

VEGETARIAN

JOURNAL HEALTH ECOLOGY ETHICS

How Many Adults
Are Vegetarian?
2009 Poll
Results!

E dible Gifts

Fruit Basket Centerpiece
(page 8)



\$4.50 USA/\$5.50 CANADA



Calcium
Content
of Common
Indian Dishes

NUTRITION HOTLINE

SUZANNE HAVALA HOBBS
DrPH, MS, RD



This issue's Nutrition Hotline addresses what herbal supplements are and whether they provide the health benefits that their labels claim they do.

QUESTION: *"Should I consider using herbal supplements? If so, which ones are best?"*

ANSWER: We're a nation of pill-poppers. The nutritional supplement industry estimates that Americans spend more than \$6 billion every year on vitamin- and mineral-packed pills, powders, and tablets.

It's a testament to the allure of the quick-fix, given that little evidence exists to support most of the exaggerated health claims made for nutritional supplements. Now, many people are expanding their supplement habits to include herbs.

Herbs are plants used in small quantities for a variety of effects. Culinary herbs, for example, are plants used in small quantities for the flavor or aroma their leaves add to foods. Examples include mint, rosemary, thyme, and cilantro.

Medicinal herbs, on the other hand, are used for the health benefits some people believe the plants offer. Examples include black cohosh, echinacea, ginkgo, valerian, hoodia, feverfew, and dozens more.

Some herbs even pull double-duty. Ginger, for instance, tastes good in soups, sauces, and entrées. It also has the power to relieve nausea and vomiting during pregnancy—safely—according to the National Center for Complementary and Alternative Medicine, or NCCAM, a unit of the National Institutes of Health.

A list of common herbs, their uses, and potential side effects is

available online at nccam.nih.gov/health/herbsatag glance.htm.

By themselves, herbs are whole foods—a sprig or a few leaves of this or that. Taken as supplements that are concentrated and packaged in pill, capsule, or powder form, though, their active ingredients have more potential to have an effect.

Just as people take vitamin and mineral supplements because they think the pills provide protection against cancer or heart disease or that they boost the body's immune system, herbal supplements are often touted as having a wide range of health benefits as well.

In most cases, it's too early to tell if the claims are true. While the federal government is sponsoring research, the science is largely still evolving.

If you have an interest in herbal supplements, take precautions to use them safely. Federal guidelines regulating the marketing and sale of supplements are much less stringent than the standards applied to over-the-counter and prescription drugs.

Be sure to tell your health care provider about any herbal supplements you are taking. It's important for many reasons:

- Herbal supplements have the potential to interact with other medications. They may inhibit or enhance the effects of certain drugs.
- Herbal supplements can affect your risk of bleeding during

(Continued on page 13)

MANAGING EDITOR: Debra Wasserman
 SENIOR EDITOR: Keryl Cryer
 EDITORS: Carole Hamlin,
 Jane Michalek, Charles Stahler
 NUTRITION EDITORS: Reed Mangels, PhD, RD,
 Suzanne Havala Hobbs, DrPH, MS, RD
 NUTRITIONAL ANALYSES: Suzanne Hengen
 COVER PHOTO AND STYLING: Linda Long
 ART CONTRIBUTORS: Keryl Cryer, Rowen Leigh
 CARTOON CONTRIBUTORS:
 Raymond "Sketch" Gustafson, Tenisha Proctor
 VRG VOLUNTEER COORDINATOR
 AND CATALOG MANAGER: Jeannie McStay
 WEB DEVELOPMENT/RESEARCH: John Cunningham
 RESEARCH DIRECTOR: Jeanne Yacoubou
 DEVELOPMENT: Sid Bravmann
 RESTAURANT GUIDE/MEMBERSHIP: Sonja Helman
 VRG ADVISORS: Arnold Alper, MD;
 Nancy Berkoff, EdD, RD; Catherine Conway, MS, RD;
 Jim Dunn; Suzanne Havala Hobbs, DrPH, MS, RD;
 Enette Larson-Meyer, PhD, RD; Reed Mangels, PhD, RD;
 Jerome Marcus, MD; Virginia Messina, MPH, RD;
 Brad Scott, MBA; Wayne Smeltz, PhD

COPYRIGHT 2009 BY THE VEGETARIAN
 RESOURCE GROUP, INCORPORATED
 PRINTED IN THE UNITED STATES OF AMERICA.
 The *Vegetarian Journal* (ISSN 0885-7636) is
 published quarterly. The contents of *Vegetarian
 Journal* and our other publications, including web
 information, are not intended to provide personal
 medical advice. Medical advice should be obtained
 from a qualified health professional. We often
 depend on company statements for product
 and ingredient information. It is impossible to be
 100% sure about a statement, info can change,
 people have different views, and mistakes can be
 made. Please use your own best judgement about
 whether a product is suitable for you. To be sure,
 do further research or confirmation on your own.

SUBMISSIONS: We do not accept unsolicited
 manuscripts. Please send a query letter first.

ADVERTISING: *Vegetarian Journal* does not accept
 paid advertising. We do review vegetarian products.

E-MAIL: Contact The VRG via e-mail at vrg@vrg.org.
 The VRG's website is www.vrg.org.

CHANGE OF ADDRESS: Please send change
 of address to P.O. Box 1463, Baltimore, MD
 21203. You may also e-mail a change
 of address to vrg@vrg.org.

FOR INFORMATION, CALL (410) 366-VEGE.
 Also, if you do not want your name traded
 to other organizations, please let us know.

FEATURES

6 · Edible Vegan Gifts for the Holidays
 Chef Nancy Berkoff makes festive presents for all occasions.

10 · Vegan Munchies
 Liven up your next party with Peggy Rynk's snack ideas.

12 · How Many Vegetarians Are There?
 Get the results of the latest VRG poll!

18 · Menu Selection for Vegan Renal Patients
 Nancy Berkoff, RD, EdD, brings you another *Foodservice Update*.

24 · VRG Awards Two \$5,000 Scholarships

26 · Calcium Content of Popular Indian
 Vegetarian Dishes and Ingredients
 Navnidhee Batra, MS, looks at nutrition info for many foods.

DEPARTMENTS

<i>Nutrition Hotline</i>	2
Should I take herbal supplements?	
<i>Note from the Coordinators</i>	4
<i>Letters to the Editors</i>	5
<i>WestSoy Vegetarian Stir-Fry Strips Do Not Contain Honey</i>	9
<i>Veggie Bits</i>	14
<i>Vegan Cooking Tips</i>	15
Quick-and-Easy Holiday Foods, by Chef Nancy Berkoff	
<i>Scientific Update</i>	16
<i>Notes from the VRG Scientific Department</i>	23
<i>Book Reviews</i>	31
<i>Catalog</i>	33
<i>Vegetarian Action</i>	35
The Vegetarian Asian Kitchen, by Julia Driggers	
Vegan Nutrition in Pregnancy and Childhood <i>Brochure</i>	<i>Back Cover</i>



www.vrg.org

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 join VRG and receive *Vegetarian Journal* in the USA, send \$20 to The Vegetarian Resource Group, P.O. Box 1463, Baltimore, MD 21203.

NOTE FROM THE COORDINATORS

TODAY'S VEGANS ARE SPOILED



Twenty-five years ago, when VRG talked to publishers about cookbooks with vegan recipes, they felt there was little interest. When we exhibited at Book Expo America (the major trade show for the book industry) back then, there were just a few vegan titles besides VRG's and those from the Book Publishing Company (for example, their classics *The Farm Cookbook* and *Tofu Cookery*). This year at Book Expo America, it seems there was a flood of vegan books, such as *Vegan Yum Yum* and *Vegan Brunch*.

Two attendees walking the floor stated that they used our *No Cholesterol Passover Recipes* every year, even before becoming vegetarian. Numerous people have told us what a lifesaver this book was. The two attendees that used our Passover book also shared with us information about coconut flour and coconut sugar. See <www.azukarorganics.com>. If you tried these products, let us know about your experiences. We will be running a recipe piece in *Vegetarian Journal* on these food items next year.

While in New York City for Book Expo America, we were walking through the streets and saw a sign that announced "Vegan Treats; Vegan Foods." Boy, are vegans in New York spoiled today! We didn't even bother going into this establishment. We were on our way to taste the vegan ice cream at Lulu's Sweet Apothecary on 6th Street in Manhattan. This old-fashioned-style ice cream parlor was a hit, as voted by an 11-year-old with us. He didn't mind walking a few miles to visit it again the next day. And there was room even after feasting on spinach dosas and a vegan mango lassi at Madras Kosher Vegetarian Indian restaurant on 2nd Avenue. What else can you ask for?

Our college intern from farm country, where she had chickens and a graduating class of 70, also enjoyed these delicious foods in the Big Apple. Seeing all these new vegan treats, no wonder vegans are now such a high percentage of vegetarians. Look at our 2009 poll results on page 12. With enthusiastic upcoming activists, we should find an even more vegan world in the future. For example, see the results of our scholarship contest for graduating high school seniors on page 24. If you would like to help support our ability to give more scholarships, please contact vrg@vrg.org or send donations to The Vegetarian Resource Group, P.O. Box 1463, Baltimore, MD 21203.

Debra Wasserman & Charles Stahler

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 and mail to P.O. Box 1463, Baltimore, MD 21203.

We greatly appreciate generous support from The Vegetarian Site, <www.thevegetariansite.com/index.htm>.

Special thanks to Susan Petrie and to David and Sam McLaughry for staffing VRG's booth at the Boston Vegetarian Food Festival. Also, thanks to Phil Becker for staffing VRG's booth at San Francisco's World Veg Festival Weekend.

Thanks to Michael Hartman for contributing to VRG's Eleanor Wolff Intern Scholarships.

Houston-Area Veg Group Shows Gratitude for VRG Materials

Sonja,

Thank you so much for sending me such wonderful literature to use for our group's outreach! I'm always impressed by how generous VRG is with supplying outreach materials and have enclosed a year-end donation to help further your efforts and to express my gratitude.

Best wishes to you and the VRG staff in the New Year! I look forward to working with you for future outreach supply requests.

Thanks again!!!

Kristen O.

Katy, TX

Simply Vegan Helps New Vegetarians Around the World

Some years ago, I searched for information about the vegan lifestyle and also purchased your signature book, *Simply Vegan*.

VRG was so helpful in answering my question-filled e-mails, and *Simply Vegan* was really useful as both a nutritional guide and recipe book. My sister

was especially excited about the desserts—a section often omitted by vegan cookbooks.

A few days ago, a removalist dropped some furniture off, and he noticed *Simply Vegan* sitting on my shelf. He mentioned that his daughter had recently turned vegetarian, and he had no idea how to ensure she stayed healthy or where to get information. So, of course, I gave him my copy of *Simply Vegan* and your website.

In appreciation for the information you provide, which is both useful and great to share, I just made a donation to your site. You don't need to send me the *Journal*. (Being in Australia, the postage is probably ridiculous, and I'm sure the trees would appreciate one less paper product.) I'm just happy to browse your site and enjoy the information within.

Thanks,

Carol M.

Sydney, Australia

Note: *Descriptions of Simply Vegan and other resources that The VRG publishes are available on pages 33 and 34 of this magazine. You can order this book and others by using the form on the bottom of page 34 or online at <www.vrg.org>.*

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

Coming in the Next Issue:

AFGHANI CUISINE

Plus: Seasonal Meals, Using Vegan Ground Round, Vegan Alternatives to Easter Eggs, and more!

Edible Vegan Gifts for the Holidays

by Chef Nancy Berkoff

FINDING PERSONAL AND AFFORDABLE ways to wish family, co-workers, teachers, and neighbors the best of the season can be a real 'treasure' hunt. However, if you do a little planning and are willing to spend some time in the kitchen, you'll find that gift-giving can be economical and heartfelt at the same time. Also, if you make it a 'community' project, you even get to spend quality time with friends and family. Plus, a jar of homemade spicy nuts or salsa is less expensive than a basket of scented soaps or another bottle of wine, and they are definitely much more personal.

Making edible gifts work means coming up with a plan now, not a week before the holiday. Experts suggest breaking the project into two parts—first deciding what you're making and then deciding how you'll package it. Do both as early as possible. You will enjoy having time to locate ingredients and packaging materials, and you'll probably save some money, too.

We suggest trying to make just one or two ideas and then using those for multiple gift recipients, especially if you are new to giving edible gifts. Also, consider foods that will last at least a few weeks, preferably without refrigeration. This is easier for you since there will be no need to rush the gift out or make it at the last minute. In addition, it is more considerate for the recipient, who may not want to eat it immediately.

HEALTHFUL YET FUN IDEAS

A homemade gift for someone shows how much you care—and they can enjoy it, too! And a healthful gift really does show that it's the thought that counts.

Here are some ideas to get you started:

- Make a basket packed with a variety of salsas, fruit preserves, or seasoned applesauce—all homemade, of course! This will be low in fat and high in vitamins and fiber, but who would guess!?
- Create a recipe file. Write out two or three of your

favorite healthy recipes on attractive cards. Package in a small, interesting box with extra cards.

- Tie a beautiful ribbon, a length of interesting cloth, or a short hand-knitted scarf around a loaf of homemade seven-grain bread.
- Fill a large holiday mug with an assortment of green and herbal teas, dried ginger, and dried fruit.
- Collect a variety of hot cereal packets or small boxes, or make up your own mix. Package in a pretty bowl, and tie up in a large cloth napkin or small tablecloth with a big bow.
- Pot culinary herbs, ready to grow, in an ornamental pot or tin. Rosemary, basil, parsley, chives, and thyme grow well on a windowsill.
- Fill a big glass jar with a variety of colorful legumes: layer lentils, kidney beans, black-eyed peas, etc., into a colorful pattern. Then, include a soup, stew, tangine, or ragout recipe. The same can be done with dried fruit—include a recipe for a cold (or hot) fruit soup, tea, or compote.

PACKAGING

A big part of giving edible gifts is the container, so have fun with this part. Cookie tins or foil are available in many colors and shapes, but you may want to think outside the cookie tin. Search online or at craft stores, where you'll find loads of recyclable choices, such as colorful cardboard food containers or seasonal cardstock. The plain white boxes sold in varying sizes at candy and baking supply stores can be used year-round. You can decorate these yourself or 'hire' your children to do so. Or you can festoon the boxes with a bouquet of ribbons, alternating thin and thick widths.

Cellophane (clear, colored, or decorated with holiday images) is another choice, as are glass jars in assorted

colors and antique (or gently used) wood or metal boxes. Last year, we found fun bags, cut out of thick flannel.

The way the gift is placed in the container makes it interesting, as well. Think about baking homemade vegan biscotti or hard pretzels in thick paper cones, resembling giant ice cream cones. Balance the cone in the center of a box with sides high enough to support it. Place small jars or paper bags of cinnamon sugar (made with date sugar or palm sugar), granulated nuts, cookie crumbs, fruit preserves or jams, and other items that can be used for dipping. If 'traveling' is an issue, then include the recipe and the dry ingredients in the cone, rather than the finished product.

If you are presenting closer to home, think about baking loaves of zucchini, banana, or carrot bread. Hollow out a small section of the loaf, and place small jars of nut butters or fruit preserves into the hollow. This is an easy dessert for the giftee to serve!

RUBS

Why not give your friends and family a rub this year? No, not the promise of a massage (although you could offer that as a gift certificate), but an assortment of rubs that can liven up foods without contributing additional fat.

A rub is a mixture of herbs, spices, and seasonings. The advantage of a rub is that it can keep well if placed in an airtight container and kept in a cool place. A batch of rub is quick to make and easy to use.

Once you've made several batches in several flavors, you are ready to turn your rub into a gift. Rubs present nicely poured into small glass jars, such as canning jars. You can place a new hand-

kerchief or bandana under the lid, and then screw the lid securely on. Jazz up the rub jar with ribbon, small strings of beads (strung on elastic), or paper strands. Add a card with "how to" use rubs, and you've got a great gift!

Each rub recipe makes enough for 2-3 pounds of vegetables, tofu, seitan, and even croutons.

GREEK RUB

(Makes ½ cup or 1 serving)

You can actually add this rub to a mixture of oil and vinegar for a great salad dressing. For cooking, sprinkle it on tomato halves and broil or add to roasting potatoes or winter squash.

- 2 teaspoons dried oregano
- 1½ teaspoons onion powder
- 1½ teaspoons garlic powder
- 1 teaspoon cornstarch
- 1 teaspoon fresh ground black pepper
- 1 teaspoon crushed vegetable bouillon
- 1 teaspoon dried parsley flakes
- ½ teaspoon ground cinnamon
- ½ teaspoon ground nutmeg

Combine all ingredients and store in an airtight container.

Total calories per serving: 52 Fat: 2 grams
Carbohydrates: 8 grams Protein: 1 gram
Sodium: 953 milligrams Fiber: 1 gram

ETHIOPIAN RUB

(Makes ½ cup or 1 serving)

This is probably the most exotic and expensive rub we have seen, but it is well worth the time and cost. Try it on roasting potatoes or plantains.

- 4 whole cloves
- 2 teaspoons whole cumin seeds
- 1 teaspoon fenugreek seeds
- ¾ teaspoon black cardamom seeds

- 10 black peppercorns
- 1 teaspoon coriander seeds
- 10 small dried red chillies
- 2½ teaspoons paprika
- ½ teaspoon grated ginger
- ¼ teaspoon allspice
- ¼ teaspoon ground turmeric
- ⅛ teaspoon ground cinnamon
- ⅛ teaspoon ground cloves

In a small frying pan over low heat (no oil), lightly toast whole cloves, cumin seeds, fenugreek seeds, cardamom seeds, peppercorns, and coriander seeds for approximately 2 minutes. Allow to cool. Remove stems from chillies and grind with toasted spices. Add remaining ingredients. Store in an airtight jar.

Total calories per serving: 16 Fat: <1 gram
Carbohydrates: 3 grams Protein: 1 gram
Sodium: 5 milligrams Fiber: 1 gram

CARIBBEAN RUB

(Makes ½ cup or 1 serving)

Also known as 'jerk' rub, try this recipe with seitan or even as a 'sprinkle' on roasted corn on the cob.

- 1 Tablespoon onion flakes
- 1 Tablespoon onion powder
- 2 teaspoons ground thyme
- 2 teaspoons sugar (Use your favorite vegan variety.)
- 2 teaspoons dried chives or scallions
- 1 teaspoon ground allspice
- 1 teaspoon ground black pepper
- 1 teaspoon cayenne
- ¼ teaspoon ground nutmeg
- ¼ teaspoon ground cinnamon

Mix all ingredients together. Store in an airtight container in a cool, dark place.

Total calories per serving: 74 Fat: <1 gram
Carbohydrates: 18 grams Protein: 1 gram
Sodium: 5 milligrams Fiber: 1 gram

LEMON HERB RUB

(Makes 1/2 cup or 1 serving)

This savory recipe enhances tofu, tempeh, Tofurky, potatoes, ... you name it!

- 2 Tablespoons dried crushed oregano or thyme
- 1 Tablespoon dried grated lemon rind
- 1 Tablespoon (vegan) brown sugar
- 3/4 teaspoon ground black pepper
- 3/4 teaspoon garlic powder

Place all of the ingredients in a small bowl, and stir to mix well.

Total calories per serving: 62 Fat: 1 gram
Carbohydrates: 15 grams Protein: 1 gram
Sodium: 5 milligrams Fiber: 3 grams

OTHER EDIBLE GIFTS

These gifts take more time to make than the rubs—sometimes several days—but they make exceptionally impressive gifts.

PICKLED LEMONS

(Makes thirty-two 2-Tablespoon servings)

Pickled lemons make a great condiment for mild hot entrées or can be added to curries, soups or stews, cooked vegetables, or fresh salads.

- 6 lemons
- 2 Tablespoons salt
- 2 garlic cloves, minced
- 1 teaspoon ground paprika
- 1/4 cup red pepper flakes
- 1 cup vegetable oil, room temperature

Wash lemons thoroughly, cut into quarters, and remove the seeds. Roll in salt and pack into a quart-sized jar. Cover and let stand at room temperature for 2 days.

Combine remaining ingredients, add to jar, and let stand for

4 or 5 more days. When done, store in the refrigerator until ready to use as a present.

Total calories per serving: 64 Fat: 7 grams
Carbohydrates: 1 gram Protein: <1 gram
Sodium: 436 milligrams Fiber: <1 gram

FRUIT BASKET CENTERPIECE

(Makes approximately 16 cups)

**Pictured on the cover. Assemble this to give as a 'centerpiece' gift. You'll need skewers and a basket.*

- 1 each fresh pineapple and cantaloupe
- Honeydew (optional)
- Watermelon (optional)
- 2 pints strawberries
- 3 cups grapes (assorted colors)

Cut the top off of your pineapple with a knife and discard. Slice 1/2-inch thick slices from the remainder of the pineapple. Push a flower cookie cutter into the center of each pineapple slice and cut out your flowers.

Slice your cantaloupe in half and scoop out the seeds. Use a melon baller to scoop out one ball for every two flowers. Cut the melon balls in half. You can use watermelon and/or honeydew as well for this to make assorted colors and flavors.

Put a six-inch bamboo skewer through the center of the pineapple flower and then push the melon ball half onto the tip of the skewer, creating the center of a flower. Repeat until all of the pineapple flowers have been used.

Remove the leaves from the strawberries and push each of them lengthwise onto their own skewers.

Wash the grapes and stick five or six onto each skewer. Push

them up the skewer so that they touch one another.

Roll some modeling clay into a ball or take some florist's foam, and place into your basket. Stick your skewers into the clay and arrange your fruit flowers to your liking.

Some tips:

- Cut the ends of your skewers with kitchen scissors to achieve various stem heights.
- Don't push the fruit through the top of the skewer.
- Use the melon rinds instead of modeling clay or florist's foam to attach your skewers into the basket.
- Fill your arrangement with parsley for extra color and to hide the clay.

Total calories per serving: 59 Fat: <1 gram
Carbohydrates: 15 grams Protein: 1 gram
Sodium: 6 milligrams Fiber: 2 grams

CHOCOLATE TRUFFLE TREE

(Makes approximately 35 truffles)

This takes a bit of doing, and definitely can't be shipped—but the "oohs" and "ahhs" are well worth it.

- 1 cup vegan cake crumbs (Vanilla, chocolate, almond, and carrot cake work well.)
- 1/2 cup vegan brown sugar (or any coarse vegan sugar)
- 1 cup dry vegan chocolate beverage mix (not unsweetened cocoa)
- 1/2 cup ground almonds
- 1 cup vegan chocolate chips
- 1 cup apricot jam
- Shredded dry coconut for garnish, if desired

Combine the cake crumbs, sugar, dry chocolate beverage, and

ground almonds in a bowl and set aside.

Melt chocolate chips in the microwave, in a quart bowl, for approximately 30 seconds on HIGH or on the stove, in a small pot, stirring constantly until melted. Add the chocolate into the dry ingredients, and mix well.

Add just enough jam to make a stiff mixture that you can roll into balls. Place the mixture in the refrigerator and allow to cool for 30 minutes.

Roll into 1-inch balls. Next, roll the balls in coconut, if desired. Refrigerate the balls for at least 24 hours before assembling.

FOR THE TREE YOU WILL NEED THE FOLLOWING:

- A 10-inch (circumference) polystyrene ball, or a ball made of a material in which you can

stick toothpicks. These can be found in craft stores or florist shops.

- A 'pot' for the base of your tree. This can be a ceramic flower pot filled with marbles or a clay flower pot filled with hay.
- A wooden dowel—the length is your choice, depending on how high you would like your 'tree' to be.
- Enough colorful ribbon to cover your ball and your dowel and to make decorative little bows, approximately 4 yards.
- Modeling clay
- Double-sided tape
- 35-40 toothpicks

TO ASSEMBLE:

First, cover the dowel with ribbon. Secure at the bottom and top

with tape or clay. Press the dowel into the polystyrene ball. Cover the ball with ribbons, using the tape to help the ribbons stay on.

Place some modeling clay into the bottom of the container you have selected. Press the other end of the dowel into the container and make certain it is secure. Dot the ball with toothpicks. Alternate small bows, made from the left-over ribbon, with the chocolate balls. Plan to serve or deliver fairly soon after assembly.

Total calories per truffle: 71	Fat: 2 grams
Carbohydrates: 14 grams	Protein: 1 gram
Sodium: 9 milligrams	Fiber: 1 gram

Nancy Berkoff is The Vegetarian Resource Group's Food Service Advisor. She is the author of *Vegan Meals for 1 or 2*, *Vegan Microwave Cookbook*, and numerous other cookbooks.

WestSoy Vegetarian Stir-Fry Strips Do Not Contain Honey, Despite Label

by Jeanne Yacoubou, VRG Research Director

An Illinois reader contacted Hain Celestial about their product, WestSoy Vegetarian Stir-Fry Strips, when he noticed the word 'vegan' on a package but 'honey' listed as an ingredient. The reader told us that, on some packages in the store, the word 'honey' had been scratched out. He called the company for an explanation.

The reader reported that, at first, Hain told him that the product did contain honey. Later, the reader told us that a supervisor at Hain called him back and told him that there never was honey in the Strips. She said that there was an error on the ingredient statements of packages printed before February 2009. Those packages did indicate that honey was present. The reader told us that Hain said it wasn't issuing a statement correcting the mistake because, since honey is not a federally-regulated allergen, it is not required.

The VRG called Hain to follow up. In April 2009, Sara, a customer service representative at Hain, told us that there never was honey in the WestSoy Vegetarian Stir-Fry Strips but that packages printed before February 2009 did list honey as an ingredient. Sara said that was an error on their part. Those packages do say 'vegan.'

The newer packages also have 'vegan' printed on them, but 'honey' does not appear in the ingredient statement. Sara told The VRG that, since the Strips have an 80-day shelf life, complete turnover to all newer packaging may not have occurred in all stores as of April 2009 but soon it will. They have no way of knowing for sure.

Hain regrets any confusion or inconvenience the error may have caused to consumers.

Vegan Munchies

By Peggy Rynk

ALL THE RECIPES BELOW are easy to make and appropriate to serve either during a quiet family evening at home or for special guests.

MIXED VEGGIE PLATTER

Select your favorite raw vegetables—such as carrot or celery sticks, cucumber slices, red or green bell pepper strips, or cherry tomatoes—and chill them well. Just before serving, arrange them on a serving platter. Crisp, well-chilled fresh veggies don't really need a dip unless you especially want one. In case you do, here are some suggestions:

SIMPLE BEAN AND TOMATO DIP

(Makes approximately 3 cups or twenty-four 2-Tablespoon servings)

Serve this dip with tortilla chips or other chips of choice. This recipe also makes a terrific side for burritos, tacos, or a simple rice dish.

One 1-pound can vegan refried beans
One 10-ounce can mild diced tomatoes with green chilies, not drained
A few drops of hot sauce (such as Tabasco or Texas Pete), to taste

In a medium-sized mixing bowl, blend together the refried beans and the tomatoes with chilies.

Stir in the hot sauce a little at a time, tasting as you go, until you reach the degree of heat you want.

Total calories per serving: 28 Fat: <1 gram
Carbohydrates: 6 grams Protein: 2 grams
Sodium: 100 milligrams Fiber: 2 grams

PIZZA DIP

(Makes approximately 1½ cups or twelve 2-Tablespoon servings)

Serve this dip with raw vegetables of choice or with pita bread cut into 1-inch strips and toasted.

¾ cup vegan mayonnaise
½ cup pizza sauce
Dash garlic powder
¼ cup grated vegan Parmesan-style 'cheese'

Put all ingredients, in the order listed, into a small mixing bowl. Whisk together until smooth. Cover and chill well before serving.

Total calories per serving: 48 Fat: 4 grams
Carbohydrates: 2 grams Protein: 1 gram
Sodium: 188 milligrams Fiber: <1 gram

CHILI DIP

(Makes 1 cup or eight 2-Tablespoon servings)

Serve this dip with raw vegetables, such as carrot sticks, celery sticks, or red or green bell pepper strips. It's also excellent with crisp, lowfat corn chips.

1 cup vegan sour cream
1 teaspoon dried basil
1 teaspoon paprika
½ teaspoon chili powder
Salt to taste

Mix all ingredients together well and chill.

Total calories per serving: 85 Fat: 5 grams
Carbohydrates: 9 grams Protein: 1 gram
Sodium: 160 milligrams Fiber: <1 gram

SMOKEY HUMMUS

(Makes approximately 1½ cups or twelve 2-Tablespoon servings)

Serve as a dip or spread on crisp crackers. Also, try a dollop on crisp greens. In addition, it tucks well into pita pockets.

One 6-ounce package hummus mix (such as Fantastic or Casbah)
Dash ground red chipotle
½ cups water
½ teaspoon liquid smoke

Blend the hummus mix and the ground red chipotle together in a one-quart mixing bowl. Whisk in the water and liquid smoke until mixture is thickened and smooth. Chill thoroughly.

Note: Liquid smoke is available at many grocery stores, usually in the condiment section near the ketchups and barbecue sauces.

Total calories per serving: 60
Carbohydrates: 7 grams
Sodium: 200 milligrams

Fat: 2 grams
Protein: 3 grams
Fiber: 7 grams

HUMMUS WITH DILL, MUSTARD, AND GARLIC

(Makes approximately 1½ cups
or twelve 2-Tablespoon servings)

*Serve with warm pita triangles,
spread on rice cakes, or offer as a
dip with chips or raw vegetables.
Also makes an excellent sandwich
filling.*

One 6-ounce package hummus mix
1½ teaspoons dill weed
½ teaspoon dry mustard
½ teaspoon garlic powder
1½ cups water

In a 1-quart mixing bowl, blend
together the dry ingredients. Add
the water and mix with a fork or
a wire whisk until smooth (no
lumps remain). Cover and chill
thoroughly before serving.

Total calories per serving: 60
Carbohydrates: 7 grams
Sodium: 200 milligrams

Fat: 2 grams
Protein: 3 grams
Fiber: 7 grams

PECANS ROASTED WITH TAMARI AND GARLIC

(Makes approximately 4 cups pecans
or thirty-two ⅛-cup servings)

*These are excellent to munch on as
they are, but they are also terrific
scattered on a tossed salad.*

4 cups pecan halves
1 teaspoon garlic powder
¼ cup soy tamari

Preheat oven to 350 degrees.

Put the pecans in a 13" x 9" x
2" baking pan. Sprinkle with the
garlic powder and pour in the
tamari. Stir gently until pecans
are well-coated. Shake pan gently
to distribute pecans evenly.

Bake for 15 minutes. Remove
from oven, stir, and shake to dis-
tribute evenly again. Bake for
another 5 minutes and repeat stir-
ring and shaking. Return to oven
for another 5 minutes and again
shake pan to redistribute nuts
evenly. Bake for 5 more minutes
and repeat stirring and shaking.
Return again to oven for 5 min-
utes. Remove from oven again,
stir again, and set pan on a wire
rack to cool.

Total calories per serving: 87
Carbohydrates: 2 grams
Sodium: 126 milligrams

Fat: 9 grams
Protein: 1 gram
Fiber: 1 gram

SEASONED ROASTED SUNFLOWER SEEDS

(Makes 2 cups or eight ¼-cup servings)

*These roasted seeds are excellent
to have as a snack or to sprinkle
over salads in place of croutons.*

2 cups raw sunflower seeds
2 Tablespoons soy sauce, or to taste
½ teaspoon chili powder
½ teaspoon ground cumin
Generous dash cayenne

Put all ingredients into a 10-inch
skillet. Pan roast, stirring often,
over medium-low heat for 15-
20 minutes or until seeds are
dry and golden. Transfer to a
bowl to cool.

Total calories per serving: 207
Carbohydrates: 7 grams
Sodium: 227 milligrams

Fat: 18 grams
Protein: 8 grams
Fiber: 4 grams

**Peggy Rynk is a frequent contributor
to *Vegetarian Journal*. Her most recent
article was "A Relaxing Weekend
Brunch" for Issue 1, 2009.**

Bequests

The Vegetarian Resource Group 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.
- The VRG is a tax-exempt organization. Bequests are tax-deductible for federal estate tax purposes.
- 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.

How Many Vegetarians Are There?

The Vegetarian Resource Group Asked in a 2009 National Poll

By Charles Stahler

WITH SOYMILK IN MOST SUPERMARKETS and even Burger King carrying veggie burgers, it appears that the interest in vegetarian foods is much greater than it was 20, or even 10, years ago. In a Vegetarian Resource Group (VRG) poll in which we asked people if they order a dish without meat, fish, or fowl while eating out, more than 50 percent said sometimes, often, or always (2008 VRG Poll).

However, The VRG wanted to find out how many people are actually vegetarian. You may obtain different answers, depending on how a person defines vegetarian. The word now has a positive connotation, as many people who are not actually vegetarians call themselves vegetarians.

To find an estimate of the number of 'true' vegetarians, VRG commissioned Harris Interactive to conduct an online survey asking U.S. adults the following question:

Which of the following foods, if any, do you never eat?

Please select all that apply. I never eat ...

- Meat
- Poultry
- Fish or seafood
- Dairy products
- Eggs
- Honey
- I sometimes eat all of these foods.
- Don't know.

In the survey, 3 percent of U.S. adults indicated they never eat meat, poultry, and fish/seafood. They were classified as vegetarian. About one third of vegetarians, or one percent of U.S. adults, also never eat dairy, eggs, and honey and, therefore, were classified as vegan. Eight percent of respondents said they never eat meat.

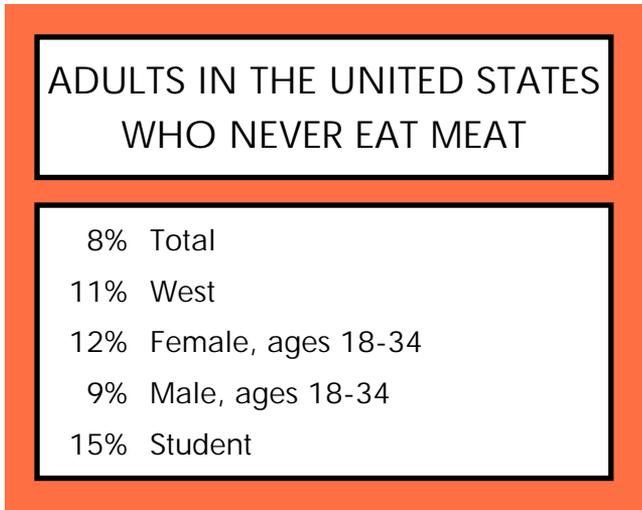
Remember that, when marketing vegetarian and vegan foods, you also need to look at the much larger number of people interested in these items as well as those who are actually vegetarian. With 5 percent of females 18-34 being vegetarian and 12 percent of females 18-34 not eating meat, this makes a strong statement for companies and restaurants to develop more meatless products and dishes for these consumers.

Based on this data, approximately 3 percent of the U.S. adult population is vegetarian. We can therefore estimate there are approximately 6-8 million adult vegetarians in the United States.

ADULTS IN THE UNITED STATES WHO ARE VEGETARIAN

- 3% Total (rounded from 3.4%)
- 3% Male (rounded from 3.3%)
- 3% Female (rounded from 3.4%)
- 5% Female, ages 18-34 (rounded from 5.2%)
- 3% Northeast (rounded from 3.3%)
- 1% Midwest (rounded from 1.3%)
- 4% South (rounded from 3.5%)
- 5% West (rounded from 5.4%)
- 1% Vegan (0.8% never eat meat, fish, fowl, dairy, eggs, or honey)
- 1% Would be vegan except for honey (rounded from 1.3%)

Also, when looking at this data, we see that vegans appear to make up a high percentage of vegetarians. Vegans are often the activists who do promotion, so when developing new products, companies should keep these vegans in mind.



For additional vegetarian polls, see <www.vrg.org/nutshell/faq.htm#poll>.

Methodology

Harris Interactive® fielded the study on behalf of The Vegetarian Resource Group from May 1-5, 2009, via its QuickQuerySM online omnibus service, interviewing a nationwide sample of 2,397 U.S. adults aged 18 years and older. Data were weighted using propensity score weighting to be representative of the the total U.S. adult population on the basis of region, age within gender, education, household income, race/ethnicity, and propensity to be online.

Using traditional methods, with a pure probability sample of 2,397 adults, one could say with a 95 percent probability that the overall results have a sampling error of 2.7 percentage points. However, that does not take other sources of error into account. This online survey is not based on a probability sample, and therefore, no theoretical sampling error can be calculated. Nonprobability samples can still be representative of the population but cannot depend upon the rationale of probability theory.

About Harris Interactive®

Harris Interactive® is a global leader in custom market research. With a long and rich history in multimodal research that is powered by our science and technology, we assist clients in achieving business results. Harris Interactive® serves clients globally through our North American, European, and Asian offices and a network of independent market research firms. For more information, please visit <www.harrisinteractive.com>.

Charles Stahler is Co-Director of The Vegetarian Resource Group. He writes the *Note from the Coordinators* piece that appears on page 4 in every issue of *Vegetarian Journal*.

NUTRITION HOTLINE

(Continued from page 2)

surgery. They can also change the way your body responds to anesthesia. If you plan to have surgery and are taking herbal supplements, definitely let your doctor know.

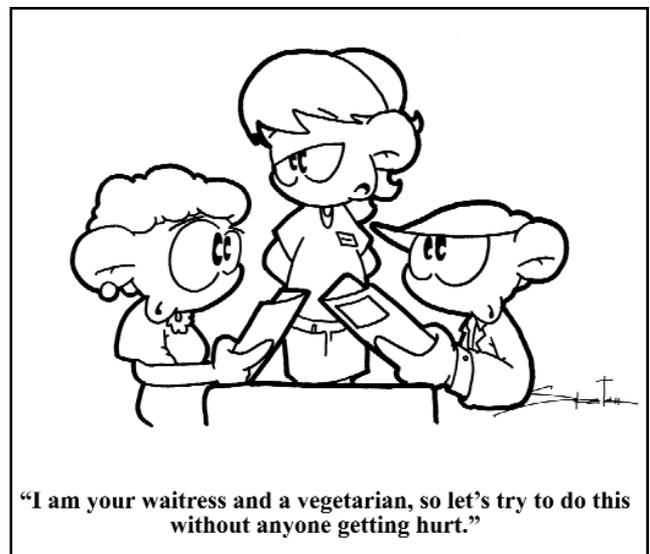
- Available research may not apply in your case. Most of the research on herbal supplements has been conducted on adults, and very little has been conducted on pregnant women, nursing mothers, or children.

Excellent online sources of reliable and up-to-date information about herbal supplements, in addition to NCCAM, include the following:

- The Office of Dietary Supplements at the National Institutes of Health. Go to <ods.od.nih.gov> for fact sheets with information about the background and safety of specific herbal supplements.
- MedlinePlus, a service of the U.S. Library of Medicine and the National Institutes of Health.

Go to <medlineplus.gov>. This site lets you search by the first letter of herbs and other supplements for detailed information compiled from a variety of authoritative sources.

- The Herb Library at the People's Pharmacy. Go to <www.peoplespharmacy.com/archives/herb_library/index.php>.



veggie bits

Tired of Making Allergy-Free Baked Goods From Scratch?

Cherrybrook Kitchen creates allergy-free baking mixes so that you can enjoy your favorite desserts without eggs, dairy, nuts, or a complicated recipe! Many of their products are soy- or gluten-free as well. Cherrybrook Kitchen offers cake, cookie, brownie, and breakfast mixes, as well as ready-to-eat cookies.

To learn more about Cherrybrook Kitchen's products, visit their website at <www.cherrybrookkitchen.com>, call 1-866-I-LOVE-CBK, or write Cherrybrook Kitchen, 20 Mall Road, Burlington, MA 01803.

Reviewed by Rachael Prokop, VRG Intern.

Farmer's Market Makes Using Organic Fall Veggies Easy



Farmer's Market helps you take advantage of the season's bounty without having to wash, peel, chop, and cook the vegetables first. The company offers organic Pumpkin, Butternut Squash, and Sweet Potato Purée, all of which can be enjoyed straight out of the can or added to your favorite cold-weather recipes. Also, there's no way you'll resist reaching for their Pumpkin Pie Mix, made with organic pumpkin, organic evaporated cane juice, and organic spices, when making that next round of scrumptious vegan desserts.

Write to Farmer's Market Foods, Inc., at P.O. Box 817, Corvallis, OR 97339-0817, or call (541) 757-1497. You can also visit the company online at <www.farmersmarketfoods.com>.

Bags Inspired by Kangaroos?

Joey Totes aren't just your typical reusable bags that are available at most grocery stores. These convenient sacks collapse into a small pouch sewn into the inside seam of each bag, so you can easily tuck them into your purse or coat pocket and pull them out during holiday shopping trips. Available in both large and small sizes, these durable, machine-washable bags are made of ripstop nylon and feature reinforced handles that allow the user to carry up to 40 pounds per sack.

To learn more, write to Joey Totes at 1783 Forest Drive, Suite 320, Annapolis, MD 21401, or call (866) 777-2335. Visit them online at <www.joeytotes.com>.

Riblets That Stick to Your Ribs



How do you enjoy barbecue when it's too cold to grill? With Morningstar Farms Hickory BBQ Riblets, of course! Although the box shows them with a salad and corn, these new creations would be right at home on a plate with sweet cornbread and Southern-style collards. These riblets, which can be found in the freezer case, offer an authentic chewy texture and a topping of sweet, zesty sauce with the convenience of the oven or microwave. No charcoal needed!

For more information, write to Morningstar Farms at P.O. Box CAMB, Battle Creek, MI 49016, or call the company at (800) 962-0120. You can also visit their website at <www.morningstarfarms.com>.

Please Pass the Gravy!

Edward & Sons has created a line of vegan and gluten-free Organic Mashed Potatoes mixes. Available in 3.5-ounce boxes, these quick and easy side dish possibilities come in three creamy varieties—Home Style, Roasted Garlic, and Chreesy, made with Road's End Organics Cheddar-Style Chreese. Any one of these flavors would be a great complement to your favorite holiday entrée.

Contact Edward & Sons Trading Company, Inc. at P.O. Box 1326, Carpinteria, CA 93014, or at (805) 684-8500. Or visit <www.edwardandsons.com>.

A Taste of Childhood



Glenny's, the company that brought Soy Crisps to the vegetarian community, recently revealed their delicious Brown Rice Marshmallow Treats. These vegan snacks are all organic, gluten-free, and 100 calories or less. They come in four yummy flavors—tasty Vanilla, delectable Chocolate, mouth-watering Peanut Caramel, and tangy new Raspberry Jubilee. Plus, the Raspberry variety has 32 milligrams of DHA Omega-3 per bar. Pack these wholesome delights in a child's lunch box, or bring them to work for a mid-day snack.

For more information, write to Glennys at 371 South Main Street, Freeport, NY 11520, call (888) 864-1243, or visit <www.glennys.com>. *Reviewed by Erin Smith, VRG Intern.*

Quick-and-Easy Holiday Foods

By Chef Nancy Berkoff, RD, EdD, CCE

WHO HAS TIME TO COOK DURING THIS BUSY season? With a little pre-planning, you can have on hand all the ingredients you need to prepare some quick holiday dishes. You won't even need to take the time to shop!

VEGAN QUICHE

Quiche is a hot dish for cold holidays. You can be fast and purchase a frozen vegan quiche. If you purchase a pre-made quiche, you can jazz it up by slicing it and serving it hot, garnished with a sprinkle of red pepper flakes and dried parsley. You can also slice it and serve it cold with a garnish of chopped scallions and a sprinkle of shredded vegan cheese or vegan bacon bits.

If you would like to prepare a from-scratch vegan quiche, you can create the filling by puréeing in a blender a 1-pound package of soft silken tofu with approximately 1 Tablespoon of nutritional yeast and seasonings (such as black or white pepper, onion or garlic powder, dry mustard, herb mixes such as Mrs. Dash, or curry powder).

After puréeing, you can mix in any of the following:

- Diced canned onions
- Chopped black olives
- Crumbled, cooked veggie burger
- Shredded vegan cheese
- Diced scallions
- Diced canned pimentos

You have your choice for baking and serving the quiche. If you would like a crust, purchase a frozen vegan pie shell, usually 9-10 inches in diameter. Preheat the oven to 400 degrees. Pour the quiche filling into the crust, place on a cookie sheet, and allow to bake for 10-15 minutes or until the crust is golden and a knife inserted

in the center comes out clean. Remove from the oven and serve hot, or allow quiche to cool and serve cold. You can also freeze your cooked quiche: allow it to cool, wrap it well, and freeze until you are ready to serve. If you are going to heat your frozen quiche, do not allow it to thaw; just pop it right into the oven.

If you don't want the hassle of the crust, you can pour the quiche filling into individual oven-proof baking dishes, which resemble custard dishes. Proceed as above.

If you are in a *real* hurry, you can pour the quiche filling into individual microwavable dishes and microwave on HIGH for 2 minutes. You'll have a puffy, pleasant quiche. However, be ready to serve the microwaved quiche pretty quickly, as it deflates and forms a tough skin after approximately 5 minutes. A plan-ahead variation would be to microwave your crustless quiche, allow it to cool, wrap it, and freeze. Plan to reheat in the oven, as this will allow the quiche to steam a bit, which will soften the skin, and to become golden brown.

VEGAN CUSTARD

While you have your silken tofu out, you might want to make the world's fastest pumpkin custard. In a large bowl, mix a can of unsweetened pumpkin (usually 1½ pounds or 4 cups) with a 1-pound box of soft silken tofu, or you can combine them in a blender. Sweeten mixture to taste with maple syrup or apple juice concentrate. Then, season mixture with pumpkin pie spice (a combination of ground cinnamon, cloves, nutmeg, and ginger). Pour mixture into a microwavable bowl and microwave for 4-5 minutes until firm. Serve hot, or place in the refrigerator and serve cold with orange sorbet. You can also bake this vegan custard in a 375-degree oven for approximately 30 minutes or until a knife inserted in the center comes out clean.

SCIENTIFIC UPDATE

By Reed Mangels,
PhD, RD, FADA

A REVIEW OF RECENT SCIENTIFIC PAPERS RELATED TO VEGETARIANISM

Lower Risk of Type 2 Diabetes Seen in Vegans

Type 2 diabetes, also known as adult-onset diabetes, is the most common type of diabetes. It affects at least 10 percent of adults in the United States. This kind of diabetes is responsible for more than 70,000 deaths each year. Risk factors for type 2 diabetes include family history, low activity level, and excess body weight. A recent large study strongly suggests that vegetarians, especially vegans, are less likely to develop type 2 diabetes. Researchers from Loma Linda University studied more than 60,000 Seventh-day Adventists who were categorized as vegan, lacto-ovo vegetarian, fish-eaters, low meat-eaters (red meat and poultry less than once a week), and non-vegetarians. Vegans had the lowest body mass index (BMI), and non-vegetarians had the highest BMI, with the other groups having intermediate BMIs. Since excess body weight is a risk factor for type 2 diabetes, it was not surprising that vegans were at lower risk. Type 2 diabetes was seen in 2.9 percent of vegans, 3.2 percent of lacto-ovo vegetarians, 4.8 percent of fish-eaters, 6.1 percent of low meat-eaters, and 7.6 percent of non-vegetarians. Even vegans who were obese had a lower rate of type 2 diabetes than obese non-vegetarians. When the data were adjusted for many factors, including BMI, vegans and lacto-ovo vegetarians were still nearly half as likely to develop type 2 diabetes compared to non-vegetarians.

Tonstad S, Butler T, Yan R, Fraser GE. 2009. Type of vegetarian diet, bodyweight, and prevalence of type 2 diabetes. *Diabetes Care* 32:791-96.

Vegan Buddhist Nuns in Vietnam

In Mahayana Buddhism (a form of Buddhism practiced in Vietnam, China, and Japan), nuns follow a vegan or lacto-vegetarian diet. These women, who have been vegan or nearly vegan for many years, offer an opportunity to find out more about the effect of a vegan or near-vegan diet on health. Researchers compared the bone density of 105 Buddhist nuns to that of 105

non-vegetarian women in the same community. The nuns had followed their diet for an average of 33 years and had markedly lower intakes of calcium and protein compared to the non-vegetarian women (375 versus 683 milligrams calcium; 35.4 versus 62.6 grams of protein). Despite their lower calcium intake, the nuns' bone density was similar to that of the non-vegetarian women, and both groups had a similar prevalence of osteoporosis. Calcium intakes of both groups were considerably below the recommendations used in the United States. While both the nuns and the non-vegetarian women had a similar prevalence of osteoporosis, we have to wonder if less osteoporosis would have occurred if both groups had a higher intake of calcium. We also don't know if there are other differences between the two groups that accounted for similar bone densities, despite the nuns having markedly lower calcium intakes. Perhaps the nuns had more sun exposure and higher vitamin D levels, or they may have had higher intakes of other nutrients important for bone health, like potassium and vitamin K. Other studies have found adequate protein is important for bone health (www.vrg.org/journal/vj2008issue1/VJ1_2008.pdf) and that vegans have a lower risk of fracturing a bone if their calcium intake is at least 525 milligrams a day (www.vrg.org/journal/vj2007issue4/vj2007issue4.pdf).

Ho-Pham LT, Nguyen PLT, Le TTT, et al. Veganism, bone density, and body composition: a study in Buddhist nuns. *Osteoporos Int* 2009 Apr 7 [Epub ahead of print].

Vegetarians and Eating Disorders?

A recent study examined whether self-described current or former vegetarians were at higher risk of developing eating disorders. This study looked at more than 2,500 males and females ages 15 to 23 years. Of the 108 subjects who identified themselves as 'vegetarian,' most consumed dairy products and eggs, close to half ate fish, and a quarter ate chicken. Thus, only about a quarter to a half of the so-called current vegetarians

were truly vegetarian. Therefore, we are actually looking at approximately half meat-eaters or more and about half vegetarians in the 'current vegetarian' group.

Two hundred sixty-eight subjects said they had been vegetarian for more than a month at some point in the past. We do not know how many former self-described vegetarians ate chicken and fish when they were 'vegetarian.' Both current and former 'vegetarians' were more likely to binge eat than subjects who were never 'vegetarian.' Former 'vegetarian' teens were more likely to use diet pills, vomiting, and other extreme weight control measures than non-vegetarians; former 'vegetarian' young adults were more likely to use extreme weight control measures than non-vegetarians or current 'vegetarians.'

What does all of this mean? This study adds to the body of evidence suggesting that some teens and young adults choose a vegetarian or partial vegetarian diet as a way to camouflage an existing eating disorder, as another way to restrict food intake. That could help to explain why former vegetarians were more likely to use extreme weight control measures—they had apparently given up on a vegetarian diet and were trying other ways to lose weight. Of course, most teens who choose to be vegetarian do not have eating disorders. This study also shows that it is important to carefully define the term 'vegetarian' since the study's results made it appear that current and former vegetarians were at increased risk for eating disorders when, indeed, many of these people were meat-eaters. Maybe the best conclusion that we can draw from this study is that, when someone with an eating disorder says they are vegetarian or were vegetarian in the past, it's important for health care professionals to assess if they actually are vegetarian and what their true needs are for a treatment plan.

Robinson-O'Brien R, Perry CL, Wall MM, et al. 2009. Adolescent and young adult vegetarianism: better dietary intake and weight outcomes but increased risk of disordered eating behaviors. *J Am Diet Assoc* 109:648-55.

Diet and Male Fertility

There have been some reports of declines in male fertility due to factors like exposure to polychlorinated biphenyls (PCBs) and other environmental contaminants and to pesticides. Diet has also been thought to play a role in male fertility, possibly even prior to birth. One study found that sons of high beef con-

sumers had a 24 percent lower sperm concentration than men whose mothers ate less beef during their pregnancy. Spanish researchers examined 61 men, 31 of whom had normal semen and 30 who had poor semen quality. Men with poor semen quality had higher intakes of yogurt, meat, and potatoes, while the other group had higher intakes of raw or cooked vegetables, some fruits, and skim milk. The researchers theorize that meat and yogurt are higher in fat and that toxic substances are more likely to accumulate in fat-rich foods. The antioxidants found in vegetables and fruits may have protected the men in the group with normal semen from harmful substances. These results suggest that a plant-based diet may be associated with improved semen quality.

Mendiola J, Torres-Cantero AM, Moreno-Grau JM, et al. 2009. Food intake and its relationship with semen quality: a case-control study. *Fertil Steril* 91:812-18.

Soy and Prostate Cancer

Prostate cancer is the most common cancer, other than skin cancers, in American men. Approximately one man in six will be diagnosed with prostate cancer. Prostate cancer is the second leading cause of cancer death in men in the U.S. Prostate cancer rates vary, with Asian countries having lower rates than the U.S. and Europe. One difference between Asian countries and the U.S. is the higher soy consumption in Asian countries. Could this partially explain the different rates of prostate cancer? A number of studies have examined the possible connection between soy and prostate cancer. A recent meta-analysis combined the results of 14 studies on soy consumption and prostate cancer. Consumption of soy foods was associated with approximately a 25 percent reduction in risk of prostate cancer when men eating the most soy foods were compared to men eating the least. Tofu and soymilk consumption were associated with around a 30 percent reduction in risk, while fermented soy foods (like miso and tempeh) were not associated with a reduction in risk. Some studies have reported an increased risk of prostate cancer with dairy product consumption. Perhaps replacing dairy products with soy products could help to reduce risk of prostate cancer.

Yan L, Spitznagel EL. 2009. Soy consumption and prostate cancer risk in men: a revisit of a meta-analysis. *Am J Clin Nutr* 89:1155-63.

Foodservice Update

Healthy Tips and Recipes for Institutions from The Vegetarian Resource Group

Menu Selection for Vegan Renal Patients

By Chef Nancy Berkoff, RD, EdD

A PROPER RENAL DIET IS EXTREMELY IMPORTANT for patients with chronic kidney failure. Many health care professionals have shown that a carefully planned vegetarian diet is adequate in managing chronic kidney failure.

It is vital that a renal patient's food and fluid intake be overseen by a nephrologist and a registered dietitian familiar with vegan diets. These professionals can help manage kidney disease with appropriate vegan food and fluid choices. The information in this article is not designed to replace consultation with medical doctors and registered dietitians. This article provides general guidelines and information about vegan diets that can be used in menu planning for people with chronic kidney disease, stage 2 or 3, in conjunction with consultation with health care professionals who treat people with kidney disease.

In kidney disease, nutrition management focuses on decreasing waste products built up from digested foods. The goals for planning a vegan renal diet, as for any other renal diet, are to:

- Obtain the appropriate amount of protein to meet protein needs while minimizing waste products in the blood
- Maintain sodium, potassium, and phosphorus balance
- Avoid excessive fluid intake to prevent overload
- Ensure adequate nutrition

The information provided in this article is meant as a very general guideline for patients that have at least 40-50 percent normal kidney function (chronic kidney

disease, stage 2 or 3) and who are not currently receiving dialysis. For patients with lower kidney function or who are receiving dialysis, very individual diet planning must be done. All renal patients need to be closely monitored, with regular blood and urine testing.

Vegan Protein

Renal patients need to limit the amount of protein in their daily diets. For this reason, the protein in the diet needs to be high-quality protein. Very generally, depending on individual ability and needs, 0.8 gram of protein per kilogram of body weight is recommended per day. This translates to approximately 2 ounces of pure protein per day for a 140-pound person.

High-quality vegan protein for renal patients includes tofu, peanut butter (no more than two Tablespoons

Vegan Foods That Provide Approximately 7 Grams of Protein Per Serving

Protein Source	Serving Size
Seitan (wheat gluten)	1 oz.
Beans, dried/cooked	1/2 cup
Tofu, firm	1/3 cup
Tofu, regular	2/3 cup
Tempeh	1/4 cup
Nut Butters	2 Tablespoons

per day), tempeh, and beans. Soy meats, such as textured vegetable protein (TVP) or vegan ground round, are high in quality protein but are also high in sodium, phosphorous, and potassium, which need to be limited.

Soy protein has been found to assist in minimizing some complications from kidney disease. Patients should have at least one serving of soy a day, such as soymilk, tofu, or tempeh. Again, it is a balancing act for renal menus—a small amount of soy each day may be beneficial, but too much can be harmful.

Here are some tips for including soy products on your vegan renal menu:

- Mash a few Tablespoons of regular tofu with croutons and seasonings to 'extend' the tofu and decrease the amount of protein served.
- Add small chunks of regular tofu—rather than animal protein—to soups, stews, and stir-fries.
- Use silken tofu instead of vegan mayonnaise in salad dressings, sandwich fillings, and sauces.
- Crumble up regular tofu, add a spicy seasoning (without salt), and quickly sauté to top rice or pasta, or use as a filling for a taco or burrito or to top a pizza crust.

Beans and nuts are good sources of high-quality protein. However, they can be high in phosphorus and potassium, so the amounts served need to be carefully calculated. Try to use dried beans or beans frozen without salt. Canned beans, even lower sodium beans, are usually high in sodium.

A way to balance potassium intake is to include needed protein (which may be high in potassium) and then to select fruits and vegetables that are lower in potassium.

Sodium

Some vegetarian foods can be very high in sodium. Here are suggestions for avoiding excess sodium on the menu:

- Avoid using ready-to-eat foods, such as frozen meals, canned soup, dried soups, or packaged vegetable broths.
- Use miso very sparingly.
- Use lower-sodium soy sauces very sparingly, as there is still a lot of sodium in these soy sauces.
- Limit soy- and rice-based cheeses.
- Amino acid preparations, such as Bragg's Liquid Aminos, can be very concentrated in protein,

potassium, and phosphorus; if the patient wants to include these types of products, they will need to be calculated into the daily intake.

- Read the labels for vegan meats (such foods as tofu hot dogs and veggie burgers) or other canned or frozen soy products.
- Read the labels for seasoning mixtures to avoid excess sodium.

Potassium

Potassium may not need to be strictly restricted unless the function of the kidney decreases to less than 20 percent. Routine blood testing is the best way to know a patient's potassium requirements. Approximately two-thirds of dietary potassium comes from fruits, vegetables, and juices. The easiest way to limit potassium would be to limit fruit and vegetable selections based on the level of potassium in the patient's blood.

Higher Potassium Foods

Textured vegetable protein (TVP)	1/4 cup
Soy flour	2 Tbsp
Nuts and Seeds	1/4 cup
Cooked dried beans or lentils	1/3 cup
Cooked dried soybeans	1 cup
Tomato products (sauce, purée)	1/4 cup
Potatoes	1/2 cup
Raisins	1/4 cup
Oranges, bananas, cantaloupe, or honeydew melon	1/2 cup

Depending on an individual's dietary restrictions, the foods in this table may need to be limited. Foods on this list have more than 200 milligrams of potassium per serving. Many patients will need to eat no more than one serving from this list daily.

A common limitation is five servings of fruits and vegetables per day.

A potassium serving size is generally:

- 1/2 cup fresh fruit, canned fruit, or juice
- 1 cup fresh vegetables
- 1/2 cup cooked vegetables

If a patient would like several servings of protein, alternative protein selections may be needed to keep potassium levels from going too high. This will mean using more tofu and seitan, rather than beans or textured vegetable protein (TVP), at every meal. Blackstrap molasses, spinach, Swiss chard, beet greens, and prunes are very high in potassium and may need to be limited or avoided.

Phosphorus

Depending on the extent of an individual's kidney disease, phosphorus may need to be restricted. Foods high in phosphorus include bran cereals, wheat germ, whole grains, dried beans and peas, colas, beer, cocoa, and chocolate drinks. For more information about high phosphorus foods, see <www.kidney.org/atoz/atozitem.cfm?id=101>. Dried beans and peas and whole grains are high in phosphorus, but because of their high phytate content, they may not cause phosphorus in the blood to be elevated as much as would be expected. Individual monitoring by the health care provider is necessary to determine the appropriate level of dietary phosphorus.



Adequate Nutrition

A vegan diet can be lower in calories and higher in fiber than an animal-based diet. This is great news for healthy patients. However, for vegan renal patients, we need to ensure that there is no weight loss or loss in nutritional status. Here are some tips for adding more calories to a vegan renal diet:

- Make shakes with soymilk, tofu, rice milk, and non-dairy frozen dessert. Some patients, especially those with very limited kidney function, may need to use unfortified soymilk or rice milk and unfortified soy yogurt.
- Use more oils, such as olive oil in cooking. Drizzle flaxseed oil on food after it is cooked, or mix with salad dressing and serve over lettuce.
- Provide frequent small meals if patients feel full very quickly.
- Even though sugar is not the best selection in a diet, for a renal patient who needs extra calories, sorbet, vegan hard candy, and jellies may be added.

Additional Ideas When Planning Vegan Renal Menus

- Avoid using salt or salt substitutes. Use herb mixtures, such as Mrs. Dash, or mixtures you create yourself with fresh or dried herbs.
- If you need to use canned broths, purchase the lowest-sodium version possible.
- Use fresh or frozen (without salt) fruits or vegetables when possible.
- Lower potassium fruits and veggies include wax beans, green beans, kiwi, watermelon, onions, head lettuce and Romaine lettuce, bell peppers, pears, and raspberries.
- Lower phosphorus foods include sorbet, unsalted popcorn, white bread and white rice, hot and cold rice cereals, pasta, cold corn-based cereal (such as Corn Flakes and Corn Chex), Cream of Wheat hot cereal, and grits.

If The Health Care Professional With Whom You Are Working Would Like References:

- Barsotti, Giuliano, Morelli, Ester, Cupisiti, Adamasco, et al. 1996. A Low-Nitrogen Low-Phosphorus Vegan Diet for Patients with Chronic Renal Failure. *Nephron* 74:390-94.
- Brookhyser, Joan. *The Vegetarian Diet For Kidney Disease Treatment: Preserving Kidney Function With Plant-Based Eating*. AuthorHouse Publishers. ISBN 97814132874.
- Pagenkemper, Joni. 1995. The Impact of Vegetarian Diets on Renal Disease. *Top Clin Nutr* 10(2): 22-26.
- Pagenkemper, Joni. 1995. Planning a Vegetarian Renal Diet. *J Renal Nutr* Vol. 5, No. 4(Oct); 234-38.
- Patel, Chhaya. *Vegetarian Renal Diet and Practical Applications*. Renal Nutrition Forum, American Dietetic Association. Vol. 19, No. 3, Summer 2000.
- Also, for a sample menu pattern, *Vegan in Volume*, Chapter 11.

Sample Menu to Get You Started

Breakfast

- Cream of Wheat or cream of rice cereal with a small serving of fresh or thawed frozen peaches and cinnamon
- White toast with a choice of two fruit jellies
- Pear cocktail

Mid-Morning Snack

- Popcorn tossed with a very small amount of nutritional yeast
- Sparkling water with lemon and lime
- Raspberry popsicle

Lunch

- Angel hair pasta topped with chopped mushrooms, broccoli, and nutritional yeast
- Tossed green salad with chopped bell peppers (red, yellow, and green for color) and silken tofu salad dressing

- Garlic bread made with fresh chopped garlic and olive oil
- Sorbet served with cookies

Mid-Afternoon Snack

- 1 small tofu taco on flour tortilla
- Sparkling water with a kiwi slice

Dinner

- Stir-fried seitan or tempeh tossed with onions and cauliflower, served on a bed of herbed rice
- Onion dinner roll served with nonhydrogenated vegan margarine
- Chilled watermelon slices

Evening Snack

- Small soymilk shake

ICY SMOOTHIE

(Serves 4)

- 2 cups soft silken tofu
- 3 cups ice
- 2 Tablespoons coffee powder or green tea powder
- 2 teaspoons vanilla extract
- 2 Tablespoons rice syrup

Place all ingredients in a blender and process until smooth and thick. Serve immediately.

Total calories per serving: 109 Fat: 3 grams
Carbohydrates: 13 grams Protein: 6 grams
Sodium: 24 milligrams Fiber: <1 gram
Potassium: 255 milligrams Phosphorus: 75 mg

HOT SPICED CEREAL

(Makes approximately 1 quart or four 1-cup servings)

- 4 cups water
- 2 cups cream of rice or other hot rice cereal, grits, or Cream of Wheat
- 1 teaspoon vanilla extract
- ¼ cup maple syrup
- 1 teaspoon powdered ginger

Bring water to a boil in a medium pot. Whisk in cereal and lower heat. Continue to stir until mixture is smooth. Reduce to a simmer. Stir in remaining ingredients.

Allow to cook, stirring, until desired texture is attained.

Total calories per serving: 376 Fat: <1 gram
Carbohydrates: 85 grams Protein: 5 grams
Sodium: 7 milligrams Fiber: 1 gram
Potassium: 166 milligrams Phosphorus: 108 mg

LEMON HUMMUS

(Makes approximately 1 pint)

This spread is higher in phosphorus and potassium than other spreads, but it is a good source of protein.

- 2 cups cooked garbanzo beans
- ⅓ cup tahini
- ¼ cup lemon juice
- 2 minced garlic cloves
- 1 Tablespoon olive oil
- ½ teaspoon paprika
- 1 teaspoon parsley flakes

Place garbanzo beans, tahini, lemon juice, and garlic in a blender or food processor. Blend until smooth. Transfer mixture to a serving bowl. Drizzle olive oil over the mixture. Sprinkle with paprika and parsley. Serve with pita triangles or unsalted crackers.

Total calories per serving: 72 Fat: 4 grams
Carbohydrates: 7 grams Protein: 3 grams
Sodium: 4 milligrams Fiber: 2 milligrams
Potassium: 88 milligrams Phosphorus: 75 mg

CORN AND CILANTRO SALSA

(Serves 6-8)

This is an unusual twist on the usual salsa recipe.

- 3 cups fresh white or yellow corn cut from the cob
- ½ cup chopped cilantro
- 1 cup chopped sweet onions (such as Vidalia or Maui)
- ½ cup chopped fresh tomato
- 4 Tablespoons lemon or lime juice
- ¼ teaspoon dried oregano
- 2 teaspoons chili powder or red pepper flakes

Place corn in a medium-sized bowl. Add remaining ingredients and mix well. Cover and refrigerate for at least one hour prior to serving.

Total calories per serving: 89 Fat: 1 gram
Carbohydrates: 21 grams Protein: 3 grams
Sodium: 9 milligrams Fiber: 3 milligrams
Potassium: 270 milligrams Phosphorus: 72 mg

MUSHROOM POCKETS

(Serves 6)

Here's a tasty vegetarian version of soft tacos.

- 2 Tablespoons water
- 2 Tablespoons lemon or lime juice
- 1 Tablespoon vegetable oil
- 2 minced garlic cloves
- 1 teaspoon ground cumin
- 1 teaspoon crushed dried oregano
- 3 cups thinly sliced fresh mushrooms, such as portobello caps, white button, or brown crimini
- 1 cup thinly sliced bell pepper
- ½ cup chopped scallions (white parts only)
- 3 Tablespoons shredded vegan soy cheese
- Six 7-inch flour tortillas

In a large bowl, mix water, juice,



oil, garlic, cumin, and oregano. Add mushrooms, peppers, and scallions. Stir to coat. Allow to marinate for at least 30 minutes. If desired, this can be done the day before.

Heat a large sauté pan. Sauté vegetable mixture with marinade until the peppers and scallions are soft, approximately 5-7 minutes. Allow to continue cooking until most of the liquid has evaporated.

While veggies are cooking, wrap tortillas in a paper towel and heat in a microwave, or wrap in foil and heat in a 350-degree oven.

Place each tortilla on a plate. Spoon on vegetable mixture and top with cheese.

Total calories per serving: 147 Fat: 5 grams
Carbohydrates: 23 grams Protein: 4 grams
Sodium: 262 milligrams Fiber: 1 gram
Potassium: 267 milligrams Phosphorus: 64 mg

FRUIT COBBLER

(Serves 8)

3 Tablespoons melted nonhydrogenated
vegan margarine
1 cup all-purpose unbleached flour
¼ teaspoon salt
1 teaspoon baking powder
½ cup rice milk
3½ cups pitted fresh cherries*
1¾ cups white vegan sugar, divided
1 Tablespoon cornstarch
1 cup boiling water

Preheat oven to 350 degrees.

In a medium-sized bowl, combine margarine, flour, salt, baking powder, and rice milk and mix just to combine.

In a separate bowl, toss cherries with ¾ cup sugar and place cherries in the bottom of an 8-inch square pan. Place dough

in small pieces over cherries to cover cherries in an even pattern.

In a small bowl, combine remaining sugar and cornstarch. Whisk in boiling water. Pour cornstarch mixture over the dough. Bake for 35-45 minutes or until bubbly. Serve warm or cold.

Note: You can use thawed frozen pitted cherries; peeled and cored fresh pears; or fresh or thawed frozen raspberries to replace a part of or all of the fresh cherries.

Total calories per serving: 315 Fat: 5 grams
Carbohydrates: 68 grams Protein: 2 grams
Sodium: 170 milligrams Fiber: 2 grams
Potassium: 159 milligrams Phosphorus: 87 mg

Nancy Berkoff is The Vegetarian Resource Group's Food Service Advisor. She is the author of *Vegan in Volume*.

NOTES FROM THE VRG SCIENTIFIC DEPARTMENT

VRG IN THE NEWS

Vegetarian Resource Group Nutrition Advisor Reed Mangels, PhD, RD, was interviewed for *Vegetarian Times* about living without cheese; for *AMC (Appalachian Mountain Club) Outdoors* magazine about health benefits of vegetarian diets, becoming vegetarian, and staying healthy; and for *Natural Health* about children becoming vegetarian. She was also interviewed for a nutrition textbook about careers in vegetarian nutrition.

VRG OUTREACH

VRG Nutrition Advisor Reed Mangels, PhD, RD, spoke about vegetarian pregnancy for the Partners in Perinatal Health Conference and about working with the pregnant vegetarian at the Massachusetts Dietetic Association Nutrition Convention and Exposition. She also participated in the Alternative Health Fair at Hampshire College. VRG Food Service Advisor Nancy Berkoff, RD, EdD, CCE, presented an eight-hour education management workshop in Seattle at the American Culinary Federation's Western Regional Conference for culinary educators. As part of culinary nutrition curriculum design, participants were presented with information and then were able to work in groups. Vegetarian recipes, menus, and ingredients were used to 'counsel' role-playing participants for lower sodium, lower fat, higher fiber, lower cholesterol, and lactose-free menu planning. Vegetarian menu ideas were discussed as part of curriculum for religious and ethnic cuisines, as well for sustainable and eco-friendly cuisine. For lunch, the American Culinary Federation's chefs prepared 'parallel' entrées to beef with a variety of local mushrooms, and these were more popular than the beef! A few of the participants were vegan chef/educators, and there were several chefs who were interested in working with their vegetarian students and administrators. A good time was had by all!



VEGETARIAN RESOURCE GROUP AWARDS TWO \$5,000 COLLEGE SCHOLARSHIPS

The decision for this year's awards was once again very difficult. After much deliberation, the two scholarship winners this year hail from a rural area and beef country.

ABOUT THIS YEAR'S WINNERS



The first VRG scholarship recipient is **CLAIRE ASKEW** of Kansas. Robert Torres, general partner of Tofu Hound Press, sent this recommendation for Claire: "Claire wrote to me to suggest that I consider writing another version of the book that I co-authored, *Vegan Freak:*

Being Vegan in a Non-Vegan World for teenagers. Being rather overextended and not having been a teenager myself in a long while, I suggested to her that she was probably the one who should write the book, and that if she were to provide a proposal, we would consider it for publication. Not long thereafter, Claire sent us one of the best proposals we had seen to date. Her idea for a book was new and exciting, it had market potential, and most important for us, it was clear that this book would be an effective way to get teenagers to consider going vegan for animal rights reasons. We offered her a contract, a significant accomplishment in and of itself,

"She wrote a book that is genuine and heartfelt while also being funny, personal, and theoretically rigorous."

as we frequently turn down proposals from professional writers with many more years experience ... Claire's performance on the contract was exceptional ... She wrote a book that is genuine and heartfelt while also being funny, personal, and theoretically rigorous ... " (To order *Generation V: The Complete Guide to Going, Being, and Staying Vegan as a Teenager*, go to <www.tofuhound.com>.)

Amanda, co-founder of the group VegKC, wrote: "I would most definitely recommend her. Claire has been absolutely instrumental in assisting the vegan and

vegetarian scene in Kansas City. She has worked with the Vegans and Vegetarians of Kansas City (VegKC) and its meetup groups for the past five or six years (since the group started) to assist in every possible way. Any time we needed someone, she was there. She has been consistently one of the few people we knew we could count on, no matter what we were asking (literature distribution, marketing, event coordination, etc.). She's, quite honestly, one of the most passionate people in Kansas City."

"We wouldn't have much of a veg presence without her diligent assistance, thoughtfulness, and proactive approach."

"Her insights on the best ways to approach teens, and her own activities to act as both a representative and spokesperson for veganism and vegetarianism, have made a noticeable positive difference in the number of young people interested in veganism and vegetarianism in Kansas City, and a noticeable positive difference in the general veg scene overall. We wouldn't have much of a veg presence without her diligent assistance, thoughtfulness, and proactive approach. If I had to make a top-five list of the most influential people in Kansas City's vegan/vegetarian scene, she'd definitely be at the top of that list ..."

Michelle from Herbivore Clothing Company wrote about Claire: "She can see what needs to be done and makes it happen ..."

At the bakery/restaurant where Claire worked, they began labeling which products are vegetarian. After graduating high school, Claire continued her activism. She gave a talk at one local library on the day-to-day challenges of being a teen vegan and about activism to an audience mostly of teenagers. At another local library, she did a presentation/mini-workshop for teens about vegan food and vegan cooking, focusing mainly on vegan nutrition, easy recipes, and foods that might be new to non-vegans. She had a few dishes prepared to share, plus a question-and-answer session. In addition, she's working on revisions for the second edition of her book.



The second VRG scholarship recipient is **RYNE POELKER** from Illinois. Ryne is from a rural farming town, which has approximately 2,000 people, where “most people hunt and/or eat meat daily.” Ryne stated, “I was also the only person in my whole school to have gone

vegetarian.” However, “I started to ask the questions ‘If I don’t stand up for animal rights, then who will?’ ‘If I don’t do it now, then when will I do it?’ I finally decided to stop waiting and sitting back for society to adopt veganism and to take up the cause myself.”

In his sophomore year, Ryne protested a bull-riding event. He related, “I had figured surely someone was going to stand up and do something about the event, but after I contacted other nearby animal rights groups, I found that they didn’t have anything planned. With no one else doing anything about the abuse coming to my own backyard, I felt obligated to organize a demonstration myself... The rodeo protest was just the beginning of my career in activism... For the past few years, I have personally organized and participated in over 20 demonstrations...”

After attending a PETA conference, Ryne started an animal rights group at his school. Students would go to his house for potlucks to share healthy vegan food. Around the same time, the Petersburg Vegetarian Association was founded. Though comprised mostly

“I finally decided to stop waiting and sitting back for society to adopt veganism and to take up the cause myself.”

of older people, Ryne worked together with the PVA so they both could have bigger potlucks and meetings. (This is *very* impressive since, typically throughout the United States, the younger groups are hesitant to work with the older groups, though this symbiosis can help both and the spread of vegetarianism.)

Last year, Ryne’s mother, who had to provide for him and his sister, was unemployed. Due to this obstacle, he had to put in more hours at work. However, Ryne still felt the need to help others. Ryne told us, during these times of economic hardship, “I have been compelled to do something for others who are struggling to get by. I organized several vegetarian food drives for local homeless shelters... All the food I

collected was vegetarian or vegan. I personally drove and delivered the food to shelters myself.”

The Phoenix Center’s director told us, “We house homeless men and women who are HIV+. We provide a hot meal every day for the residents. Ryne thought it was important to ask residents if they have a vegetarian preference and then make sure we had food for those who request it. Once we started asking, we found that a couple of our residents (at the time) and several since do have a preference for vegetarian meals. Due to his hard work and commitment to this issue, including several food drives, we have been able to make meals

“Ryne hopes to become an animal rights attorney and fight for overlooked animals in society as well to assist activists.”

available to residents as well as provide some of the food to residents for other meals, via our food bank. It was a great idea to implement this program, and we plan to continue to offer our residents the vegetarian option. Ryne is one of a kind...”

One of Ryne’s teachers stated, “He is the real deal, as hard as that can be in the corn-fed beef basket of Illinois. Ryne has earned the scholarship and more.” A PETA spokesperson said, “He has been a consistently active voice for the vegetarian community via the peta2 Street Team.” This includes taking part in online activism on MySpace and Facebook.

Ryne hopes to become an animal rights attorney and fight for overlooked animals in society as well as to assist activists. He said the most important thing he has learned from his work is “that one person can make a difference.”

To enter next year’s \$5,000 scholarship contest for high school seniors, visit <www.vrg.org> for application details. The application is due February 20, 2010. Please submit early. This year, we are also awarding applicants an Eleanor Wolff Needs Based Scholarship Internship and a runner-up scholarship sponsored by the St. Louis Vegetarian Society. We will report on these in a future issue. If you would like to fund additional scholarships or internships, please send a donation to The Vegetarian Resource Group, P.O. Box 1463, Baltimore, MD 21203 or donate online at <www.vrg.org>.

Calcium Content of Popular Indian Vegetarian Dishes and Ingredients

By Navnidhee Batra, MS

Calcium Dietary Reference Intake

Life Stage Group	Calcium (mg/day)	Life Stage Group	Calcium (mg/day)
INFANTS		FEMALES	
0-6 months	210	9-13 years	1,300
6-12 months	270	14-18 years	1,300
CHILDREN		19-30 years	1,000
1-3 years	500	31-50 years	1,000
4-8 years	800	51-70 years	1,200
MALES		> 70 years	1,200
9-13 years	1,300	PREGNANCY	
14-18 years	1,300	14-18 years	1,300
19-30 years	1,000	19-30 years	1,000
31-50 years	1,000	31-50 years	1,000
51-70 years	1,200	LACTATION	
> 70 years	1,200	14-18 years	1,300
		19-30 years	1,000
		31-50 years	1,000

References:

- 1) *Basic Food Preparation: A Complete Manual (3rd Ed)*, Kashyap S., Narula V., Thomas S., Suvira, Vir S., Chopra S. and Raina U. 2003. Publisher: Orient Longman Limited.
- 2) USDA National Nutrient Database for Standard Reference, Release 21.

For the following charts, an "*" means that the dish is a modified traditional dish.

Calcium Content in Indian Beverages, Soups, and Breakfast Dishes

Item	Description	Quantity	Cal. (mg)
BEVERAGES			
Panna	Raw mango drink, served cold	1 cup	5
Guava Drink	Made out of fully ripened guavas	1 cup	3.7
SOUPS			
Tomato Soup	Traditional dish: Spinach Soup Curry flavored soup	1 bowl	26
Kale & Roasted Vegetable Soup*		1 bowl	217
Mulligatawny Soup		1 bowl	34
Mixed Vegetable Soup		1 bowl	46
BREAKFAST CEREALS			
Plain Suji Upma	Semolina preparation from South India	1 bowl	11
Vegetable Upma	Semolina preparation with peas & carrots	1 bowl	18.5
Mung Dal Cheela	Mung bean pancake with potato stuffing	1 pancake	27

Calcium Content in Indian Cereal and Lentil Dishes

Item	Description	Quantity	Cal. (mg)
Chapati	Thin flatbread	3-4 pieces	27
Plain Parantha	Flatbread without any filling	3 medium	27
Aloo Parantha	Potato-stuffed flatbread	3 medium	54
Matar ka Parantha	Flatbread with spicy pea stuffing	3 medium	85
Gobhi ka Parantha	Cauliflower-stuffed flatbread	3 medium	65
Mooli Parantha	White radish-stuffed flatbread	3 medium	79
Dal ka Parantha	Flatbread with filling of Bengal gram	3 medium	79
Pyaaaz aur mirch ka parantha	Flatbread with onion & green chili stuffing	3 medium	66
Poori	Deep-fried unleavened bread	4-5 small	20
Palak poori	Poori of dough made with puréed spinach	4-5 small	70
Tamarind Rice	Tangy flavored rice from Southern India	1 bowl	53
Vangi Bhat	Rice with eggplant	1 bowl	77
Mixed Vegetable Pulao		1 bowl	85
Plain Kichdi	Mixture of rice and lentils	1 sm. bowl	20
Kale Pulao*	Pilaf traditionally made with spinach	1 bowl	327
Idli	Savory cake made with black beans & rice	3-4 small	27.5
Suji ki Idli	Made of black bean and semolina	3 small	42
Plain Dosa	Crêpe made from rice and black beans	2 dosas	35
Masala Dosa	Crêpe with spicy potato filling	2 sm. dosas	56
Uttappam	Indian pizza	2 medium	49
Appam	Pancakes made of fermented rice flour	3 medium	15

Calcium Content in Indian Cereal and Lentil Dishes (cont.)

Item	Description	Quantity	Cal. (mg)
Mung ki dal	Boiled green lentil preparation	1 bowl	46
Dal Makhani	Creamy black beans, garlic and tomatoes	1 bowl	67
Curried lentils with kale*	Modified traditional dish: lentils & spinach	1 bowl	142
Sambhar	Vegetable stew with tamarind & red gram	1 bowl	52
Channa masala	Chickpea curry	1 bowl	61
Rajmah curry	Red kidney bean curry	1 bowl	63
Matar aloo curry	Pea-potato curry	1 bowl	76
Ghia kofta curry	Fried balls with chickpea flour in gravy	3-4 koftas	74
Palak kofta curry	Fried balls of spinach	3-4 koftas	169
Sarson ka saag	Mustard greens and spinach based curry	1 bowl	230
Aloo kale*	Modified traditional dish: palak aloo	1 bowl	154
Mushroom matar	Mushroom-pea curry	1 bowl	54
Baingan bhartha	Roasted and mashed eggplant	1 sm. bowl	30
Bharwan bhindi	Okra slit and filled with spices	1 sm. bowl	98
Vegetable jalfrezi	Indian stir-fry	1 sm. bowl	25
Aloo gobhi	Spicy potato and cauliflower mixture	1 sm. bowl	38

Calcium Content in Common Indian Snack Food Items

Item	Description	Quantity	Cal. (mg)
Batata Wada	Popular potato-based street food	6 sm. pcs	70
Khaman Dhokla	Cake made of fermented chickpeas	4 med. pcs	70
Khasta Kachori	Round ball stuffed with gram and spices	2 pcs	43
Matar ki Kachori	Kachori with stuffing of peas	2 pcs	38
Aloo Tikki	Flattened ball of potatoes and spices	4 tikkis	39
Spicy Lotus root chips	Lightly fried lotus root slices with spices	1 root	56
Vegetable Pakora	Veggies dipped in chickpea flour & fried	6 pcs	39
Bread Pakora	Sandwich with potato filling, deep-fried	2 slices	88
Vegetable Cutlet		2 pcs	71
Vegetable Samosa	Fried, triangular shaped stuffed pastry	2 pcs	21
Mathri	Fried salted crackers	2 pcs	5
Masala Vada	Soft, doughnut-shaped, deep-fried	2 pcs	41
Mint and Cilantro Chutney	Sweet and sour relish	1 TB	17
Coconut Chutney*	Modified traditional dish: with soy yogurt	1 TB	12

Calcium Content in Common Indian Dessert Foods

Item	Description	Quantity	Cal. (mg)
Pumpkin Coconut Burfi	Indian cheese cake	2 small pcs	21
Suji halwa	Semolina preparation	1 sm. bowl	19
Mung dal halwa	Ground green gram preparation	1 sm. bowl	45
Kaju Katli	Indian cheesecake, cashew nut-based	2 pcs	6
Besan Burfi	Chickpea flour preparation	2 pcs	11
Besan Ladoo	Chickpea flour and sugar, rolled into balls	2 pcs	12

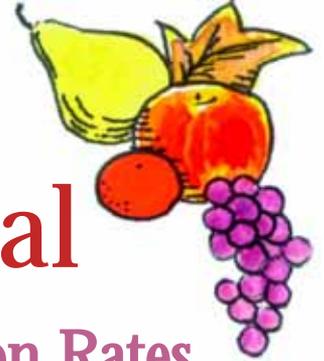
Sample Menu Providing More Than 1,000 Milligrams of Calcium

Item	Quantity	Cal. (mg)
BREAKFAST		
Banana	1 medium	6
Quaker Instant, Low-Sodium Oats (prep. with water)	1 packet	110
SNACK		
Calcium-fortified orange juice	1 cup	350
LUNCH		
Okra	1 sm. bowl	98
Chapati	2 pieces	10
Channa Masala (Chickpea Curry)	1 sm. bowl	61
SNACK		
Apricot	1 medium	5
Soy yogurt	1 container	176
DINNER		
Kale and Roasted Vegetable Soup	1 sm. bowl	217
Kaju Katli	2 pieces	6
TOTAL		1,039

Prepared Vegan Indian Foods Found in Markets

- DEEP FOODS, INC., <www.deepfoods.com>
 - Found in freezer case: Patra, Chhole, Khaman, Undhiu, Vegetable Pilaf, Vegetable Cutlets, and Samosas
- DEVYA INDIAN GOURMET, <www.devyaindiangourmet.com>
 - Packaged: Dahl Tadka and Channa
- JYOTI, <www.jyotifoods.com>
 - Canned: Punjabi Chhole (chickpeas and potatoes), Delhi Saag (mustard greens and spinach), Baby Dark Chickpeas
- KITCHEN S OF INDIA, <www.kitchensofindia.com>
 - Found in freezer case: Samosas, Aloo Tikki with Pindi Chana
 - Packaged: RTE Pindi Chana and RTE Rajma Masala
- TANDOOR CHEF, <www.deepfoods.com/Tandoor-Chef.asp>
 - Kofta Curry, Pad Thai, Dal Rajastani, Channa Masala Pocket Sandwich, Pakora, Channa Masala, and Masala Vegetable Burger
- TASTY BITE, <www.tastybite.com>
 - Packaged: Bengal Lentils, Bombay Potatoes, Kerala Vegetables, and Punjab Eggplant

Navnidhee Batra, MS, is a volunteer with The Vegetarian Resource Group. She has a double master's degree in food and nutrition.



Special Gift Rates for *Vegetarian Journal*

25% Off *Vegetarian Journal* Subscription Rates

Give your friends, relatives, and yourself a gift subscription to *Vegetarian Journal* for the holidays. The recipients of your gifts will be reminded of your thoughtfulness four times over the course of the year as the new issues of *Vegetarian Journal* appear in their mailboxes! Until December 31, 2009, we will be happy to send your *Vegetarian Journal* gift subscription and your personalized note to anyone in the United States for the special price of **\$15 per subscription** (\$27 to Canada and Mexico; \$37 to other foreign countries), which represents a savings of **25% off our regular subscription rate**. This offer expires on December 31, 2009.

Feel free to copy these order forms and to mail in as many gift subscriptions as you would like. Mail \$15 (in U.S. funds; see above for foreign rates) per gift to *Vegetarian Journal*, P.O. Box 1463, Baltimore, MD 21203. Or you can charge your gift orders over the phone with a MasterCard or Visa by calling (410) 366-8343 Monday through Friday between 9 A.M. and 5 P.M. EST.

Vegetarian Journal
Holiday Gift Subscription

Name: _____
Address: _____
_____ Zip: _____
Special Message: _____

From: _____

Vegetarian Journal
Holiday Gift Subscription

Name: _____
Address: _____
_____ Zip: _____
Special Message: _____

From: _____

Vegetarian Journal
Holiday Gift Subscription

Name: _____
Address: _____
_____ Zip: _____
Special Message: _____

From: _____

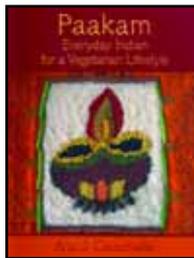
Vegetarian Journal
Holiday Gift Subscription

Name: _____
Address: _____
_____ Zip: _____
Special Message: _____

From: _____

PAAKAM: EVERYDAY INDIAN FOR A VEGETARIAN LIFESTYLE

By Anu J. Canumalla



I love Indian cuisine, so reviewing this vegan-friendly cookbook was a pleasure. *Paakam* offers a wide array of dishes from salads, appetizers, vegetable dishes, and bean dishes to Indian breads, rice dishes, chutneys, and relishes.

Aloo Tikkis are potato patties made with numerous spices, onions, and bread crumbs. Aloo Methi is a potato dish flavored with fenugreek leaves and spices. The Mushroom Peas Curry uses ground almonds and sesame seeds in the gravy. Khattha Masoors are lentils simmered in a spicy onion and tomato sauce. Spinach Kootu is spinach and coconut cooked with mung beans, but you can substitute other greens in this dish. The Mint Pulao is a rice dish flavored with onions, pistachios, and spices.

A few recipes contain yogurt, but you can easily substitute plain soy yogurt. Also, tofu cubes can be used instead of the cubes of cheese that appear in a handful of dishes. Occasionally, milk is used, but soymilk can be substituted. Unfortunately, the desserts are milk-based.

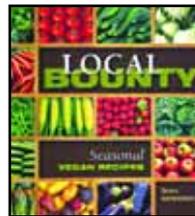
I especially like that the author clearly describes common Indian vegetables and spices. The color photos throughout this book are also very helpful. In addition,

nutritional analyses are offered. Beware that some dishes are high in fat; however, if small portions are served with plenty of rice, the overall fat content will decrease.

Paakam: Everyday Indian for a Vegetarian Lifestyle (ISBN 978-1-4389-1392-6) is published by AuthorHouse. The book retails for \$29.60. Purchase this book online or in a local bookstore. Reviewed by Debra Wasserman.

LOCAL BOUNTY

By Devra Gartenstein



More and more people are trying to eat locally grown food in season. *Local Bounty* serves up a wide array of vegan dishes using seasonal produce. In fact, the book is divided into four sections representing each season of the year.

In spring, you can sample dishes such as Asparagus with Mustard-Dill Sauce and Strawberry-Rhubarb Tart. During the summer months, try Fennel and Arugula Pesto, Armenian Stewed Eggplant, and Israeli Couscous with Fresh Fava Beans.

When fall arrives, cook up Roasted Pumpkin Seeds, Caribbean Pumpkin-Coconut Soup, Braised Carrots with Cranberries, and Acorn Squash and Wild Rice Patties. Finally, in winter months, you can prepare Portuguese Kale and White Bean Soup, Gold Beets with Leeks and Chives, Braised Turnips, and Apple Crisp.

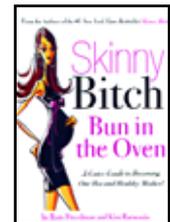
Most of the recipes in this book are easy to prepare and use commonly found ingredients.

Nutritional analyses are not provided; however, most dishes do not appear to be high in fat.

Local Bounty (ISBN 978-1-57067-219-4) is published by Book Publishing Company and retails for \$17.95. Order this book online or locate it in a bookstore. Reviewed by Debra Wasserman.

SKINNY BITCH BUN IN THE OVEN

By Rory Freedman
and Kim Barnouin



In *Skinny Bitch Bun in the Oven*, Rory Friedman and Kim Barnouin use their inimitable style to promote a healthy vegan diet during pregnancy. While denying that they are “doctors, research scientists, or anything of the sort,” they have put together a smart, thorough guide to how to eat vegan when you’re pregnant.

Their recommendations focus on whole vegan foods, and they pay appropriate attention to key nutrients like vitamin B₁₂, vitamin D, and DHA. They also have suggestions for breastfeeding, common pregnancy and post-pregnancy concerns, and beauty products to avoid.

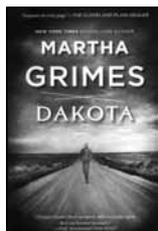
Unlike other books by these authors, this is not a weight loss book. As they say, “This is no time to be concerned about your figure.” This could be a useful gift for pregnant or contemplating friends, whether vegan or not.

Skinny Bitch Bun in the Oven (ISBN 978-0-7624-3105-2) is published by Running Press. It has 336 pages and retails for \$14.95. Reviewed by Reed Mangels, PhD, RD.

reviews

DAKOTA

By Martha Grimes



Martha Grimes has been a vegetarian for more than 30 years, and her latest suspense novel, *Dakota*, focuses on animal abuse at a pig factory farm and a slaughterhouse.

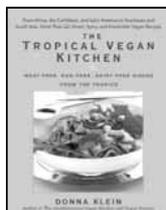
This book keeps your interest from start to finish. The main character, Andi Oliver, suffers from amnesia and somehow ends up in Kingdom, North Dakota. The moment she arrives, Andi comes upon a case of animal abuse and feels she must do something. She also continually points out the inconsistency of eating animals when individuals say they care for the welfare of animals.

Dakota creatively emphasizes the need for individuals to speak out against factory farms. Non-vegetarians reading this book will learn much about the realities of pig farming in the USA. Donate this book to your local library!

Dakota (ISBN 978-0-451-22589-4) is published by New American Library. Order this book online or locate it in a bookstore. Reviewed by Debra Wasserman.

THE TROPICAL VEGAN KITCHEN

By Donna Klein



The minute I saw the title of this book, I became quite hungry! After all, the tropics offer us a wide variety of vegan foods, including exotic fruits, vegetables, and spices. *The Tropical Vegan Kitchen* features

dishes from regions such as Africa, Asia, the Caribbean, Central and South America, and parts of the Middle East.

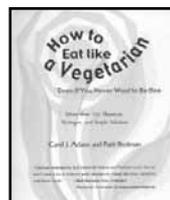
Among the appetizers and snacks you'll find Thai-Style Glazed Cashews (sweet yet spicy), Caribbean Spiced Popcorn, and Mexican-Spiced Mini Pretzels. Soups include Cambodian Tomato Soup, African Curried Coconut Soup with Chickpeas, and Vietnamese Noodle Soup. You can also try a Peruvian Lima Bean and Red Radish Salad or Brazilian Palm and Tomato Salad.

Main dishes include Indian Black-Barley Pilaf with Bananas and Oranges, Philippine-Style Eggplant in Coconut Cream over Rice, and Malaysian Hot-and-Sour Noodles with Tofu and Baby Bok Choy. Finally, you won't want to miss the scrumptious desserts, including Java-Almond Fudge, and Pumpkin Empanadas.

The Tropical Vegan Kitchen (ISBN 978-55788-544-9) is published by Penguin Group. Order this book online or purchase it from your local bookstore. Reviewed by Debra Wasserman.

HOW TO EAT LIKE A VEGETARIAN

By Carol J. Adams and Patti Breitman



In the introduction to *How to Eat Like a Vegetarian*, the authors state that their reason for writing this book is that their friends kept telling them, "We would become vegetarian if you cooked for us." Both writers have been vegetarian

for a combined 50-plus years and share numerous helpful ideas, simple recipes, menus, and advice born from experience.

Some interesting sections in this book include "Ten Ways to Eat More Vegetables," "Ten Different Things You Can Do with Chickpeas," and "Steddas," which has recipes substituting for dishes that ordinarily contain animal products. Here you'll find recipes for Tofu Cottage Cheese, Cheezy Sauce, and more. Finally, "Vegetarian Cooking Without Recipes" offers numerous suggestions for non-cooks and busy people.

How to Eat Like a Vegetarian (ISBN 978-1-59056-137-9) is published by Lantern Books. You can purchase this book online or in a local bookstore. Reviewed by Debra Wasserman.

VEGAN SOUL KITCHEN

By Bryant Terry

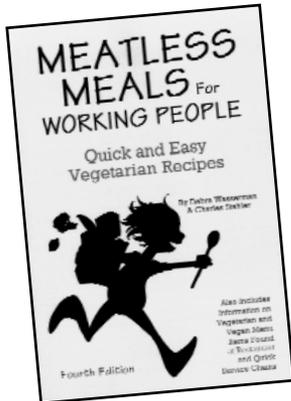


This book offers some mouth-watering variations on traditional soul cuisine. Among its unique recipes are Cajun-Creole-Spiced Tempeh Pieces with Creamy Grits, Black-Eyed Pea Fritters with Hot Pepper Sauce, Sweet Coconut-Ginger Creamed Corn, and Smoky Pickled Purple Okra. And don't forget dessert! There's a Chocolate-Pecan Pudding Pie as well as a Spiced Peach Cobbler with Dried Cranberries. Both black-and-white and color photos are included.

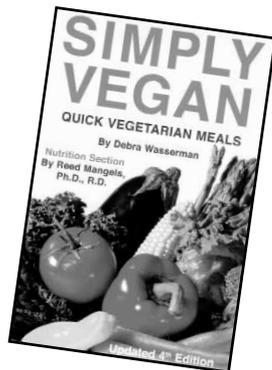
Vegan Soul Kitchen (ISBN 978-0-7382-1228-9) is published by De Capo Press. Order this book from VRG for \$23 (includes postage). Reviewed by Debra Wasserman.

VRG Catalog

Books

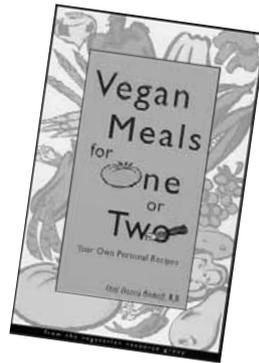


Meatless Meals for Working People—Quick and Easy Vegetarian Recipes (\$12) by Debra Wasserman. We recommend using whole grains and fresh vegetables. However, for the busy working person, this isn't always possible. This 192-page book contains over 100 fast and easy recipes and tells you how to be a vegetarian 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 100,000 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 90,000 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.)



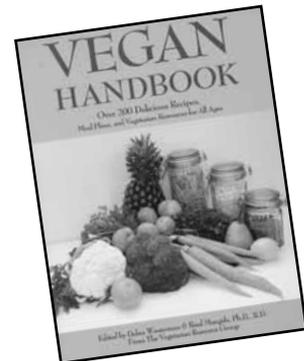
Vegan Meals for One or Two—Your Own Personal Recipes (\$15) by Nancy Berkoff, RD. Whether you live alone, are a couple, or are the only one in your household who is vegetarian, this 216-page book is for you. Each recipe is written to serve one or two people and is designed so that you can realistically 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.)

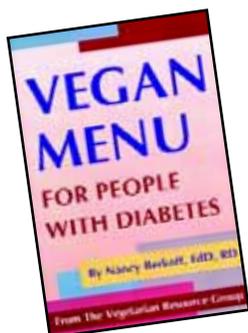
Vegan Passover Recipes (\$6) by Chef Nancy Berkoff, RD. This 48-page booklet features vegan soups and salads, side dishes and sauces, entrées, desserts, and dishes you can prepare in a microwave during Passover. All the recipes follow Ashkenazi Jewish traditions and are pareve.



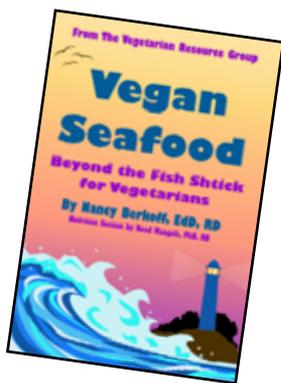
Vegan Handbook (\$20) edited by Debra Wasserman and Reed Mangels, PhD, RD. Over 200 vegan recipes and vegetarian resources. Includes sports nutrition, seniors' guide, feeding vegan children, recipes for egg-free cakes and vegan pancakes, Thanksgiving ideas, vegetarian history, menus, and more. (256 pp.)

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. 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, Gefilte 'Fish,' Spicy 'Fish' Cakes, and much more!

For Children and Teens

- I Love Animals and Broccoli Coloring Book*
A coloring book that promotes healthy eating and vegetarianism for children ages 3-7.
 - I Love Animals and Broccoli Shopping Basket*
An 8-page activity book with a crossword, quizzes, and more, designed for ages 7-11.
 - Vegetarian Nutrition for Teenagers* Brochure with all of the basics about veggie nutrition.
- (For these items, a donation to cover printing and postage would be appreciated.)

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.

Reprints from *Vegetarian Journal*

Non-Leather Shoes, Belts, Bags, etc. (\$5)
Guide to Food Ingredients (\$6)

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>.

Check or Money Order (*Enclosed*)

ITEM	QUANTITY	PRICE	SUBTOTAL
<i>Vegetarian Journal</i> Subscription			

SUBTOTAL \$ _____
 SHIPPING AND HANDLING* \$ _____
 MARYLAND RESIDENTS, ADD 6% SALES TAX \$ _____
 DONATION \$ _____
 TOTAL \$ _____

Credit Card VISA MasterCard
 NAME _____
 ADDRESS _____
 CITY _____ STATE _____
 ZIP _____ COUNTRY _____
 PHONE () _____
 CREDIT CARD # _____
 EXPIRATION DATE _____
 SIGNATURE _____

***SHIPPING AND HANDLING CHARGES**
 For orders under \$25, add \$6 (\$10 Canada/Mexico) for shipping.
 For orders over \$25, shipping is free within the continental U.S.
 For other foreign orders, inquire about shipping charges first.

The Vegetarian Asian Kitchen

By Julia Driggers

WHEN DIETETIC INTERN JULIA DRIGGERS was told to create an entire cafeteria meal based on a particular theme during her food service rotation, she knew exactly what she was going to do—a vegetarian feast. Being a dietetic intern working mainly in a clinical setting, she was thrilled to hear that she had a chance to promote something she really cared about. “Being a dietitian, you sometimes have to put your personal beliefs behind you,” she said. “This project gave me the opportunity to promote vegetarianism and show others that eating vegetarian can be rewarding and delicious.”

For her theme, Julia chose “The Vegetarian Asian Kitchen: A Taste of the East.” Her menu included Vegetable Asian Soup, Falafel Sandwiches, Pad Thai with Tofu, Fried Banana Cake, and a complete vegetarian salad bar. She also created an original recipe, fried bananas, using pancake batter as the breading.



Food served as part of “The Vegetarian Kitchen: A Taste of the East”

In addition to cooking and collaborating in the kitchen, Julia decorated the cafeteria with Asian influences and developed posters focusing on each of her featured entrées. She told the history of falafel and tofu and explained how to use them in everyday cooking. More than 300 vegetarian meals were served.

Julia also set up her own vegetarian booth and handed out VRG materials. She created a poster board outlining the benefits of going vegetarian and answered the patrons’ questions. “I received a lot of positive feedback from the customers, and I really feel I influenced my food service managers to offer more vegetarian options.”

Furthermore, Julia conducted a cafeteria “Vegetarian Preference” survey where she asked customers what types of vegetarian foods they would like to see offered. She presented this information to the food service managers to help influence their menu planning and product purchasing for the cafeteria.

After graduation from her dietetic internship, Julia wants to continue promoting vegetarianism, no matter how big or small the challenge may be.

JULIA’S FRIED BANANAS

(Serves 6)

1 banana
1¼ cups vanilla soymilk
1 Tablespoon maple syrup
1 cup whole wheat flour
2 teaspoons baking powder
1 Tablespoon sugar
¼ teaspoon salt
6 ripe medium bananas, not peeled
Vegetable oil for deep frying
Vegan sugar and cinnamon to garnish

In large bowl, mash one banana. Then, stir in soymilk and maple syrup.

In a separate bowl, combine flour, baking powder, sugar, and salt. Add the banana mixture and stir until smooth. Take unpeeled bananas and dip into batter until coated. Set aside on parchment paper.

Heat oil for deep-frying to 350 degrees and fry the bananas a few at a time until crisp and golden brown. Drain on kitchen paper. Sprinkle sugar and cinnamon on top as desired. Serve hot.

Total calories per serving: 295	Fat: 9 grams
Carbohydrates: 53 grams	Protein: 5 grams
Sodium: 240 milligrams	Fiber: 6 grams

Julia Driggers is a graduate of the University of Maryland. She completed her community dietetic internship rotation at VRG.

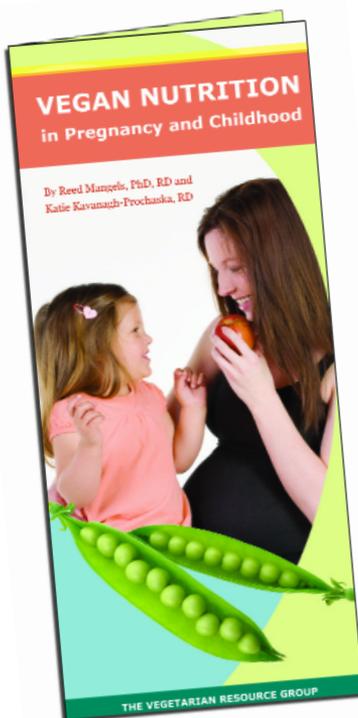


THE VEGETARIAN RESOURCE GROUP
 VEGETARIAN JOURNAL
 P.O. BOX 1463
 BALTIMORE, MD 21203
 www.vrg.org

NONPROFIT ORG.
 U.S. POSTAGE
 PAID
 BALTIMORE, MD
 PERMIT NO. 9169

CHANGE SERVICE REQUESTED

Vegan Nutrition in Pregnancy and Childhood Brochure



Vegan Nutrition in Pregnancy and Childhood is a new full-color, 12-panel brochure that contains a wealth of information for parents and parents-to-be. It covers basic nutritional needs during pregnancy, during breastfeeding, for infants, and for toddlers through school-aged children. Also included are a sample meal plan for vegan pregnancy, a feeding schedule for vegan babies ages 4 to 12 months, diet plans for vegan children ages 1 through 13, a list of choking risks, meal planning ideas, and much more.



Quantities of these brochures are available upon request. We simply ask for a donation to help defer the costs of printing and shipping. Please send your request to The Vegetarian Resource Group, P.O. Box 1463, Baltimore, MD 21203. You may also contact The VRG at (410) 366-8343 or via e-mail at vrg@vrg.org.



Become a Fan of The VRG!
www.facebook.com/thevegetarianresourcegroup



Follow The VRG @VegResourceGrp
twitter.com/VegResourceGrp

Printed on recycled paper!