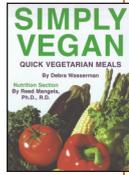


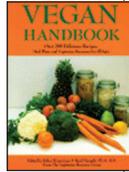
## Simply Vegan

This excellent resource contains 160 quick and easy vegan recipes and an extensive vegan nutrition section by Reed Mangels, Ph.D., R.D., covering topics such as protein, fat, calcium, iron, vitamin B12, pregnancy and the vegan diet, feeding vegan kids, and a nutrition glossary. Also featured are sample menus, meal plans, and a full-color My Vegan Plate. An additional section on shopping by mail or online tells you where to find vegan clothes and shoes, cosmetics, household items, etc. (\$16)



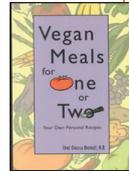
## Vegan Handbook

Over 200 vegan recipes plus a senior's guide to good nutrition, articles on vegetarian history, sports nutrition, non-leather alternatives, plus much more in this 256-page book! (\$20)



## Vegan Meals for One or Two

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



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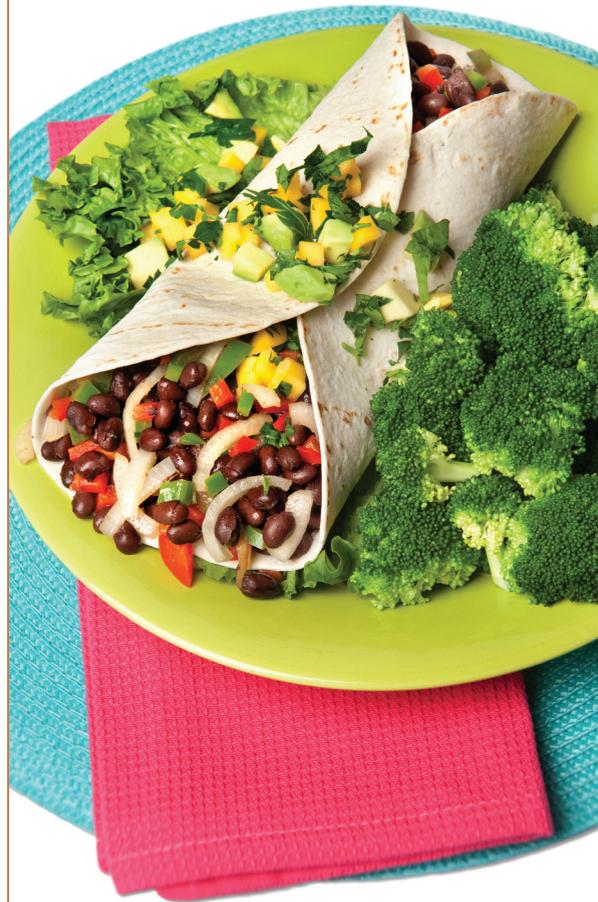
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# Vegan Diets in a Nutshell



## What is a Vegan?

Vegetarians do not eat meat, fish, or poultry. Vegans, in addition to being vegetarian, do not use other animal products and by-products such as eggs, dairy products, honey, leather, fur, silk, wool, and cosmetics and soaps derived from animal products.

## Why Veganism?

People choose to be vegan for health, environmental, and/or ethical reasons. For example, some vegans feel that one promotes the meat industry by consuming eggs and dairy products. That is, once dairy cows or egg laying chickens are too old to be productive, they are often sold as meat. Some people avoid these items because of conditions associated with their production.

Many vegans chose this lifestyle in order to promote a more humane and caring world. They know they are not perfect, but believe they have a responsibility to try to do their best, while not being judgmental of others.



## Common Vegan Foods

Oatmeal, cereal, toast, orange juice, peanut butter on whole wheat bread, frozen fruit desserts, salad bar items like chickpeas and three bean salad, dates, apples, macaroni, fruit smoothies, popcorn, spaghetti, vegetarian baked beans, lentil soup, guacamole, chili, stir-fried vegetables, burritos...

## Vegans Also Eat

Tofu lasagna, homemade pancakes without eggs, hummus, eggless cookies, soy ice cream, tempeh, corn chowder, soy yogurt, rice pudding, fava beans, banana muffins, spinach pies, oat nut burgers, seitan, corn fritters, French toast made with soy milk, soy hot dogs, vegetable burgers, pumpkin casserole, scrambled tofu, falafel...

## When Eating Out Try These Foods

Pizza without cheese, Chinese moo shu vegetables, Indian curries and dal, eggplant dishes without the cheese, bean tacos without the lard and cheese (available from Taco Bell and other Mexican restaurants), Middle Eastern hummus and tabouli, Ethiopian injera (flat bread) and lentil stew, Thai vegetable curries...

## Egg and Dairy Replacers

### As a binder substitute for each egg:

¼ cup (2 ounces) soft tofu blended with the liquid ingredients of the recipe

1 small banana, mashed

¼ cup applesauce

2 Tablespoons cornstarch or arrowroot starch

Ener-G Egg Replacer or another commercial mix found in health food stores

## DAIRY SUBSTITUTES

Soy milk, almond milk, rice milk, other nut or plant milks, or water (in some recipes) may be used.

Buttermilk can be replaced with soured soy or rice milk. For each cup of buttermilk, use 1 cup soy or rice milk plus 1 Tablespoon of vinegar.

Soy or nut-based cheese. (Be aware that some soy cheeses contain casein, which is a dairy product.)

Crumbled tofu can be substituted for cottage cheese or ricotta cheese in lasagna and similar dishes.

Several brands of nondairy cream cheese, sour cream, and yogurt are available in supermarkets.

## Vegan Nutrition

The key to a nutritionally sound vegan diet is variety. A healthy and varied vegan diet includes fruits, vegetables, plenty of leafy greens, whole grain products, nuts, seeds, and legumes.



## Protein

It is very easy for a vegan diet to meet the recommendations for protein as long as calorie intake is adequate. Strict protein planning or combining is not necessary. The key is to eat a varied diet.

## Sources of Protein

Almost all foods except for alcohol, sugar, and fats provide some protein. Vegan sources include: lentils, chickpeas, tofu, peas, peanut butter, soy milk, almonds, spinach, rice, whole wheat bread, potatoes, broccoli, kale...

For example, if part of a day's menu included the following foods, you would meet the Recommended Dietary Allowance (RDA) for protein for an adult male:

- 1 cup oatmeal, 1 cup soy milk,
- 2 slices whole wheat bread, 1 bagel,
- 2 Tablespoons peanut butter,
- 1 cup vegetarian baked beans,
- 5 ounces tofu, 2 Tablespoons almonds,
- 1 cup broccoli, and 1 cup brown rice.



## Fat

Vegan diets are free of cholesterol and are generally low in saturated fat. Thus eating a vegan diet makes it easy to conform to recommendations given to reduce the risk of major chronic diseases such as heart disease and cancer. Most dietary fat should be monounsaturated fat from foods like nuts, seeds, olives, avocados, canola oil, and olive oil.

## Vitamin D

Vitamin D is not found naturally in the vegan diet, but can be made by humans following exposure to sunlight. At least ten to fifteen minutes of summer sun on hands and face two to three times a week is recommended for adults so that vitamin D production can occur. Food sources of vitamin D include vitamin D-fortified plant milks and mushrooms that have been exposed to ultraviolet light.

## Calcium

Calcium, needed for strong bones, is found in dark green leafy vegetables, tofu made with calcium sulfate, calcium-fortified soy milk and orange juice, and many other foods commonly eaten by vegans. Although lower animal protein intake may reduce calcium losses, there is currently not enough evidence to suggest that vegans have lower calcium needs. Vegans should eat foods that are high in calcium and/or use a calcium supplement.



## Calcium Content of Selected Foods

Soy or rice milk, commercial, calcium-fortified, plain	8 oz.	200-300 mg
Collard greens, cooked	1 cup	357 mg
Blackstrap molasses	2 TB	400 mg
Tofu, processed with calcium sulfate	4 oz.	200-420 mg
Calcium-fortified orange juice	8 oz.	350 mg
Tofu, processed with nigari	4 oz.	130-400 mg
Kale, cooked	1 cup	179 mg
Tahini	2 TB	128 mg
Almonds	¼ cup	94 mg

Other good sources of calcium include: okra, turnip greens, soybeans, tempeh, almond butter, broccoli, bok choy, calcium-fortified soy yogurt...

The recommended intake for calcium for adults 19 through 50 years is 1000 milligrams/day.

Note: It appears that oxalic acid, which is found in spinach, rhubarb, chard, and beet greens, binds with calcium and reduces calcium absorption. Calcium is well absorbed from other dark green vegetables.

## Zinc

Vegan diets can provide zinc at levels close to or even higher than the RDA. Zinc is found in grains, legumes, and nuts.

## Iron

Dried beans and dark green leafy vegetables are especially good sources of iron, better on a per calorie basis than meat. Iron absorption is increased markedly by eating foods containing vitamin C along with foods containing iron.

## Sources of Iron

Soybeans, lentils, blackstrap molasses, kidney beans, chickpeas, black-eyed peas, Swiss chard, tempeh, black beans, prune juice, beet greens, tahini, peas, bulghur, bok choy, raisins, watermelon, millet, kale...

## Omega-3 Fatty Acids

In order to maximize production of DHA and EPA (omega-3 fatty acids), vegans should include good sources of alpha-linolenic acid in their diet such as flaxseed, flaxseed oil, canola oil, tofu, soybeans, and walnuts.

## Vitamin B12

The requirement for vitamin B12 is very low but it is an essential nutrient. It is especially important for pregnant and lactating women, infants, and children to have reliable sources of vitamin B12 in their diets. Non-animal sources include cereals, soy milk, rice milk, and meat analogues that have been fortified with vitamin B12. Also, around two teaspoons of Red Star nutritional yeast T6635, often labeled as Vegetarian Support Formula, supplies the adult Recommended Dietary Allowance.

Read labels carefully or contact companies since fortification levels can change. Vitamin B12 supplements are another option. There are supplements which do not contain animal products. Claims of a high vitamin B12 content in fermented soyfoods (miso and tempeh) and for sea vegetables and spirulina are unfounded. Unless fortified, no plant food contains significant amounts of active vitamin B12.

