber: <1 gram

CRUST FOR SWEET FILLINGS

(Makes one 9-inch crust, serving 12)

Use this versatile recipe for any dessert that requires a crust.

- 1½ cups crushed vegan graham crackers
- ¼ cup sugar (Use your favorite vegan variety.)
- 5 Tablespoons nonhydrogenated vegan margarine

In a large bowl, combine the graham crackers and sugar until well mixed. Add margarine and combine with fork until thoroughly moistened. You should be able to press some of the mixture and it should hold together. If it is too moist or runny, add more graham crackers. If it is too dry, add more margarine.

Press mixture into the bottom and up a third of the sides of a

9-inch springform pan. Refrigerate for 1 hour before baking.

Preheat oven to 350 degrees. Remove crust from the refrigerator and place in oven. Bake for 10-12 minutes or until crust is just firm. Remove from oven and allow to completely cool before filling.

Notes: If you don't have a springform pan, you can use a 9-inch metal or glass pie plate. You can make this crust a day ahead and store in the refrigerator until you are ready to use it. Don't freeze.

Variation: In place of graham crackers, you can use chocolate or vanilla wafers or ginger snaps, or you can use a combination for a different color and taste.

Total calories per serving: 102 Fat: 6 grams
Carbohydrates: 12 grams Protein: 1 gram
Sodium: 114 milligrams Fiber: <1 gram

MAPLE AND LEMON CHEESECAKE

(Serves 12)

This dessert is both sweet and tangy.

- 1¼ cups pineapple juice
- 1 Tablespoon agar-agar powder
- 1 pound (2 cups) soft silken tofu
- 5 Tablespoons maple syrup
- ¼ cup fresh lemon juice
- 1 Tablespoon fresh lemon zest
- 1 teaspoon grated fresh ginger
- 1 baked and cooled *Crust for Sweet Fillings*

Place the pineapple juice in a medium-sized pot and bring to a fast boil. Immediately turn down the heat so that juice is at a simmer. Gradually whisk in the agar-agar and whisk and simmer until it is dissolved, approximately 5 minutes. Remove from heat and allow mixture to cool for 15 minutes.

Place the tofu, syrup, lemon juice, zest, and ginger in the canister of a blender or food processor and process until well combined. Add the pineapple juice mixture and process for 1 minute or until smooth.

Pour into the cooled *Crust for Sweet Fillings*. Refrigerate for at least 2 hours before serving.

Note: Agar-agar powder can be purchased in large grocery stores, in natural foods stores, and online.

Total calories per serving: 161 Fat: 7 grams
Carbohydrates: 23 grams Protein: 3 grams
Sodium: 117 milligrams Fiber: <1 gram

ORANGE-SCENTED CHEESECAKE (Serves 12)

Pair this recipe with a selection of fresh fruit to create a dessert bar for your friends and family.

- 2 cups firm silken tofu**
- 1 cup vegan cream cheese (Tofutti's Better Than Cream Cheese™ works well.)**
- 1/2 cup sugar (Use your favorite vegan variety.)**
- 1/4 cup orange juice**
- 2 Tablespoons orange juice concentrate**
- 2 Tablespoons cornstarch**
- 1 unbaked *Crust for Sweet Fillings***

Preheat oven to 350 degrees.

Place tofu and cream cheese in the canister of a food processor or blender and process for 1 minute. Add sugar and process mixture until smooth. Set canister aside.

In a small bowl, place orange juice and concentrate and mix until combined. Whisk in cornstarch. Add cornstarch mixture to the mixture in the food processor and process until smooth.

Pour into the *Crust for Sweet Fillings* and bake for 40 minutes or until set. Allow to cool for at least 4 hours before serving.

Total calories per serving: 222 Fat: 10 grams
Carbohydrates: 30 grams Protein: 4 grams
Sodium: 223 milligrams Fiber: <1 gram

MOCHA CHEESECAKE (Serves 12)

**Pictured on the cover. Espresso works particularly well in this dessert.*

- 2/3 cup vegan chocolate or mocha chips**
- 2 1/2 cups vegan cream cheese**
- 1/2 cup sugar (Use your favorite vegan variety.)**
- 1 1/2 cups soft silken tofu, divided**
- 1/2 cup plain or vanilla soymilk**
- 1/3 cup brewed or instant, prepared strong coffee**
- 2 teaspoons vanilla extract**
- 1 unbaked *Crust for Sweet Fillings***

Preheat oven to 350 degrees.

Melt chips in a small pot, stirring constantly, or in the microwave. Set aside.

In a large bowl, beat together the cream cheese and the sugar until light and fluffy. Add 1/2 cup tofu to the cream cheese mixture, a small amount at a time, beating to combine well.

In a bowl, blend 1/2 cup tofu and soymilk until well combined. Add this and the remaining tofu to the cream cheese mixture. Pour the chocolate slowly into the cream cheese mixture and add the coffee and vanilla. Blend completely.

Pour the mixture into the *Crust for Sweet Fillings* and bake for approximately 45 minutes or until set. Remove from the oven and allow cheesecake to cool for at least 2 hours before serving.

Total calories per serving: 327 Fat: 17 grams
Carbohydrates: 41 grams Protein: 5 grams
Sodium: 387 milligrams Fiber: <1 gram

BLENDER OR BOWL NO-CRUST CHEESECAKE (Serves 6)

You won't believe how quickly you can create this dessert.

- 1 1/2 cups soft tofu**
- 1/2 cup plain, vanilla, or chocolate soymilk**
- 1/2 cup sugar (Use your favorite vegan variety.)**
- 1 Tablespoon vanilla extract**
- 1/4 cup maple or rice syrup**
- Vegetable oil spray**

Preheat oven to 350 degrees.

In a blender or bowl, combine tofu, soymilk, sugar, extract, and syrup. Blend or mix until smooth. Spray a 9-inch pie pan or an 8 x 8-inch glass baking dish with oil. Pour mixture into the pan. Bake for approximately 30 minutes or until set. Remove from oven and allow cheesecake to cool for at least 2 hours before serving.

Note: If a crust is desired, prepare one crust recipe. Pour filling into crust and bake. The crust will probably increase the baking time by at least 10 minutes, depending on your oven.

Total calories per serving: 143 Fat: 2 grams
Carbohydrates: 27 grams Protein: 4 grams
Sodium: 15 milligrams Fiber: <1 gram

Chef Nancy Berkoff, RD, EdD, CCE, is The VRG's Food Service Advisor. She is the author of *Vegan Meals for One or Two*, *Vegan Menu for People with Diabetes*, and numerous other cookbooks. She also writes a weekly syndicated newspaper column named *Healthy Eating*.

An Updated Guide to Soy, Rice, Nut, and Other Non-Dairy Milks

By Stephanie Gall, MS, RD
URG Dietetic Intern

NON-DAIRY MILKS REPRESENT A GROWING MARKET.

Many supermarkets now sell an increasing number of non-dairy beverages, and many major supermarket chains sell their own brand of soymilk. However, as the number of products on the shelves increases, so does consumer confusion as to which non-dairy milk is the best choice. Scores of vegetarians are familiar with non-dairy milks but may have lingering questions about which product to choose for their specific needs.

Plant-based milks, such as soy, rice, and almond milk, are non-dairy beverages that have their own distinct texture, color, and taste. They can be consumed straight from the container, mixed into drinks like smoothies, or used in cooking or baking. Non-dairy milks vary in their calorie and nutrient content. Some milks are lower in fat than cow's milk, and since they're all plant-based, they contain no cholesterol. Notably, non-dairy milks have little saturated fat, which many consider a benefit for cardiovascular health.

There's also the added benefit of protective substances found in some of the original products from which the milk is made. For example, soymilk contains soy protein and isoflavones that have been shown to modestly decrease LDL (bad) cholesterol levels, and almond milk has vitamin E, an antioxidant compound that may play a role in prevention of prostate cancer.

Be informed when choosing a non-dairy milk. Unfortified products are low in several key nutrients, such as calcium and vitamin D, both of which are key players in the prevention of osteoporosis. Make sure to check the Nutrition Facts label and compare labels on milk alternatives to be certain you're getting the most for your money.

Soymilk (Table 1, Pages 12-14)

Soy milk has become the most popular of all the non-dairy milks. Many brands of soymilk have about the

same or slightly less protein than cow's milk. Sometimes, lower fat or light varieties are lower in protein, calcium, vitamin D, and/or vitamin B₁₂, depending on the brand. Unfortified soymilk contains little absorbable calcium. To counter this, some manufacturers enrich their products with calcium carbonate, an easily absorbed form of calcium. Many varieties of enriched soymilk also contain added vitamin D and vitamin B₁₂.

Most recent research suggests that it is suitable to include soy as a part of a healthy diet, and there are some health advantages to using moderate amounts of soy products. A reasonable amount of soy for most people seems to be approximately 2-3 servings daily.¹

As a consumer, you may also want to consider purchasing organic soymilk since soybean crops are often heavily treated with pesticides. In the tables that accompany this article, products that contain organic ingredients are indicated by a symbol (n) before the product's name.

Nut Milks (Table 2, Page 15)

Various types of nuts can be used to make nut milks. These include Brazil nuts, hazelnuts, and the ever-popular almonds. All nut milks are made from ground nuts that have been strained, liquefied, and then sweetened. They are typically similar to soy beverages in terms of calories and fat, but actual amounts depend on the manufacturer and the product in question.

With nut milks, the properties of the nut are imparted on the milk during the manufacturing process. For example, almonds are one of the healthiest nuts that humans can eat. They're rich in magnesium, potassium, manganese, copper, the antioxidants vitamin E and selenium, and calcium. Almond milk, therefore, may be one of the more nutritious milk alternatives on the market. However, almonds are costly, so the actual amount of almonds used in the almond milk is small; it may not be enough to provide lots of nutrition.

Many products also have added sweeteners, such as cane or refined sugars, which may not be appropriate for people with diabetes. This is especially true for nut milks, which tend to have more sweeteners added to balance out the bitter taste. In addition, most of the nut milks available have very little protein (<2 grams per 8 ounce serving) when compared to soymilks, and most are not fortified with vitamin B₁₂.

Grain Milks (Table 3, Page 16)

Grain milks are milk substitutes made from fermented grain or flour. The most common types of grain milks come from rice and oats. These milks are made from grains that have natural fiber present; therefore, the milks have the added benefit of fiber that is infused naturally into the drink upon manufacturing. However, most grain milks contain less than 4 grams of protein per 8 ounce serving, which may be a deciding factor in which beverages to consume.

Rice milk is processed from brown rice and usually contains rice syrup, evaporated cane juice, or some other natural sweetener. It is typically fortified with calcium, vitamin D, and/or vitamin B₁₂. When compared to soymilk or cow's milk, rice milk is largely a source of carbohydrates without the protein punch. Therefore, it's important not to look at it as a nutritional equivalent but rather as a useful replacement for soymilk or cow's milk for taste and cooking purposes. If you're relying on rice-, nut-, or grain-based milks as dietary staples, eat a wide variety of other foods to insure that you're getting all the nutrients you need. Fortified soymilks, which are higher in protein than other plant-based milks, are a better choice as the primary beverage for a vegan child or adult.

Summary

The non-dairy milk you choose is entirely up to your own preference. Some may choose soymilk for its isoflavone content, while others may want to limit their use of soy. Almond milk provides a healthful alternative milk for baking, cooking, and drinking, but nutritionally, you're perhaps better off eating the almonds. Rice milk is largely a source of carbohydrates, but it can give you something to use with your meals and for baking if you like the taste. Other types of milks—hemp, oat, and some others—can be beneficial for your diet, but they are largely unstudied or unavailable commercially at this time.

Many consumers will opt to use fortified non-dairy milks as a convenient source of key nutrients, such as calcium, vitamin D, and vitamin B₁₂. Not all products

are fortified with all three of these nutrients, so label reading is important in choosing the right product for your needs. Be sure to check the Nutrition Facts label regularly since nutrient values can change.

Our choices for the best products to deliver calcium and vitamin D (providing at least 300 milligrams of calcium and 3 micrograms of vitamin D or more per serving) are 365 Organic Soy, Natur-A Soy, Organic Valley, Pearl, Silk, Trader Joe's Soymilk, Yü Soy, Natur-A Rice, Trader Joe's Basmati Rice Milk, and Yü Basmati Rice. Good sources of calories for growing children and active adults (providing at least 130 calories per serving of the original or plain flavor) are Trader Joe's Soymilk Extra, Westsoy Plus and Westsoy Organic, Edensoy Extra, Edensoy, Yü Basmati Rice, Pacific Organic Oat, Pacific Low Fat Rice, Living Harvest Hemp Milk, and Natur-A Rice. If getting enough calories is your concern, you may want to try switching to flavored non-dairy milk, as these products generally have more calories than their regular counterparts. Top choices of non-dairy milks that provide good-quality protein to your diet (8 grams or more per serving) are Edensoy (Original and Extra), Pacific (UltraSoy and Organic Unsweetened), Trader Joe's Soymilk Extra, Vitasoy Classic, Westsoy (Organic and Unsweetened), and Yü Soy.

A few brands of soymilk contain algae-derived docosahexaenoic acid (DHA). Odwalla, Silk Plus Omega-3 DHA, and ZenSoy on the Go are all fortified with this fatty acid, which is usually found in fish oils. Hemp-based products contain alpha-linolenic acid, which humans are able to convert to DHA to some extent.

Key considerations for many will be personal preference and taste. Check out the different varieties of non-dairy milks out there—and be sure you're eating a wide variety of healthy foods to go along with them.

Of course, none of the non-dairy milks should be used to replace breastmilk or commercial infant formula for babies.

Reference

- ¹ Munro IC, Harwood M, Hlywka JJ, Stephen AM, Doull J, Flamm WG, Adlercreutz H. 2003. Soy isoflavones: a safety review. *Nutr Rev* 61:1-33.

Stephanie Gall, MS, RD, wrote this article while doing a rotation for her dietetic internship with The Vegetarian Resource Group. She is a vegan, currently resides in Colorado, and works as a dietitian in a clinical setting.

TABLE 1 - NUTRITIONAL CONTENT OF SOYMILKS

Product	Content in 1 cup (8 ounces)							Flavors
	Calories	Protein (grams)	Total Fat (grams)	Saturated Fat (grams)	Calcium* (milligrams)	Vitamin D ^o (micrograms)	B ₁₂ [#] (micrograms)	
🐄 2% Reduced Fat Cow's Milk	130	8	5	3	300	3	1.5	
☑ 365 Organic Soy Milk Original	90	6	3.5	0.5	300	3	3	Original, unsweetened, vanilla
8 th Continent Fat Free Original	60	6	0	0	300	2.5	0.9	Original, vanilla
8 th Continent Original	80	6	3	0.5	300	2.5	0.9	Original, vanilla, chocolate
8 th Continent Original Light	50	6	1.5	0	300	2.5	0.9	Original, vanilla, chocolate
Better Than Milk Soy Original Powder (2 Tbsp. with 8 oz. water)	100	2	2.5	0	80	0	0.6	Chocolate, original, vanilla, carob
☑ Edenblend	120	7	3	0.5	40	0	0	Original Rice & Soy Blend
☑ Edensoy Extra Original	130	11	4	0.5	200	1	3	Original, vanilla
☑ Edensoy Light Original	100	5	2	0	100	1	0	Original, vanilla
☑ Edensoy Original	140	11	5	0.5	100	0	0	Carob, original, vanilla, unsweetened, chocolate
☑ Natur-A Soy Original	100	6	4	0.5	300	4.5	3	Original, unsweetened, vanilla, chocolate, strawberry
☑ Natur-A Soy Original Light	90	7	3	0.5	300	4.5	3	Original, vanilla
☑ Odwalla Plain	110	7	4	0.5	300	2.5	3	Plain, vanilla, chocolate
☑ Organic Valley Original	100	7	3	0.5	300	3	3	Original, chocolate, vanilla, unsweetened
☑ Pacific Select Soy Low Fat Plain	70	5	2.5	0	20	0	0	Plain, vanilla
☑ Pacific UltraSoy Plain	120	10	4	0.5	500	2.5	1.5	Plain, vanilla
☑ Pacific Organic Unsweetened Original	90	9	4.5	0.5	20	0	0	Original
☑ Pearl Original	110	7	3.5	0.5	300	3.5	0	Original, unsweetened, creamy vanilla, chocolate, green tea, tropical delight

🐄 "2% Reduced Fat Cow's Milk" is included for purposes of comparison.

☑ Indicates the product is organic or made with organic ingredients.

* The daily recommended intake of calcium is 500 mg for ages 1-3; 800 mg for ages 4-8; 1,300 mg for ages 9-18; 1,000 mg for ages 19-50; and 1,200 mg for ages 51 years or older.

⚙ The daily recommended intake of vitamin D is 5 mcg for ages 1-50; 10 mcg for ages 51-70; and 15 mcg for ages 71 or older.

The daily recommended intake of vitamin B₁₂ is 0.9 mcg for ages 1-3; 1.2 mcg for ages 4-8; 1.8 mcg for ages 9-13; and 2.4 mcg for ages 14 or older.

TABLE 1 - NUTRITIONAL CONTENT OF SOYMILKS (CONT.)

Product	Content in 1 cup (8 ounces)							Flavors
	Calories	Protein (grams)	Total Fat (grams)	Saturated Fat (grams)	Calcium* (milligrams)	Vitamin D ^o (micrograms)	B ₁₂ [#] (micrograms)	
☐ Silk Plus Omega-3 DHA	110	7	5	0.5	350	3	3	Original
☐ Silk Enhanced	110	7	5	0.5	350	3	3	Enriched Original
☐ Silk Light Plain	70	6	2	0	300	3	3	Plain, vanilla, chocolate
☐ Silk Plain	100	7	4	0.5	300	3	3	Plain, vanilla, very vanilla, unsweetened, chocolate, chai, coffee, mocha, spice, egg nog
☐ So Nice Natural	80	7	4	1	110	0	0	Natural
☐ So Nice Original	80	6	3	0.8	300	2.2	1	Original, vanilla, chocolate, mocha, cappuccino, Noel Nog, unsweetened
☐ So Nice Plus Original	110	7	4	0.9	330	2.25	1	Original, vanilla
☐ Soy Dream Enriched Original	100	7	4	0.5	350	2.5	3	Original, vanilla
☐ Soy Dream Classic Vanilla	140	7	4	0.5	40	0	0	Vanilla
☐ Trader Joe's Organic Soymilk Original	100	5	2	0	400	3	0	Regular, vanilla, chocolate
☐ Trader Joe's Organic Unsweetened Soymilk	90	9	4.5	0.5	0	0	0	Original
☐ Trader Joe's Soymilk Extra Original	130	7	3	0	300	3	0	Original, vanilla, chocolate
☐ Vitasoy Light Original	60	4	2	0.5	300	2	0.9	Original, vanilla, chocolate
☐ Vitasoy Classic Original	120	8	4.5	0.5	40	0	0	Classic (original, vanilla), creamy original, smooth vanilla, rich chocolate, unsweetened, green tea, holly nog
☐ Vitasoy Complete Original	70	6	2	0	300	2	0.9	Original, vanilla

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o The daily recommended intake of vitamin D is 5 mcg for ages 1-50; 10 mcg for ages 51-70; and 15 mcg for ages 71 or older.

The daily recommended intake of vitamin B₁₂ is 0.9 mcg for ages 1-3; 1.2 mcg for ages 4-8; 1.8 mcg for ages 9-13; and 2.4 mcg for ages 14 or older.

TABLE 1 - NUTRITIONAL CONTENT OF SOYMILKS (CONT.)

Product	Content in 1 cup (8 ounces)							Flavors
	Calories	Protein (grams)	Total Fat (grams)	Saturated Fat (grams)	Calcium* (milligrams)	Vitamin D ^o (micrograms)	B ₁₂ [#] (micrograms)	
☐ WestSoy Lowfat Plain	90	4	1.5	0	200	2.5	0	Plain, vanilla
☐ WestSoy Lite Plain	90	4	1.5	0	300	2.5	0	Plain, vanilla
☐ WestSoy Nonfat Plain	70	6	0	0	250	2.5	0	Plain, vanilla
☐ WestSoy Organic Original	130	8	3.5	0.5	40	0	0	Original
☐ WestSoy Plus Plain	130	7	3	0.5	300	2.5	0	Plus (plain, vanilla)
☐ WestSoy Soy Slender Plain	60	6	3	0.5	300	2.5	0	Plain, chocolate, vanilla, cappuccino
☐ WestSoy Unsweetened Plain	90	9	4.5	0.5	40	0	0	Plain, chocolate, vanilla, almond
☐ Yü Soy Original	120	8	4.5	0.5	300	4.5	3	Original, almond, vanilla
☐ ZenSoy Plain	90	7	3.5	1	300	3	3	Plain, vanilla, chocolate, cappuccino
☐ ZenSoy Soy on the Go Vanilla	110	7	3.5	1	300	3	3	Vanilla, chocolate, cappuccino

🐄 "2% Reduced Fat Cow's Milk" is included for purposes of comparison.



☐ Indicates the product is organic or made with organic ingredients.


* The daily recommended intake of calcium is 500 mg for ages 1-3; 800 mg for ages 4-8; 1,300 mg for ages 9-18; 1,000 mg for ages 19-50; and 1,200 mg for ages 51 years or older.

☼ The daily recommended intake of vitamin D is 5 mcg for ages 1-50; 10 mcg for ages 51-70; and 15 mcg for ages 71 or older.

The daily recommended intake of vitamin B₁₂ is 0.9 mcg for ages 1-3; 1.2 mcg for ages 4-8; 1.8 mcg for ages 9-13; and 2.4 mcg for ages 14 or older.

TABLE 2 - NUTRITIONAL CONTENT OF NUT MILKS

Product	Content in 1 cup (8 ounces)							Flavors
	Calories	Protein (grams)	Total Fat (grams)	Saturated Fat (grams)	Calcium* (milligrams)	Vitamin D ^o (micrograms)	B ₁₂ [#] (micrograms)	
 2% Reduced Fat Cow's Milk	130	8	5	3	300	3	1.5	
Almond Breeze Original	60	1	2.5	0	200	2.5	0	Original, vanilla, chocolate, unsweetened (original, vanilla, chocolate)
Living Harvest Hempmilk Original	130	4	3	0.5	460	2.5	1.5	Original, chocolate, vanilla
Manitoba Harvest Hemp Bliss Original	110	5	7	0.7	20	0	0	Original, vanilla, chocolate
Pacific Almond Low-Fat Original	70	1	3	0	300	2.5	0	Original, vanilla
 Pacific Almond Organic Unsweetened Original	50	1	3	0	100	2.5	0	Original, vanilla
Pacific Hazelnut Original	110	2	3.5	0	300	2.5	0	Original

 "2% Reduced Fat Cow's Milk" is included for purposes of comparison.

 Indicates the product is organic or made with organic ingredients.

* The daily recommended intake of calcium is 500 mg for ages 1-3; 800 mg for ages 4-8; 1,300 mg for ages 9-18; 1,000 mg for ages 19-50; and 1,200 mg for ages 51 years or older.

 The daily recommended intake of vitamin D is 5 mcg for ages 1-50; 10 mcg for ages 51-70; and 15 mcg for ages 71 or older.

The daily recommended intake of vitamin B₁₂ is 0.9 mcg for ages 1-3; 1.2 mcg for ages 4-8; 1.8 mcg for ages 9-13; and 2.4 mcg for ages 14 or older.

NOTES FROM THE VRG SCIENTIFIC DEPARTMENT

THE VEGETARIAN RESOURCE GROUP IN THE NEWS

VRG Nutrition Advisor Reed Mangels, PhD, RD, was interviewed for stories about vegetarian diets in *Natural Health* and *Vegetarian Times* magazines and for a new book, *Dr. Susan's Kids-Only Weight Loss Guide*. She was also interviewed by independent film producer Carolyn McGrath for a documentary on farm animals.

VRG EXHIBITS AT THE FEDERATION OF JAIN ASSOCIATIONS IN NORTH AMERICA

VRG Co-Directors Charles Stahler and Debra Wasserman and VRG Nutrition Advisor Reed Mangels went to the Federation of Jain Associations in North America (JAINA) conference in New Jersey, which was attended by more than 6,000 people. VRG sponsored a table and distributed several thousand educational pieces about vegan diets.

TABLE 3 - NUTRITIONAL CONTENT OF GRAIN MILKS

Product	Content in 1 cup (8 ounces)							Flavors
	Calories	Protein (grams)	Total Fat (grams)	Saturated Fat (grams)	Calcium* (milligrams)	Vitamin D ^o (micrograms)	B ₁₂ [#] (micrograms)	
🐄 2% Reduced Fat Cow's Milk	130	8	5	3	300	3	1.5	
🌱 365 Organic Rice Milk	110	1	2.5	0	250	2.5	0	Original, vanilla
🌱 Better Than Milk Rice Original (2 Tbsp. with 8 oz. water)	75	0	1.9	0.3	300	0	1.8	Original, vanilla
🌱 Lundberg Drink Rice Original	120	1	2.5	0	300	2.5	0	Original, vanilla
🌱 Natur-A Rice Original	130	1	2	0	300	4.5	3	Original, vanilla
🌱 Naturally Preferred Rice Milk Original	120	2	2	0	150	3	0	Original
Pacific Low Fat Rice - Plain	130	1	2	0	300	2.5	0	Plain, vanilla
🌱 Pacific Organic Oat - Plain	130	4	2.5	0	350	2.5	0	Plain, vanilla
🌱 Rice Dream Original Enriched	120	1	2.5	0	300	2.5	1.5	Chocolate, vanilla, HeartWise (original, vanilla)
🌱 Rice Dream Original	120	1	2.5	0	20	0	0	Horchata, original, vanilla, carob
🌱 Trader Joe's Basmati Rice Milk	100	1	2	0	300	3	0	Original
Westbrae Rice Beverage - Plain	100	1	2.5	0	250	2.5	0	Plain, vanilla
🌱 WestSoy Rice Beverage Plain	110	1	2.5	0	250	2.5	0	Plain, vanilla
🌱 Yü Basmati Rice Original	130	3	2.5	0.4	300	4.5	3	Original, vanilla, chocolate

🐄 "2% Reduced Fat Cow's Milk" is included for purposes of comparison.

🌱 Indicates the product is organic or made with organic ingredients.

* The daily recommended intake of calcium is 500 mg for ages 1-3; 800 mg for ages 4-8; 1,300 mg for ages 9-18; 1,000 mg for ages 19-50; and 1,200 mg for ages 51 years or older.

⚙️ The daily recommended intake of vitamin D is 5 mcg for ages 1-50; 10 mcg for ages 51-70; and 15 mcg for ages 71 or older.

The daily recommended intake of vitamin B₁₂ is 0.9 mcg for ages 1-3; 1.2 mcg for ages 4-8; 1.8 mcg for ages 9-13; and 2.4 mcg for ages 14 or older.

EVERYTHING YOU EVER WANTED TO KNOW ABOUT L-CYSTEINE BUT WERE AFRAID TO ASK

By JEANNE YACOUBOU, MS

DID YOU KNOW THAT L-CYSTEINE—A COMMON dough conditioner, flavor enhancer in human and pet foods, and precursor in some dietary supplements—is most often derived from human hair or duck feathers and to a lesser extent from pigs' bristles and hooves? We reported the human and animal origins of L-cysteine in The Vegetarian Resource Group's *Guide to Food Ingredients* ten years ago. At that time, the most common source was human hair found on the floors of Chinese barbershops. Today, it is derived from Chinese duck feathers approximately 80 percent of the time (estimation based on values given by several companies that manufacture and sell L-cysteine).

At least two forms of synthetic L-cysteine that were not readily available in 1997, when we first reported on L-cysteine, are manufactured today. They are produced by Ajinomoto and Wacker Biochem. Ajinomoto stated that it uses industrial chemicals that undergo a biochemical transformation brought about by non-animal enzymes. Previously selling both the 'natural' (i.e., animal- or human-derived L-cysteine) and synthetic forms, Ajinomoto completely switched in 2000 to selling only the synthetic form of L-cysteine. Wacker Biochem informed us that they produce L-cysteine through a microbial fermentation process developed in 2001 using corn sugar as the growth medium. Since both forms are expensive, they are not commonly used. According to both companies, the synthetic forms of L-cysteine are certified kosher and halal. L-cysteine derived from human hair or duck feathers may or may not be certified kosher and/or halal.

The use of synthetic L-cysteine could increase over time. Doug Hackett of Premium Ingredients, a major supplier of L-cysteine derived from human hair or duck feathers, told us that he's recently had to turn away several potential customers looking for synthetic L-cysteine because Premium sells only the non-synthetic variety. Requests from customers concerned about human- or animal-derived ingredients in their foods could also accelerate the use of synthetic L-cysteine in foods over feather- or human hair-derived L-cysteine.

L-cysteine is considered a substance that is generally recognized as safe by the Food and Drug Administration (FDA). It must be labeled by its "common and usual name" (i.e., "L-cysteine") on food packages, even if present in very small amounts, as long as it has a functional effect in foods. In other cases, such as when it is used to make flavors that are in foods, it does not have to be labeled. When L-cysteine does have to be labeled, its source does not have to be specified, according to the FDA.

While researching L-cysteine, The VRG asked several fast food chains and a major vegetarian food company about the sources of L-cysteine in their products. McDonald's told us that L-cysteine derived from duck feathers is in their Honey Wheat Roll, the Deluxe Warm Cinnamon Roll, and the Baked Apple Pie. The L-cysteine in several items offered at Dunkin' Donuts is also derived from duck feathers. Burger King told us in June 2007 that it "could not guarantee" the source of L-cysteine in its products.

On the other hand, Subway announced, in March 2007, that it has removed the L-cysteine from its otherwise animal product-free Carb Conscious Wrap. When asked about the source of L-cysteine in several of Domino's Pizza products, the company told us that L-cysteine is "microbially derived" in its Hand-Tossed Crust and informed us that the L-cysteine in Domino's Breadsticks, Cheesy Bread, and Cinna Stix® is "vegetable-derived." The public relations firm for Morningstar Farms told us that the L-cysteine in their Veggie Bites Country Scramble, Veggie Bites Spinach Artichoke, and Veggie Bites Eggs Florentine was a "microbial fermentation product."

For more information about ingredients in foods, see The VRG's *Guide to Food Ingredients* at <www.vrg.org/catalog/fing.htm>.

Jeanne Yacoubou is Research Director for The Vegetarian Resource Group and holds master's degrees in philosophy, chemistry, and education. She wrote *Is Your Sugar Vegan? An Update on Sugar Processing Practices* for VJ Issue 4, 2007.

Vegan Fare from India

By Sunita Pant Bansal

INDIA HAS ALWAYS BEEN A vegetarian-friendly country, not so much because of religion, but more so because of tradition. Indian scriptures include the Ayurveda, which teaches a healthy lifestyle, including diet. It is important to note that Ayurveda does not ban eating any food; it only advises what is good or bad for the human body at different times.

Contrary to common belief, traditional Indian cooking is done not in clarified butter (ghee) but in oil. The type of oil used varies from region to region as per the availability of oilseeds. For instance, mustard oil is commonly used in the northern and eastern parts of India, whereas sesame oil is often a cooking medium in the southern and western regions.

Below are recipes for some popular Indian dishes that normally contain yogurt and cottage cheese; here, I have replaced yogurt with soy yogurt and cottage cheese with tofu. Uncommon ingredients can be found in the international section of some supermarkets, in gourmet shops, in Indian or Asian food stores, or by shopping online. Enjoy!

KADHI (Serves 4)

This recipe combines two popular Indian dishes. Pakoras are battered and fried dumplings, often served as appetizers in Indian restaurants. Kadhi is a mild curry that is delicately flavored with aromatic herbs.

DUMPLINGS (PAKORAS)

1 cup chickpea (gram) flour
¼ cup chopped onion
1 teaspoon finely grated fresh ginger
Salt to taste
½ cup water
⅓ cup sesame, sunflower, or vegetable oil to fry

Mix all ingredients except oil and make a thick batter of dropping consistency. Heat the oil in a deep skillet. Drop small balls of the batter into the oil and fry until golden. Remove and drain on paper. Set aside.

CURRY (KADHI)

1 cup plain soy yogurt
1 Tablespoon chickpea (gram) flour
½ teaspoon turmeric powder
1 teaspoon coriander powder
Salt to taste
3 cups water
2 Tablespoons oil
1 teaspoon black mustard seeds
2 sprigs curry leaves

Beat the yogurt and flour together until there are no lumps. Add turmeric, coriander, salt, and water. Beat to an even consistency. Heat oil in a pan and add the mustard seeds. As soon as the seeds begin to splutter, add the curry leaves and the yogurt-flour mixture. Bring to a boil, and let simmer for approximately 15-20 minutes. Stir occasionally.

FINISHING AND SERVING

Add the pakoras to the kadhi and simmer for another 5 minutes. Serve hot with steamed rice.

Total calories per serving: 209 Fat: 11 grams*
Carbohydrates: 21 grams Protein: 7 grams
Sodium: 24 milligrams Fiber: 3 grams

MALAI KOFTA (Serves 4)

Kofta is India's vegetarian alternative to meatballs.

KOFTA

⅓ pound tofu
3 Tablespoons chickpea (gram) flour
½ teaspoon garam masala (mixed spices) powder
Chopped green chilies to taste
Salt to taste
⅓ cup sesame, sunflower, or vegetable oil to fry

Pat the tofu dry with a paper towel and crumble. Mix all ingredients except oil together. Make equal-sized balls out of the mixture. Heat the oil to a high temperature in a deep skillet. Drop the balls into the oil and fry until lightly brown. Drain oil and put kofta aside.

CURRY

2 Tablespoons oil
3 black cardamoms
3 cloves
One 1-inch cinnamon stick
1 bay leaf
½ teaspoon cumin seeds
2 large onions, grated
4 medium-sized tomatoes, chopped
1 teaspoon ginger-garlic paste (available in Indian or Asian markets)
½ teaspoon red chili powder
½ teaspoon turmeric powder
2 teaspoons coriander powder

Salt to taste
2 cups water

Pour oil into another large pan. When the oil is heated, add the cardamoms, cloves, cinnamon, and bay leaf and allow them to brown. Add the cumin seeds. As soon as the seeds begin to splutter, add the onions and fry until golden brown.

In a bowl, combine the tomatoes, ginger-garlic paste, chili powder, turmeric, coriander, and salt. Add this mixture to the onions in the pan and fry until the mixture leaves the sides of the pan. Add water. Bring to boil and allow to simmer for 10 minutes.

SERVING

Fresh coriander sprigs to garnish

Add the *kofa* and fresh coriander leaves just before serving. Serve hot with bread.

Total calories per serving: 182 Fat: 11 grams*
Carbohydrates: 16 grams Protein: 7 grams
Sodium: 17 milligrams Fiber: 2 grams

TOFU TIKKA MASALA
(Serves 5)

Tikkas are cutlets or cubes, while masala means a mixture of spices.

TIKKAS

1 teaspoon ginger-garlic paste (available in Indian or Asian markets)
¼ cup soy yogurt
1 pound tofu

In a small bowl, whisk the ginger-garlic paste into the soy yogurt. Cut the tofu into 2-inch cubes (*tikkas*) and coat them in the yogurt mixture. Allow *tikkas* to marinate for 2 hours.

SAUCE

5 tomatoes, puréed
½ teaspoon grated ginger
2 cloves garlic, crushed
1 teaspoon dried fenugreek leaves
½ teaspoon red chili powder
½ teaspoon garam masala powder
¼ teaspoon turmeric powder
2 cups water
Salt to taste

In a deep pot, mix all ingredients together. Bring to a quick boil and then simmer over low heat until reduced to a thick sauce, stirring occasionally.

In the meantime, add the *tikkas* to a dry, non-stick skillet. Sauté until golden brown.

SERVING

Green chilies to garnish

Arrange the *tikkas* in a small serving dish. Pour the sauce over them and garnish with chilies. Serve as a snack with tea.

Total calories per serving: 115 Fat: 5 grams
Carbohydrates: 9 grams Protein: 10 grams
Sodium: 13 milligrams Fiber: <1 gram

***Note:** The fat content of these recipes is approximate and will vary depending on the type of oil used, cooking temperature and time, and other factors.

Sunita Pant Bansal lives in India and enjoys creating Indian recipes for people with various dietary needs.

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All About Oven-Frying

By Chef Nancy Berkoff, RD, EdD, CCE

WHAT ATTRACTS US SO MUCH TO FRIED foods? Is it the “crispy on the outside, steamy on the inside?” Is it the taste, the texture, the color? Whatever it is, it keeps many of us coming back for more and more.

We all know that we should keep our indulgence in fried delights to a minimum. But if you can't stay away from fried fare, there's a healthier approach to preparing these favorite foods. Anything that you can deep-fry—potatoes, vegetables, and even breads—you can also oven-fry. It just takes a bit more cooking time. Oven-frying will spare some of the calories and fat while maintaining the taste, texture, and color of deep-fried foods. Plus, oven-frying will save you some money, as you won't have to purchase those big bottles of oil. And clean-up time will decrease, too.

Here are some oven-frying success tips:

- Make a crust by adding crispy ingredients to the outside of the food. Crumbled corn flakes or other cold cereals, pretzel pieces, nuts, matzo, crumbled oven-baked tortilla or potato chips, or Indian *papadum* make a crispy coating.
- With the exception of French fries, most foods are double-dipped—sometimes even triple-dipped—in flour or some other breading to create a substantial crunchy coating. This can work for oft-fried items, such as vegetables, as well as for protein foods. For instance, try dipping oven-fried tempeh or seitan into rice milk. Then, dust the tempeh or seitan with flour, spray the flour with cooking spray, and dust the tempeh or seitan with flour again. Or dip extra firm tofu cubes into cornstarch, roll them in silken tofu that has been thinned with a small amount of water, and then roll them in some flaked coconut, chopped nuts, or seasoned bread crumbs.
- Give the food that you are going to oven-fry a short spray of vegetable oil after breading it, just before it goes in the oven. This helps to brown and crisp the surface.

- If you are a baker, give fried yeast breads, such as donuts, time to rise on their own. Coat the outside with vegetable oil spray and brown in the oven.
- The higher the heat, the browner and crispier the coating will get. We recommend at least 400-degree ovens.

Here are some ideas for simple dishes that will help you get started:

OVEN-FRIED POTATO 'TOTS'

Prepare and cool mashed potatoes. Preheat oven to 450 degrees. Roll cold mashed potatoes into Tablespoon-sized balls. Next, roll the potato balls first in bread crumbs; then in soymilk seasoned with onion powder, salt, and pepper; and then again in bread crumbs. Place the potato balls on a baking sheet and spray lightly with vegetable oil. Bake for approximately 5-10 minutes, depending on your oven, and turn several times so the potatoes bake evenly. Remove the potatoes from the oven, transfer to a serving dish, and eat immediately.

OVEN-FRIED TOFU

Preheat oven to 450 degrees. Cut extra firm tofu into 1-inch cubes. Roll in nutritional yeast that has been flavored with dried parsley and black pepper. Dip the tofu into rice milk and then into bread crumbs or crushed corn flakes. Place tofu on a baking sheet and spray lightly with oil. Bake for approximately 5-10 minutes, depending on your oven, and turn several times so the tofu bakes evenly. Remove the tofu from the oven, transfer to a serving dish, and eat immediately.

OVEN-FRIED VEGGIES

Say that you have partially cooked 'hard' vegetables, such as white or sweet potatoes, carrots, or beets, and don't feel like breading them. Instead, you can slice them, spray them with vegetable oil, and sprinkle on some seasonings. Oven-fry at 450 degrees for 5 minutes or until hot and crispy. Serve immediately.

You'll Truly Love Aunt Trudy's!



Aunt Trudy's makes frozen vegan sandwiches and desserts that offer both the taste of a flaky fillo crust and the ease and convenience

of microwave preparation. Their Organic Fillo Pocket Sandwiches come in 11 varieties, such as Eggplant & Roasted Pepper, Mexicali Vegetable, Mushroom & Leek, Spinach & Potato, and 3-Bean Veggie Chili. In addition, their Organic Fillo Desserts line offers four vegan options, including the tempting Maple Walnut Baklava.

For more information, write to Aunt Trudy's at P.O. Box 155, Dumont, NJ 07628-0155, or call the company at (800) OK-FILLO. You can also visit their website at <www.aunttrudys.com>.

Looking to Add Exceptional Flavor to Your Next Meal?

Bittersweet Herb Farm has created an entirely vegetable-based line of gourmet sauces, oils, vinegars, aromatic spice blends, and jams. Among their unique products are finishing sauces, including lemon garlic and wasabi ginger, to drizzle and douse as well as balsamic vinegars in flavor combinations such as raspberry-fig and pear-lemon grass. The company also offers beautiful gift options packaged in handmade wooden crates.

These products are available in gourmet foods stores and gift shops and through the company's website at <www.bittersweetherbfarm.com>. You may also contact Bittersweet Herb Farm at 635 Mohawk Trail, Suite A, Shelburne, MA 01370 or via phone at (800) 456-1599.

Vegetarian Nutrition Congress in California in March

The School of Public Health at Loma Linda University, a Seventh-day Adventist health sciences institution in Southern California, is hosting the 5th International Congress on Vegetarian Nutrition from March 4 through March 6, 2008. Designed primarily for clinicians, researchers, educators, and students, this event will share the most recent findings and best practices relating to vegetarian nutrition and diets from around the world through plenary lectures, special symposia, debates, and other events. To learn more or to register, visit <www.vegetariannutrition.org>.

Fabricate a Few Fun Fashions From These Fantastic Fibers

Attention all knitters, crocheters, weavers, and other crafty types! Midnightsky Fibers offers a wide selection of fibers and yarns dyed using vegan and environmentally-friendly compounds, and these can be used to replace their traditional counterparts in nearly any craft project. Many of their yarns are made from soysilk that looks and wears like conventional silk, making them perfect choices for projects to be completed during the upcoming spring and summer months. Plus, all of these products are available for retail purchase and for national and international wholesale accounts. To learn more, visit <www.midnightskyfibers.com>.

Pass the Bread, Please!

Bellamessa makes seven varieties of bruschetta that are absolutely delicious. Sure, they make traditional flavors, such as Original Tomato and Sun-Dried Tomato, that you often see topping Italian breads. However, they also offer much more original varieties, such as Mixed Olive, Three Pepper, Wild Mushroom, and their divine Roasted Red Pepper & Artichoke.



Bellamessa Bruschettas are available at Whole Foods, Trader Joe's, and other stores carrying natural products. For more information, contact Opal Export, Ltd., at 1535 Farmers Lane, Suite 343, Santa Rosa, CA 95405. You may also call the company at (707) 545-2212 or visit <www.opal-export.com>.

A B&B in Northern Kentucky

Morning Glory Bed & Breakfast gives vegetarian travelers a welcoming home away from home. Quartered in a refurbished late 19th century row house, this northern Kentucky establishment is located in Covington's MainStrasse Village neighborhood, just a shuttle ride from downtown Cincinnati. Morning Glory offers quaint decor and cozy suites, but best of all, the owners serve a vegetarian breakfast with vegan options, such as tofu scramble and tempeh hash, every morning.

Morning Glory Bed & Breakfast is located at 323 West 7th Street, Covington, KY 41011. You can call the establishment at (859) 468-4820 or visit their website at <www.kymorningglory.com> to learn more.


veggie bits

Vegan Chocoholics Rejoice!

Established in 2004 as a European chocolate shoppe in New Jersey, the Chocolaterie offers delicious domestic and imported vegan chocolates, including some laced with flavors such as pineapple, cherry, and hazelnut and sugar-free varieties. The Chocolaterie's offerings will tempt even the most discerning sweet tooth. Since they are packaged in chic black gift boxes, they look almost as good as they taste!

The Chocolaterie's website is <www.chocolaterie-nj.com>. You can visit their main location at 205 Spring Street, Newton, NJ 07860 or call them at (973) 579-9899. *Reviewed by Allie Simmons.*

Time for a Squeeze Play



Playfood makes squeezable, semi-viscous vegan cheeses that are as fun to eat as their whimsical labels imply. Made from raw cashews and mostly organic ingredients, these dairy- and soy-free alternatives to processed cheese foods come in four fantastic varieties. The Cheezy Cheeze yields an authentic mild cheddar flavor and makes creating grilled cheese sandwiches and mac 'n' cheese a snap. The Cream Tang puts many sour creams, vegan or not, to shame, while the velvety Whip Cheeze could easily top most cream cheeses in a taste test. However, the favorite of The VRG staff was the Nacheezmo with its subtle spices.

To learn more about Playfood's products, contact the company at 8500 NW River Park Drive, Pillar #239, Parkville, MO 64152, or at (816) 746-8844. You can visit their website at <www.playfood.org>.

Plenty of Veggies in the Sea

Maine Coast Sea Vegetables has created two products that will help you add more edible marine vegetables to your diet. Their Sea Seasonings line includes Triple Blend Flakes, with a colorful, confetti-like mixture of organic red dulse, black laver (wild nori), and green sea lettuce flakes that tastes like the ocean itself. Also, their Maine Sea Salt with Sea Veg combines sea salt, kelp, and dulse to lightly flavor many a dish. Both are available in 1-ounce canisters and in bulk for food service.

Write to Maine Coast Sea Vegetables, Inc., at 3 George's Pond Road, Franklin, ME 04634, or call (207) 565-2907. Their website is <www.seaveg.com>.

Taste Above Meatless Meals Indeed Live Up to Their Name

Frozen vegetarian entrées have reached new heights with the introduction of Taste Above's Tuscan Marinara Sauce with Veggie Chicken and Penne Pasta. These meals offer an appetizing mix of tangy tomato sauce, vegan poultry strips, and tender pasta that will always leave you wanting more. Luckily, in addition to the 6-ounce heat-and-eat lunch sizes, they are available in 10-ounce packages that aim to serve a larger crowd.



Contact Taste Above's parent company, JB Brands, LLC, at P.O. Box 5305, Portland, OR 97219 or via phone at (503) 572-0050 or (847) 366-1624. More information is also available on the company's website at <www.jbbrandsllc.com>.

Earth Balance Infuses Fresh Flavor into a Classic Product

Earth Balance has come up with a new twist for their enduring vegan margarine. Their Natural Buttery Spread is now available with a mellow hint of expeller-pressed extra-virgin olive oil, in addition to the classic variety. This new option will bring Mediterranean savor to otherwise bland breads, pastas, and more!

Contact Earth Balance's parent company, GFA Brands, Inc. You can write to their Customer Service Department at P.O. Box 397, Cresskill, NJ 07626 or give them a call at (201) 568-9300. Visit the company online at <www.earthbalance.net> to learn more.

Practically Perfect Pakoras

Even people who normally find Indian food intimidating will enjoy Tandoor Chef's new Pakoras. These crispy appetizers—made by battering spinach and onions with gram flour and then deep-frying them—will ease even the most culinarily timid into this seemingly exotic cuisine. These two-bite treats are so good that you'll never believe they came from the freezer case.

Tandoor Chef's website is <www.tandoorchef.com>. You can write to the brand's parent company, Deep Foods, Inc., at 1090 Springfield Road, Union, NJ 07083 or via phone at (908) 810-7502.



Just Like Mom Used to Make



Whether you serve them as hot entrées or cold dips, Mimi's Gourmet Chili Bowls are sure to please. Choose from varieties such as Black Bean and Corn, White Bean with Jalapeño

Pepper, Three Bean Chili with Rice, and the delicious Chipotle Black Bean Chili with Rice. No matter which variety you pick up, you are guaranteed a tasty, filling dish that is kosher and USDA-certified organic.

For more information, contact Mimi's parent company, JMG Natural Gourmet, LLC, at 96 Linwood Plaza, Suite 120, Fort Lee, NJ 07024, or at (201) 399-4302. Their website is <www.mimisgourmet.com>.

Reviewed by Allie Simmons.

Don't Have the Time or the Inclination to Cook Regularly?

Then you need The Hungry Vegan! This company offers a nationwide organic, vegan weekly meal preparation and delivery service. Each week, subscribers receive a box of soups, entrées, side dishes, and desserts covering the basic to the gourmet, with international cuisines and even a few raw items on the menu. Past offerings have included broccoli bisque, Cajun-crusted tempeh, quinoa and jasmine rice risotto, curried chickpea and vegetable stew, and apple-blueberry crumble. Orders for single customers, couples, families, and larger groups are available, and the company does its best to use recycled and biodegradable items for its packaging and shipping whenever possible. Visit <www.hungry-vegan.com> to place your first order!

Spread the Word About The VRG with Every Purchase

Would you like to earn money for The VRG with every swipe of your credit card? If you apply for The Vegetarian Resource Group Visa® Card with World Points®, you can show your support for the organization every time you hand a cashier your credit card and earn rewards points in the process. To secure an application, call The Vegetarian Resource Group at (410) 366-8343 between 9 a.m. and 5 p.m. Eastern time from Monday through Friday, or send an e-mail to vrg@vrg.org.

Bringing Cruelty-Free Athletic Gear and Wear to the Masses

There has never been a better time in history to be a vegan or eco-minded athlete, professional or otherwise! Several businesses have teamed up under the umbrella company Fair Deal Trading (www.fairdealtrading.us) to bring vegan-friendly and ethically produced sports equipment and apparel to the marketplace. One of these companies, Fair Trade Sports, Inc. (www.fairtrade.sports.com), has launched a line of eco-friendly products with sweatshop-free apparel and hand-stitched football, volleyball, rugby, and soccer balls made from materials such as all-weather rubber and synthetic leather. In addition, Autonomie Project, Inc. (www.autonomieproject.com) imports Ethletic canvas sneakers with Forest Stewardship Council-certified rubber soles made without any animal byproducts. A third partner, Ethical Soles Trading Company, Inc. (www.ethicalsoles.ca), offers a complete line of vegan sports balls and sneakers throughout Canada. Best of all, Fair Deal



Trading offers private labeling for many of these items with an order of 250 or more, so you can opt to emblazon your team's name on its incredible equipment.

Finally, Soy Options for Favorite Baking Ingredients!

Brazsoy, a Brazilian company, has created a line called Purity Soja that is every vegan sweets lover's dream come true! Their Soy Cream, often packaged under the name Creme de Soja, is a wonderful solution for recipes that call for cream. Probably even more exciting, though, is their Condensed Soy Milk, Condensado de Soja. This versatile product makes vegan versions of custards, flans, and key lime pies not only possible but incredible! And the Purity Soja line uses only non-GMO soybeans and sugar whitened without bone char and is made on dedicated dairy-, nut-, and wheat-free equipment.

To learn more about Brazsoy's products, call the company at their U.S. office at (240) 597-1857 or visit their website at <www.brazsoy.com>.



SCIENTIFIC UPDATE

By Reed Mangels,
PhD, RD, FADA

A REVIEW OF RECENT SCIENTIFIC PAPERS RELATED TO VEGETARIANISM

Make That **WHOLE** Wheat

The average American eats less than one serving of whole grains a day. Sad, isn't it? Current recommendations call for eating three or more servings of whole grains every day, something many vegetarians already do. What's so important about whole grains? Well, for starters, they seem to protect against various types of cancer, heart disease, and type 2 diabetes. When grains are refined, they lose fiber, magnesium, vitamin E, and other nutrients that play a role in health. A recent study¹ suggests that middle-aged people can reduce their risk of heart and blood vessel disease by eating more whole grains. This study looked at the thickness of the walls of the carotid arteries, which are tubes that carry blood to the brain, of close to 1,200 adults and measured changes in thickness over a five-year period. Thicker walls increase the risk of cardiovascular disease. Subjects eating the most whole grains had less thickening of the walls of their carotid arteries over time, suggesting that they were at lower risk for developing cardiovascular disease. Another study found that women who had higher intakes of whole grains had a lower risk of hypertension.² So, for lots of reasons, choose whole wheat bread and whole grain cereals and pasta.

¹ Mellen PB, Liese AD, Toozee JA, et al. 2007. Whole-grain intake and carotid artery atherosclerosis in a multiethnic cohort: the Insulin Resistance Atherosclerosis Study. *Am J Clin Nutr* 85:1,495-1,502.

² Wang L, Gaziano JM, Liu S, et al. 2007. Whole- and refined-grain intakes and the risk of hypertension in women. *Am J Clin Nutr* 86:472-79.

Vegetarian DHA — Not a Fish Story

DHA is an omega-3 fatty acid found mainly in oily fish. It appears to play a role in reducing the risk of heart disease and may be involved in preventing other chronic diseases. Vegetarian diets typically contain little DHA and vegan diets contain almost none unless fortified foods or supplements are used. Some people opt to use DHA supplements. DHA supplements for vegans and

vegetarians are derived from microalgae. Recently, some manufacturers have begun adding DHA derived from microalgae to foods. A key question is whether this microalgae-derived DHA can be absorbed and used by our bodies. A recent study examined this question, using two different kinds of microalgae-derived DHA supplements and a snack bar enriched with microalgae-derived DHA. Subjects took the supplements or ate the snack bars for a month. All of the products led to higher levels of DHA in the subjects' blood, suggesting that the vegetarian DHA was well absorbed and used.

Arterburn LM, Oken HA, Hoffman JP, et al. 2007. Bioequivalence of docosahexaenoic acid from different algal oils in capsules and in a DHA-fortified food. *Lipids* Aug 23 [Epub ahead of print].

High Folate Intake Reduces Breast Cancer Risk

Folate is a vitamin that is found in many foods, including orange juice, dried beans, and vegetables. Vegetarians get at least as much folate and often more folate than do non-vegetarians. Swedish researchers examined folate's role in breast cancer. Close to 12,000 Swedish women aged 50 and older were studied for 9½ years. During that time, 392 women developed breast cancer. Women who had the highest dietary intake of folate had a lower risk of developing breast cancer compared to women with the lowest folate intake. This study suggests that increased folate intake can reduce the risk of postmenopausal breast cancer. These results may help to explain why women whose diets are high in meat and presumably low in vegetables and dried beans have higher rates of breast cancer. Vegetarian diets featuring plenty of vegetables and dried beans provide generous amounts of folate.

Ericson U, Sonestedt E, Gullberg B, et al. 2007. High folate intake is associated with lower breast cancer incidence in postmenopausal women in the Malmo Diet and Cancer cohort. *Am J Clin Nutr* 86:434-43.

Adequate Protein is Key to Preventing Wrist Fractures

Almost one out of six women will fracture a wrist in their adult life. This doesn't sound like a big deal, but it can raise concerns about overall bone strength. People who have fractured a wrist are more likely to have a fractured hip at some point. Researchers at Loma Linda University wondered if diet played a role in wrist fractures. They started with 1,865 women and tracked them for 25 years. Approximately 40 percent of the women were vegetarian. As the women got older, they were more likely to have had a broken wrist. Women who were physically active were less likely to fracture a wrist, maybe because weight-bearing exercise can improve bone strength. Among the vegetarians, those eating the most plant-based protein foods (beans, nuts, meat analogues) had the lowest risk of wrist fracture. Vegetarians who ate very few vegetable-based protein foods (fewer than three servings per week) had the highest risk of wrist fracture. According to one of the researchers, calcium intake was not significantly different between groups eating different amounts of protein. Adequate protein is important for strong bones. This study suggests that it is important for vegetarians to eat a diet that provides adequate and varied protein sources to promote healthy bones.

Thorpe DL, Knutsen SF, Beeson WL, et al. 2007. Effects of meat consumption and vegetarian diet on risk of wrist fracture over 25 years in a cohort of peri- and postmenopausal women. *Public Health Nutr* Aug 9:1-9 [Epub ahead of print].

Vitamin D in Children and Teens in the United States

Vitamin D promotes the absorption of calcium and enhances bone formation. People who don't get enough vitamin D, either from their diet or from sun exposure, have an increased risk of bone fractures. Vitamin D is stored in our bodies for times when we're not able to make vitamin D. The best way to measure how much vitamin D a person has stored is to measure the amount of a substance called calcidiol in his or her blood. Researchers investigated levels of calcidiol in approximately 400 children and adolescents age 6 to 21 years in the Philadelphia area. More than half of the children and teens had low levels of vitamin D. Low levels were more likely to be seen in the winter months, in older children, in those with low dietary vitamin D, and in

black children. These results underscore the importance of adequate dietary vitamin D, especially during the winter when sun exposure is limited. People with darker skin seem to require longer sun exposure to produce vitamin D and should also pay attention to getting enough vitamin D from their diets. Vegan sources of vitamin D include vitamin D-fortified soymilks and rice milks and vitamin D supplements.

Weng FL, Shults J, Leonard MB, et al. 2007. Risk factors for low serum 25-hydroxyvitamin D concentrations in otherwise healthy children and adolescents. *Am J Clin Nutr* 86:150-58.

Does Diet Play a Role in Lung Disease?

Chronic obstructive pulmonary disease (COPD for short) is the name for a number of lung diseases that can cause shortness of breath, wheezing, and swelling of the airways. The most common forms of COPD are chronic bronchitis and emphysema. Cigarette smoking is the main cause of COPD, but not every smoker develops COPD, which suggests that other factors may also play a role. A study of more than 70,000 women examined diet's role in COPD. The women were asked about their smoking history, their diet, and whether they had developed COPD during the 16-year study period. Based on the women's descriptions of their diet, two major dietary patterns were identified. One was characterized by generous amounts of fruits, vegetables, whole grains, and other foods, including fish, poultry, and lowfat dairy products. The other pattern included a high use of refined grains, red meats, sweets, and high-fat dairy products. Women who developed COPD tended to have a dietary pattern that was more typical of the Standard American Diet—lots of red meat, refined grains, sweets, and fried foods. The more plant-based pattern was associated with a reduced risk of developing COPD. While we can't conclusively say that a vegetarian diet can reduce risk of COPD, it seems likely that a vegetarian diet that includes generous amounts of fruits, vegetables, and whole grains would be beneficial. Of course, stopping smoking (or never starting) is the most important step one can take to reduce the risk of developing COPD.

Varraso R, Fung TT, Barr RG, et al. 2007. Prospective study of dietary patterns and chronic obstructive pulmonary disease among U.S. women. *Am J Clin Nutr* 86:488-95.

Veggie-Friendly Literature for Kids

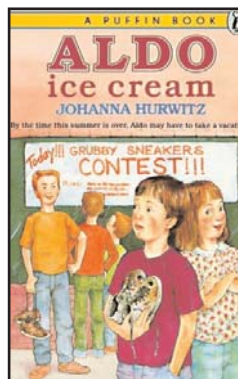
THE FOLLOWING LIST OF VEGGIE-FRIENDLY storybooks, novels, poetry compilations, and other works of literature was compiled by Dasha Bushmakin, Debra Wasserman, and Reed Mangels, PhD, RD, with assistance from parents on The Vegetarian Resource Group's Parents E-Mail list: <<http://groups.yahoo.com/group/vrgparents/>>. A longer list of vegetarian-friendly books for children—including non-fiction, cookbooks, animal rights books, gardening and nature books, and more—can be found at <www.vrg.org> under the kids' section.

Teens

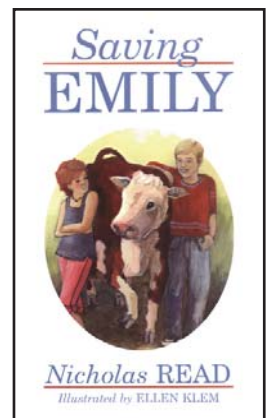
- *The Little Book of Vegan Poems* by Benjamin Zephaniah. AK Press, 2002.
 - Twenty-two poems to “the caring dedicated young vegans of the world...who will not stand for any exploitation whatever the species.”

8- to 12-Year-Olds

- *Peace, Love, and Vegetables (Herb the Vegetarian Dragon)* by Jules Bass, Debbie Harter (Illustrator). Barefoot Books, Book & Toy Edition, 2005.
 - In a faraway forest in a faraway land live Meathook and his band of carnivorous dragons, who love feasting on tasty knights and princesses. There is one dragon who is different. Herb is a peace-loving vegetarian who is prepared to stand up for what he believes in. Ages 8-10.
- *Aldo Applesauce, Aldo Ice Cream, and Much Ado About Aldo* by Johanna Hurwitz. HarperCollins, 1979.
 - The life of a young boy, his becoming vegetarian, and his compassionate deeds. Ages 8-12.

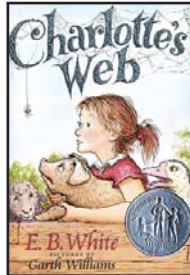


- *A Boy, a Chicken, and the Lion of Judah* by Roberta Kalechofsky. Micah Publishing, 1995.
 - The story of how a Jewish boy becomes a vegetarian. Ages 8-12.
- *Pigs Might Fly* by Dick King-Smith, Mary Rayner (Illustrator). Puffin, 1990.
 - Daggie's newly learned skills help him save the farm after a damaging flood. Ages 9-12.
- *Saving Emily* by Nicholas Read and Ellen Klem (Illustrator). Prometheus Books, 2001.
 - A 12-year-old moves from the city to the country and meets a neighbor who buys ranch animals and brings them to his Rescue Ranch to live out their lives in peace. Ages 9-12.
- *Benji Bean Sprout Doesn't Eat Meat* by Sarah Rudy. Sun King Publishing & Graphics, 2004.
 - The book tells of Benji's adventures with a variety of animals and why he does not eat meat. Ages 8-12.
- *Chicken Run: Hatching the Movie* by Brian Sibley. Harry N. Abrams, 2000.
 - The storybook of the film. Brave chickens try to escape from a battery chicken farm and the evil Mrs. Tweedy, who loves to cook chickens! Ages 8-12.
- *Tofu and T. Rex* by Greg Leitich Smith. Little, Brown, and Company Young Readers, 2005.
 - A story about Frederika Murchison-Kowalski, a vegan, and her adventures with people who are not vegetarians. Ages 9-12.



- **Leaving Jeremiah** by Jourdan Urbach. Goose River Press, 2003.
 - An orphan falls into a black hole under the Bermuda Triangle, and he meets a member of an underwater civilization who thinks everyone is dying because of meat. Ages 9-12.

- **Charlotte's Web** by E.B. White, Garth Williams (Illustrator). HarperCollins, 1952.



- Charlotte hatches a plan to save Wilbur the pig's life. Ages 9-12.
- **Talking Turkeys** by Benjamin Zephaniah. Penguin UK, 1999.
 - A poetry book encouraging people to live in peace, to love animals, to embrace an ethical vegetarian diet, and to enjoy each day of life. Ages 8-12.

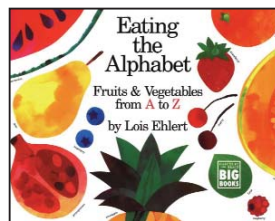
4- to 8-Year-Olds

- **A Turkey for Thanksgiving** by Eve Bunting, Diane de Groat (Illustrator). Clarion Books, 1995.
 - Mr. Moose invited Mr. Turkey to dinner, not for dinner. Ages 4-8.

- **The ABC's of Fruits and Vegetables and Beyond** by Steve Charney and David Goldbeck. Ceres Press, 2007.
 - Fruits and vegetables are introduced alphabetically with poems and lots of facts. Ages 4-10.

- **The Magic Finger** by Roald Dahl and Blake Quentin. Puffin Books, 2001.
 - A story about a family of hunters who learn a lesson about compassion. Ages 7-9.

- **Eating the Alphabet** by Lois Ehlert. Harcourt Brace and Company, 1994.
 - Different types of fruits and veggies help children learn the alphabet. Ages 4-5.



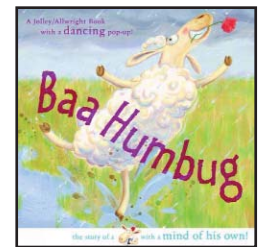
- **The Chicken Gave It to Me** by Anne Fine. Little Egmont Books Ltd., 2002.
 - A story about how chickens are treated. Ages 4-8.

- **Oliver's Fruit Salad** by Vivian French. Hodder Children's Books, 1998.
 - This beautifully illustrated book will encourage all kids to try new fruits. Ages 4-7.

- **Oliver's Vegetables** by Vivian French. Hodder Children's Books, 1998.
 - A boy visiting his grandfather's farm learns about a wide variety of vegetables and is encouraged to try eating each of them. Ages 4-7.

- **Perfect the Pig** by Susan Jeschke. Henry Holt and Co., 1996.
 - A story of compassion and cruelty to a flying pig. Ages 4-8.

- **Baa Humbug!** by Mike Jolley, Susan Anne Reeves (Illustrator). Templar Publishing, 2005.
 - A sheep saves his friends from becoming lamb chops! Ages 4-8.



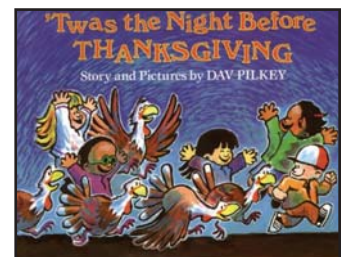
- **The Lady and the Spider** by Faith McNulty. HarperTrophy, 1987.
 - Compassion towards all living beings is taught. Ages 6-8.

- **Benny Brontosaurus Goes to a Party** by Rey Ortega. Sun King Publishing & Graphics, 2005.
 - A herbivorous dinosaur who is new to the neighborhood is invited to a birthday celebration, where he turns down a slice of cake because it is made with (non-vegan) pterosaur milk and velociraptor eggs. Ages 4-6.

- **The Organic Adventures of Tucker the Tomato** by Rey Ortega. Sun King Publishing & Graphics, 2003.
 - The differences between 'conventional' and 'organic' produce are discussed. Ages 4-6.

- **'Twas the Night Before Thanksgiving** by David Pilkey. Orchard Books, 2004.

- Children on a trip to a turkey farm save the turkeys destined for Thanksgiving dinner. In rhyme. Ages 4-8.



- *Princess Picky* by Marjorie Priceman. Roaring Book Press, 2002.



- Princess Perfect refuses to eat her vegetables but eventually tries new foods. Ages 4-8.

- *Victor's Picnic with the Vegetarian Animals* by Radha Vignola, Michelle N. Ary (Illustrator). Aviva!, 1996.

- When Victor attends a picnic where vegetarian animals share their food with him, he enjoys a variety of snacks and learns what to eat to stay healthy. Ages 6-8.

- *Victor, The Vegetarian: Saving Little Lambs* by Radha Vignola, Julia Bauer (Illustrator). Aviva!, 1994.

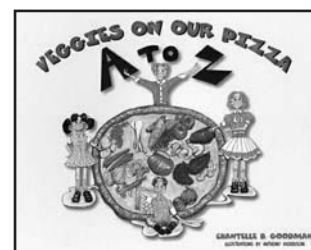
- A boy saves his lambs and becomes a vegetarian in the process. Ages 6-8.

4-Year-Olds and Younger

- *Baby Food* by Saxton Freymann and Joost Effers. Clarkson Potter, 2003.

- Full-color picture book containing photos of young animals carved from only fruit and vegetables. Ages 2-4.

- *Veggies On Our Pizza: A to Z* by Chantelle B. Goodman. Pentland Press, Inc., 2002.



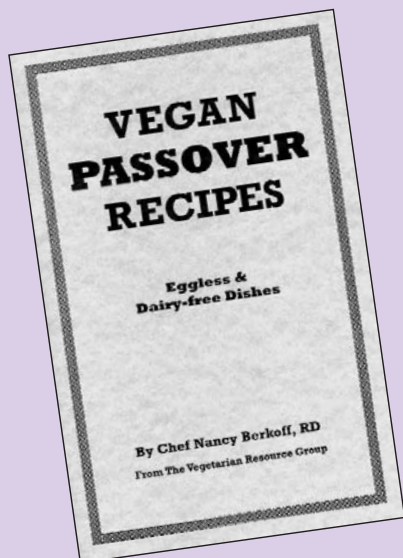
- The text encourages children to eat their veggies by introducing various vegetables in alphabetical order. Ages 2-4.

- *Hope* by Randy Houk. Berghahn Books, 1996.

- The story of how one pig came to Farm Sanctuary. Ages 2-6.

LOOKING FOR PASSOVER RECIPES?

The Vegetarian Resource Group offers a 48-page booklet called *Vegan Passover Recipes* by Nancy Berkoff, RD, EdD, CCE. It gives instructions for more than 35 creative dairy- and egg-free recipes, including soups, salads, side dishes, sauces, entrées, desserts, and even several microwave recipes, including Pizza Casserole and Spinach/Mushroom Kugel. All recipes follow Ashkenazi Jewish traditions and are pareve. To order a copy of *Vegan Passover Recipes*, send \$10 (includes postage and handling) to VRG, P.O. Box 1463, Baltimore, MD 21203, or call (410) 366-8343. Here's just one example of the delicious recipes within the book's pages:



BAKED PEARS WITH COCONUT FILLING

(Serves 4)

This warm dessert is rich and delicious.

- 2 large pears (Anjou, Bosc, Comice, etc.) peeled, cored, and halved
- 1/2 cup shredded coconut
- 2 Tablespoons dry sweetener or maple syrup
- 1 teaspoon cinnamon
- 1/2 teaspoon ground ginger

In a non-stick baking dish, place pears cut side up.

In a small bowl, combine coconut, sweetener, and spices and mix.

Place 2 Tablespoons of coconut in each pear half. Bake at 350 degrees for 30 minutes or until tender.

NUTRITION HOTLINE

(Continued from page 2)

cholesterol levels. However, even increasing your usual intake of plant sterols by as little as 200 milligrams could lead to a 3 percent decrease in blood cholesterol levels.² According to the American Heart Association, it seems that no additional benefits are gained by getting more than approximately 2,000 milligrams of plant sterols daily.³

Americans are notorious for not eating generous amounts of foods that provide plant sterols. That's why the average American's intake is around 250 milligrams per day. Vegetarians do better, averaging almost twice as much, approximately 500 milligrams.⁴ The plant sterol intake of vegans has not been studied but is likely to be even higher.

Food manufacturers have begun adding plant sterols to some foods like margarine, orange juice, rice milk, and cheese in an attempt to increase consumers' intake of plant sterols (and to sell their products). The plant sterols that are added to foods are plant-based—made from soy, corn, and other plants—and, therefore, are suitable for vegetarians, including vegans. Not all foods to which plant sterols are added are vegetarian.

You'll have to decide for yourself whether you want to purchase products fortified with plant sterols. It is a challenge to get more than 500-1,000 milligrams of plant sterols daily from diet alone without using fortified foods. For many people, even 500-1,000 milligrams of plant sterols from diet alone will be enough. People with high blood cholesterol levels, especially those with high LDL cholesterol levels, who are already eating a heart-healthy diet may opt to add more plant sterols

from fortified foods to see if they can help lower blood cholesterol levels.

Plant sterols are just one part of a heart-healthy diet. Many other factors are also important, such as eating a diet low in saturated fats and trans fats, free of cholesterol, and high in fiber. Even for people eating a vegan or near-vegan diet, adding foods like soy products, nuts, and foods high in soluble fiber (like oats, barley, psyllium, eggplant, and okra), along with plant sterols, can reduce blood levels of LDL cholesterol even more than just plant sterols would by themselves.⁵ In other words, plant sterols can be helpful, but they don't take the place of eating sensibly and exercising.

REFERENCES

- ¹ Katan MB, Grundy SM, Jones P, et al. 2003. Efficacy and safety of plant stanols and sterols in the management of blood cholesterol levels. *Mayo Clin Proc* 78:965-78.
- ² Ellegard LH, Andersson SW, Normen L, et al. 2007. Dietary plant sterols and cholesterol metabolism. *Nutr Rev* 65:39-45.
- ³ Lichtenstein AH, Appel LJ, Brands M, et al. 2006. Diet and lifestyle recommendations revision 2006: a scientific statement from the American Heart Association Nutrition Committee. *Circulation* 114:82-96.
- ⁴ Ling WH, Jones PJ. 1995. Dietary phytosterols: a review of metabolism, benefits and side effects. *Life Sci* 57:195-206.
- ⁵ Jenkins DJA, Kendall CWC, Faulkner DA, et al. 2006. Assessment of the longer-term effects of a dietary portfolio of cholesterol-lowering foods in hypercholesterolemia. *Am J Clin Nutr* 83:582-91.

Bequests

VRG depends on the generous contributions of our members and supporters to continue our educational projects. Though the world may not become vegetarian in our lifetimes, we realize that we are planning and working for future generations.

- ◆ Your will and life insurance policies enable you to protect your family and also to provide a way to give long-lasting support to causes in which you believe. Naming The Vegetarian Resource Group in your will or life insurance policy will enable us to increase our work for vegetarianism.
- ◆ One suggested form of bequest is: *I give and bequeath to The Vegetarian Resource Group, Baltimore, Maryland, the sum of _____ dollars (or if stock, property, or insurance policy, please describe).*
- ◆ To be sure your wishes are carried out, please speak with your attorney specifically about writing the correct information in your will.

VEGAN ROCKER TED LEO

TOURS THE WORLD BY BOBBY ALLYN

TED LEO, VEGAN INDIE ROCKER EXTRAORDINAIRE, is a veteran in the underground music scene. He's been an active musician for more than 18 years, playing in bands such as Citizens Arrest, Chisel, the Sin-Eaters, and currently Ted Leo and the Pharmacists. His eclectic punk-infused melodic sound has been compared to Billy Bragg, Elvis Costello, and The Clash. Leo has been a vegetarian for 17 years and a vegan the past 10. These days, Leo's veganism has become a greater part of his identity, being an inherent part of his personality instead of something he has to consciously think about.



Indie Rock Musician and Vegan Activist Ted Leo

"Veganism has become less a daily choice that I make than just me," he said. "It's a fundamental part of who I am."

Leo's decision to become vegetarian and then vegan was not because of an isolated issue. But underlying all the compelling environmental, nutritional, economic, and social reasons is his loving compassion for animals.

"The main thing that keeps me vegan is the question of animal rights," he said. "It's the one constant that is always at the core of it all for me. I love animals—what can I say?"

Although Leo says he's "no stranger to getting out in the streets and making some noise," he is primarily a touring musician. Calling Leo a workaholic would be a bold understatement. He spends six to eight months

a year touring and takes the remainder of the year to recover for the next year's tour. He has faith in music's ability to mobilize, but despite claiming that he has seen the inspirational and thought-provoking power of his oft-times politically charged music, Leo questions whether he should be doing more.

"Sometimes I feel like I'm not doing enough," he stated. "Then, I feel like, even if all that my music becomes is a soundtrack to a movement, then that's actually plenty."

Leo has seen the evolution of the animal rights and vegetarian movements in the underground music scene over the past 18 years. He claims there has been a decline in activism and bands identifying with animal rights and vegetarianism lately. Conversely, he has seen the opposite within vegetarian support groups, saying the movement is becoming more mainstream, and not just in major cities.

"I've been pretty disappointed with how what used to seem like a more universal concern [for animal rights and vegetarianism] in the 'underground' has taken a serious backseat as an issue," he said. "At the same time, among the veg community, the quality of restaurants and food shops is constantly getting better and better, and I have my favorite places all over the country now."

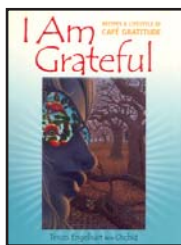
Currently embarking on an ambitious European tour that ends with 11 dates in the United States—including Lollapalooza in Chicago—Leo has accustomed himself to being a traveling vegan. He says that, with a little energy and nutritional knowledge, you can find vegan choices anywhere around the world. He cites Spain as being one of the most challenging.

"If you put a little bit of effort into learning how to eat correctly, you can make it through even the toughest times," he said. "Like touring in Spain—love it to death but it ain't exactly what you'd call 'vegan-friendly.' But again, you can always figure it out."

Bobby Allyn wrote this article during the Eleanor Wolff Internship with The Vegetarian Resource Group. He also wrote this issue's "Vegetarian Action" article on page 35.

I AM GRATEFUL: RECIPES AND LIFESTYLE OF CAFÉ GRATITUDE

By Terces Engelhart with Orchid



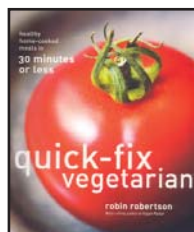
Café Gratitude is a successful raw foods establishment with locations in Berkeley, San Francisco, and San Rafael, California. The staff now shares the restaurants' cuisine in this fantastic cookbook. Sample recipes include mock Farmer-Style Cheese and Pepper Jack Cheese made from cashews, Marinated Kale Salad, Homemade Sauerkraut and Kim Chee, Nori Rolls, Pad Thai, and incredible raw desserts, such as German Chocolate Cake and Strawberry Shortcake.

This book includes beautiful color photos. Nutritional analyses are not provided, and many recipes contain nuts.

***I Am Grateful: Recipes and Lifestyle of Café Gratitude* (ISBN 978-1-55643-647-5) is published by North Atlantic Books and can be ordered online or in bookstores. This 200-page book retails for \$24.95. Reviewed by Debra Wasserman.**

QUICK-FIX VEGETARIAN

By Robin Robertson



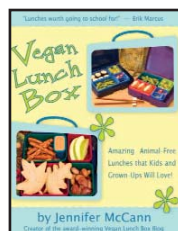
Most people live a hectic lifestyle these days, and any quick-and-easy vegetarian cookbook is greatly appreciated. *Quick-Fix Vegetarian* serves up a number of creative vegan dishes, including Herbed

Mushroom Crostini (made with garlic, mushrooms, and spices and served on a baguette), Green Olive-Edamame Dip (with edamame, green olives, garlic, and tomatoes as ingredients), Phast Phresh Pho (Vietnamese soup prepared with seitan, scallions, rice noodles, bean sprouts, and more), Panko-Crusted Tofu Cutlets with Lemon-Caper Sauce (consisting of tofu, panko bread crumbs, capers, and lemon), and Chocolate-Cherry Truffles (made with dried cherries, almond butter, sugar, cocoa, and vanilla). Please note that nutritional analyses are not provided, and a few of the recipes are high in fat.

***Quick-Fix Vegetarian* (ISBN 0-7407-6374-1) is published by Andrews McMeel Publishing and can be ordered online or in bookstores. This book is 210 pages and retails for \$16.95. Reviewed by Debra Wasserman.**

VEGAN LUNCH BOX

By Jennifer McCann



When Jennifer McCann's son started first grade, she realized that she was going to be packing a vegan lunch for him every day for the next 12 years. She put on her creative thinking cap and came up with lots of fun, healthy lunches. To my delight, she's put many of these menu ideas and recipes together in *Vegan Lunch Box*. Some ideas are quick and easy, but a few take a little more time. Several feature foods from other countries, while others are designed to celebrate holidays. The book includes gorgeous color photos of many of the lunches.

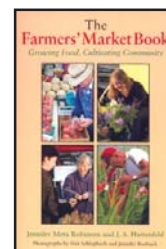
My family has given a 'thumbs up' to all the recipes we've tried, including Cornish Pasties, Lunch Box Fondue, Cheezy Roasted Chickpeas, Polenta Fries, and Tofu Fish Sticks. We can't wait to try more ideas!

Don't think *Vegan Lunch Box* is just for kids, though. Lots of us adults take lunches to work or school. (Despite the book's title, the recipes even work well for a quick dinner.) *Vegan Lunch Box* is a great book to add to your collection.

***Vegan Lunch Box* (ISBN 0-9778218-0-3) is published by Little "s" Press. It has 288 pages and retails for \$22.95. Purchase this book from your local bookstore or at <www.veganlunchbox.com>. Reviewed by Reed Mangels, PhD, RD.**

THE FARMERS' MARKET BOOK

By Jennifer Meta Robinson and J.A. Hartenfeld



Nearly every Saturday morning, I shop at a local farmers' market, so you can imagine how excited I was to come across a book focusing on the role farmers' markets play in society today.

This book examines markets in the Bloomington, Indiana, area; however, the information can be applied nationwide. Readers will learn much about the social, ecological, and economic power of farmers' markets.

***The Farmers' Market Book* (ISBN 978-0-253-21916-9) is published by Indiana University Press. The book is 271 pages and retails for \$19.95. Reviewed by Debra Wasserman.**

reviews

OMNIBO

By Suzanne Freeman

Omnibo is a creative novella (longer than a short story but shorter than a novel) that will certainly keep its readers' interest. Omnibo are cloned animals, modeled after bonobo apes, created by a hypothetical company named North American DowSanto (NADS).

The inventor of Omnibo produces addicting meat products from the cloned animals. Once people start eating this meat, they want to consume more and more. Demand increases, as NADS had hoped, and the meat they produce becomes increasingly expensive to purchase.

Eventually, a team of NADS employees steals some valuable Omnibo and keeps them as pets. After all, Omnibo are very cute and gentle creatures. At first, the NADS officials are quite upset when this happens since they fear that people no longer will consume Omnibo meat if they perceive Omnibo as pets. However, the company's officials soon realize that people have become so addicted to the meat that they do not care if Omnibo are also companion animals.

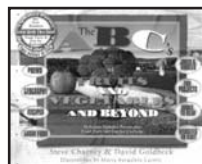
Many ethical issues are discussed throughout this brief yet thought-provoking fictional narrative. For example, Rosemary, the novella's main character, is confronted by her brother, Bronson, who is a longtime vegetarian. Bronson brings up animal rights themes and consistent vegan values, despite being in the minority.



Omnibo (ISBN 1-881515-96-6) is published by Texas Review Press. This 82-page book retails for \$12.95 and can be found in local bookstores or ordered online. Reviewed by Debra Wasserman.

THE ABC'S OF FRUITS AND VEGETABLES AND BEYOND

By Steve Charney and David Goldbeck
with illustrations by Maria Burgaleta Larson



If you are looking for a vegetarian- and vegan-friendly children's book that promotes the consumption of fruits and vegetables, you will love *The ABC's of Fruits and Vegetables and Beyond*. Part I consists of poems describing fruits and vegetables in alphabetical order. Cute drawings accompany each food item. This section would be especially good for children between the ages of 4 and 6.

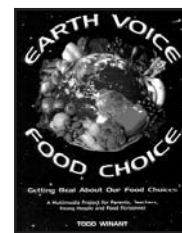
Part II of this book contains vegetarian recipes using fruits and vegetables, many of which are vegan or can easily be made vegan. It also includes jokes/riddles, fun project ideas, recommended books and websites, and more. This section is in alphabetical order as well and is suited for older children, from the ages of 7 to 12.

Readers should definitely recommend that their local library purchase this book.

The ABC's of Fruits and Vegetables and Beyond (ISBN 1-886101-07-8) is published by Ceres Press and can be ordered at <www.healthyhighways.com>. This book is 112 pages and retails for \$16.95. Reviewed by Debra Wasserman.

EARTH VOICE FOOD CHOICE

By Todd Winant



Earth Voice Food Choice is a wonderful multimedia tool for parents, teachers, students, food personnel, or anyone concerned about the food served in school lunches. It includes a manual in book form, a documentary in DVD format, and a website where users can access handouts and additional information. The goal of this project is to demonstrate how a plant-based diet can be simple and how it can serve as a solution to many of the problems that the United States is facing today. Another goal is to encourage the serving and eating of more whole grain products and organic plant foods.

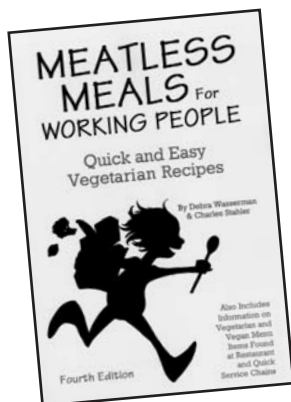
Readers will learn why what they choose to eat or not eat affects our environment, including the water we drink, the soil needed to grow food, and the amount of energy depleted to produce crops. Animal welfare issues, such as factory farming, are introduced, and the impact of diet on health is also discussed.

Most importantly, this project explains how school lunch programs in this country are run and provides suggestions to promote change. Kid-friendly quantity recipes are provided.

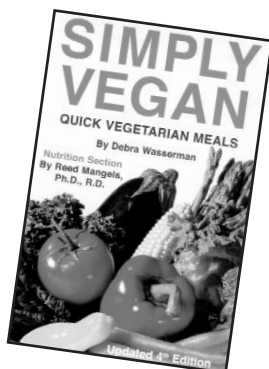
The Earth Voice Food Choice (ISBN 0-9762166-0-4) manual is published by Earth Walk Publishing and retails for \$27.95. The DVD (ISBN 0-9762166-0-4) retails for \$24.95. Both can be ordered online at <www.earthvoicefoodchoice.com>. Reviewed by Debra Wasserman.

VRG Catalog

Books

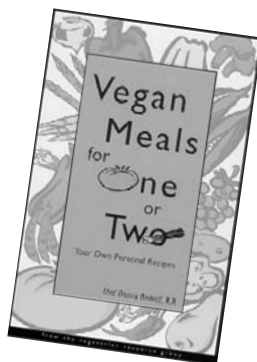


Meatless Meals for Working People—Quick and Easy Vegetarian Recipes (\$12) by Debra Wasserman. We recommend using whole grains and fresh vegetables. However, for the busy working person, this isn't always possible. This 192-page book contains over 100 fast and easy recipes and tells you how to be a vegetarian within your hectic schedule using common, convenient foods. Spice chart, low-cost meal plans, party ideas, information on fast food restaurants, soy dishes, and more. Over 90,000 copies in print.



Simply Vegan (\$14.95) by Debra Wasserman and Reed Mangels, PhD, RD. These 224 pages contain over 160 quick and easy vegan recipes, a complete vegan nutrition section, and a list of where to mail order vegan food, clothing, cosmetics, and household products. Vegan menus and meal plans. Over 85,000 copies sold.

Conveniently Vegan (\$15) by Debra Wasserman. Prepare meals with all the natural foods products found in stores today, including soymilk, tempeh, tofu, veggie hot dogs. . . . You'll find 150 recipes using convenience foods (including canned beans) along with grains, fresh fruits, and vegetables. Menu ideas, product sources, and food definitions included. (208 pp.)



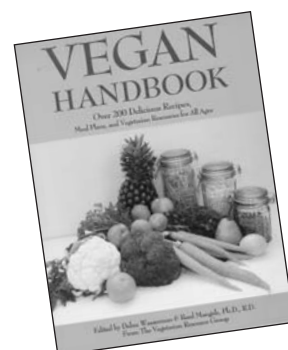
Vegan Meals for One or Two—Your Own Personal Recipes (\$15) by Nancy Berkoff, RD. Whether you live alone, are a couple, or are the only one in your household who is vegetarian, this 216-page book is for you. Each recipe is written to serve one or two people and is designed so that you can realistically use ingredients the way they come packaged from the store. Information on meal planning and shopping is included, as well as breakfast ideas, one-pot wonders, recipes that can be frozen for later use, grab-and-go suggestions, everyday and special occasion entrées, plus desserts and snacks. A glossary is also provided.

Vegan in Volume (\$20) by Nancy Berkoff, RD. This 272-page quantity cookbook is loaded with terrific recipes serving 25. Suitable for catered events, college food services, restaurants, parties in your own home, weddings, and much more.

No Cholesterol Passover Recipes (\$9) by Debra Wasserman. Includes 100 eggless and dairyless recipes. Seder plate ideas. (96 pp.)

The Lowfat Jewish Vegetarian Cookbook—Healthy Traditions from Around the World (\$15) by Debra Wasserman. Over 150 lowfat international vegan recipes with nutritional breakdowns, including Romanian Apricot Dumplings, Pumpernickel Bread, Russian Flat Bread, Potato Knishes, North African Barley Pudding, and much more. Menu suggestions and holiday recipes. (224 pp.)

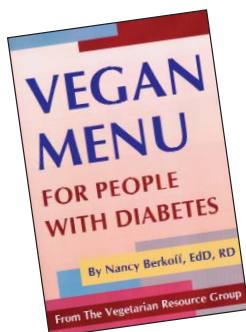
Vegan Passover Recipes (\$6) by Chef Nancy Berkoff, RD. This 48-page booklet features vegan soups and salads, side dishes and sauces, entrées, desserts, and dishes you can prepare in a microwave during Passover. All the recipes follow Ashkenazi Jewish traditions and are pareve.



Vegan Handbook (\$20) edited by Debra Wasserman and Reed Mangels, PhD, RD. Over 200 vegan recipes and vegetarian resources. Includes sports nutrition, seniors' guide, feeding vegan children, recipes for egg-free cakes and vegan pancakes, Thanksgiving ideas, vegetarian history, menus, and more. (256 pp.)

Vegan Microwave Cookbook (\$16.95) by Chef Nancy Berkoff, RD. This 288-page cookbook contains 165 recipes, some of which take less than 10 minutes to cook. It also includes information for converting traditional recipes to the microwave, microwave baking and desserts, making breakfasts in a snap, and suggestions and recipes for holidays and parties.

Vegetarian Journal's Guide to Natural Foods Restaurants in the U.S. and Canada (\$18). Whether you're traveling on business or planning a much-needed vacation, this book is certain to make your dining experiences better. This fourth edition lists more than 2,200 restaurants, vacation spots, and local vegetarian groups to contact for more info about dining in their areas. (448 pp.)



Vegan Menu for People with Diabetes (\$10) by Nancy Berkoff, EdD, RD. This 96-page book gives people with (or at risk for) diabetes a four-week meal plan, exchange listings for meat substitutes and soy products, and recipes for enjoyable dishes, such as Creamy Carrot Soup, Tangy Tofu Salad, Baked Bean Quesadillas, and French Toast.



Vegan Seafood: Beyond the Fish Shtick for Vegetarians (\$12) by Nancy Berkoff, EdD, RD. According to a national VRG poll, almost 15 percent of Americans say they never eat fish or seafood. Chef Nancy Berkoff has created these unique and good-tasting vegan fish and seafood dishes. After using this book, you'll agree with millions of vegetarians who say: Sea Animals—Don't Eat Them! Inside these 96 pages you will find sections about cooking with vegan 'fish,' 'seafood' stocks and sauces, websites offering vegan 'seafood' products, and info about omega-3 fatty acids for vegans. Avoid fish but still enjoy the taste of the sea with 'Fish' Sticks, Ethiopian-Style 'Shrimp' and Sweet Potato Stew, 'Crab' Rangoon, 'Tuna' Salad, and much more!

For Children and Teens

Leprechaun Cake and Other Tales (\$5) by Vonnie Crist, recipes by Debra Wasserman. Vegan story/cookbook for children ages 8-11, with glossary of cooking terms. (128 pp.) Slightly damaged cover.

The Soup to Nuts Natural Foods Coloring Book (\$3) by Ellen Sue Spivak.

The Teen's Vegetarian Cookbook (\$9.99) by Judy Krizmanic. This book is packed with health info, easy recipes, college cuisine, glossary terms, and more. (186 pp.)

Bumper Stickers

Bumper Stickers (\$1 each, 10+ \$.50 each)
"Be Kind to Animals—Don't Eat Them"
"Vegetarians Are Sprouting Up All Over"

Vegetarian Journal

Vegetarian Journal subscriptions are \$20 per year in the U.S., \$32 in Canada/Mexico, and \$42 in other countries.

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Non-Leather Shoes, Belts, Bags, etc. (\$5)
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Order Form

To order, mail to The Vegetarian Resource Group, P.O. Box 1463, Baltimore, MD 21203; place your order over the phone Mon-Fri 9 a.m. to 5 p.m. Eastern time at (410) 366-8343; fax your order form to (410) 366-8804; or order online at our website <www.vrg.org>.

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Vegetarian Action

Everything Natural By Bobby Allyn

SURVIVING AS AN INDEPENDENT NATURAL foods store is not easy in today's highly competitive market. With the constant expansion of supermarket-sized natural foods retailers such as Whole Foods and Wild Oats, small mom-and-pop stores struggle to keep their strong customer base. In addition to overcoming the seemingly impossible task of price-matching multi-million dollar food retailers, finding a receptive location is also a challenge. Everything Natural—located in Clarks Summit, in the heart of Northeastern Pennsylvania (NEPA)—has definitely beaten the odds.

Longtime vegetarian and natural foods activist Barry Kaplan launched Everything Natural in 1985 to provide the NEPA area with a store that offers vegetarian, holistic, and organic products, ideas that were foreign to the area at that time. However, it wasn't the food that first brought many of the early customers to Everything Natural's aisles so much as the new store's atmospherics, particularly its trendy and appealing music.

"In 1985, we started playing music of our choice," Kaplan said. "It was then known as new age music. People said they loved it. They asked where to buy it, and that was one of our 'a-ha' moments. We started selling the music we loved and became the largest resource for that type of music in our region."

Since then, Everything Natural has been thriving, offering classes, workshops, food, gifts, music, and other products centered around vegetarianism and natural living. Kaplan credits the rise of health consciousness to Everything Natural's continued success.

"People have come to realize that there is an association between your health and your food," he said. "That acceptance and awareness have brought more customers to our door."

Aline Chang is the president of NEPA's non-profit vegetarian support group, The Vegetarian Way, and

spoke to the importance of reciprocal relationships between local organizations and regional stores.

"The staff at Everything Natural is always happy to post our flyers," said Chang. "We refer people to them, and they let folks know about us."

Everything Natural's customers come for a variety of different products and reasons. They range from ethical vegetarians and health-conscious natural living people to those who are just interested in products not offered by the major food chains. Kaplan speaks of the growing customer diversity.

"Some of our clientele come to us because they're dealing with health problems and want advice, while others come in to get products that support a healthy, eco-friendly lifestyle," he said. "And, of course, new vegetarians always find their way to us."

With a nearby Wegman's that offers a wide array of vegetarian and natural products, one would think Everything Natural would inevitably succumb to the large retailer's seemingly unbeatable prices. But Kaplan eschews the idea of competition and claims that his store easily matches larger regional stores.

"For the most part, if people just shop for a basket of food, they'll usually spend less here," he said. "We're not elitists; we're real people who want to make natural foods accessible to other real people. We didn't come into the business looking for gross profit margins. We came into it because of a passion for living better."

Customers coming back to the store with success stories and accounts of enhanced vitality are most fulfilling for Kaplan.

"Sometimes it's the littlest thing—and we may not know at first—but it had profound meaning for them. To us, that's a fulfillment of what our goals are."



Barry Kaplan inside Everything Natural

Bobby Allyn wrote this article during a summer internship with The Vegetarian Resource Group. He is currently studying journalism and international relations at American University.

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IT'S ALL GOOD VEGGIE CHICK'N AND BEEF

The next time you're near the frozen foods section, keep your eyes peeled for the signature apple-green labels of the It's All Good family of products. These mouth-watering meat alternatives include veggie chicken breasts in three choices of sauces, veggie chicken and beef strips, veggie chicken satays, and other great options. With their enticing flavors and authentic textures, these convenient choices are sure to become staples in your freezer.



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<WWW.ITSALLGOODFOODS.COM>

AMY'S KIDS MEALS BAKED ZITI

As part of their new Kids Meals line, Amy's Kitchen has made a Baked Ziti meal that is sure to please picky palettes. This yummy meal features organic rice noodles topped with Amy's pasta sauce and dairy-free cheese and is accompanied by a kid-sized serving of broccoli, handmade rice focaccia, and a crumbly apple crisp for dessert. Plus, this meal is vegan, gluten-free, and made with organic ingredients, so parents will feel good about feeding it to their kids.

AMY'S KITCHEN, INC.
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