

All About Nutritional Yeast • Vegan Ultrarunner

VOLUME XXXVI, NO 3

VEGETARIAN

JOURNAL

Science, Caring, and Vegan Living
Since 1982

HEALTH • ECOLOGY • ETHICS

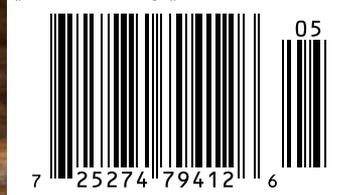
**Vegan
Dishes
on a
Budget**

**35
Years!**

*The Vegetarian
Resource Group's
History of Vegan
Activism*



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Veggie Diet Research

A Scientific Look at 35 Years

www.vrg.org

NUTRITION HOTLINE

REED MANGELS, PhD, RD



Vegan and Vegetarian Nutrition Research: 35 Years of Changes and What to Expect for the next 35

Thirty-five years ago, scientific research about vegetarian diets was limited; research about vegan diets was even less common. In 1982, 48 articles related in some way to vegetarian nutrition were published in scientific and medical journals; six mentioned vegan diets. The vegan articles had titles like “Rastafarianism and the Vegans Syndrome” and “Vitamin B12 Deficiency in Vegans” and were mainly concerned with getting adequate amounts of nutrients on a vegan diet. Over the next 35 years, much more research was conducted on people choosing vegetarian diets and more attention was paid to the health benefits of vegetarian and vegan diets. In 2016, 75 articles were published about vegan diets and 176 about some aspect of vegetarianism. Many of these articles focused on the use of vegetarian and vegan diets to prevent and treat chronic diseases like obesity, heart disease, and diabetes. You can read more about some of these important studies on page 28.

The limited attention paid to vegan and vegetarian diets 35 years ago is reflected in the first edition of *Dietary Guidelines for Americans*, which was in effect in 1982 and made no mention of vegetarian or vegan diets.¹ In contrast, the most recent *Dietary Guidelines for Americans 2015-2020* endorses “a healthy vegetarian eating pattern” as one of three “healthy eating patterns that can be adapted based on cultural and personal preferences.”² The past two editions of *Dietary Guidelines for Americans* have included vegetarian and vegan adaptations of USDA food patterns.^{2,3} It’s clear that increased research on vegetarian diets and

increased interest has led to policy changes on the national level.

There have been changes in nutrition research in general over the past 35 years. Some changes affect the way we think about nutrition, others lead to use of different kinds of research, others open up new areas of focus or research interests.

In 1982, researchers were just beginning to explore the importance of fiber in a healthy diet. Research on phytochemicals – naturally occurring chemicals in plants that offer health benefits – was in its early stages. Now we know that there are different kinds of fiber and that some types of fibers can help to prevent heart disease and control blood glucose. We know that there are thousands of phytochemicals. Their beneficial activities include inhibiting cancer cell growth, improving immune response, and preventing DNA damage. Of course, the more prominent plant foods are in your diet, the more likely you are to benefit from their fiber and phytochemical content.

Over the past 35 years, we’ve seen shifts in nutrition advice. In the 1980s, low-fat diets were the order. Unfortunately, food manufacturers flooded the market with low-fat and fat-free processed foods, where fats were often replaced with sugar. The pendulum swung – the emphasis on low-fat was replaced with an emphasis on low-carbohydrate and high-protein diets. Today, there are calls to avoid or markedly limit sugar.

Nutritional epidemiology was a new area of research in 1982. Epidemiology uses studies of large groups of people to help to understand health and how to prevent diseases. **Continued on page 6**

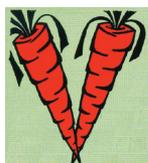
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Vegetarian Journal is one project of The Vegetarian Resource Group. We are a nonprofit that educates the public about veganism/vegetarianism and the interrelated issues of health, nutrition, ecology, ethics, and world hunger. To join VRG and receive *Vegetarian Journal* in the USA, send \$25 to The Vegetarian Resource Group, P.O. Box 1463, Baltimore, MD 21203, or go to <www.vrg.org/donate>. Additional donations support our outreach and research.

FEATURES

- 7 • Updates: Vegan Food in Chain Restaurants
- 8 • VRG's 35th Anniversary Dinner
- 9 • Where Are They Now?
Catching up with Past VRG Interns and Scholarship Winners
- 13 • Nutritional Yeast: What is it?
By Reed Mangels, PhD, RD Plus Recipes by Debra Wasserman
- 17 • Thank You to Our Donors!
- 18 • 35 Years of Vegan Activism
By The Vegetarian Resource Group
- 23 • Healthy Vegan Dishes on a Budget
By Debra Daniels-Zeller

DEPARTMENTS

<i>Nutrition Hotline</i>	2
Nutrition Research: 35 Years of Changes and Looking to the Future	
<i>Note from the Coordinators</i>	4
<i>Letters to the Editors</i>	5
<i>Notes from The VRG Scientific Department</i>	8
<i>Scientific Update</i>	28
Long-Term Studies of Vegetarians in the Past 35 Years	
<i>Veggie Bits</i>	30
<i>Book Reviews</i>	31
<i>Help Create a Veggie World</i>	32
University of Maryland Nutrition Student Casey Brown	
<i>Vegan Cooking Tips</i>	34
Quick and Easy Tips for Working with Nutritional Yeast	
<i>Vegetarian Action</i>	35
Scott Jurek, An Example for Vegan Athletes	

NOTE FROM THE COORDINATORS

35 YEARS OF VEGAN ACTIVISM BY THE VEGETARIAN RESOURCE GROUP



Organizing and change are tough. There are ongoing ups, downs, stresses, struggles, and successes. Thank you to all of our volunteers, interns, staff members, donors, and people with a sense of humor who have made this journey possible for 35 years.

The Vegetarian Resource Group was started in 1982 by Ernie Kopstein, a vegan medical doctor and Holocaust survivor; Norris Fluke, a vegan Senior Olympics swimming medalist; Audrey Fluke, a vegetarian nurse; and vegan activists Debra Wasserman and Charles Stahler. All had previously participated in Vegetarian Society of D.C. activities. Debra was VSDC's treasurer and Charles was their secretary for several years.

Our intention was to participate in a vegetarian group in Baltimore. When we went to an address from a list of existing vegetarian organizations, we found an abandoned building. So we started a new group originally called Baltimore Vegetarians. Our goal from the beginning was to be scientific, practical, and of assistance to others. As we produced materials, we soon had tens of thousands of people from all over the country asking us for information. Thus was born The Vegetarian Resource Group and *Vegetarian Journal*. Many ideas we tried locally have since been replicated in other areas. Thank you to all who have contributed in their own unique ways to advancing a better world.

You may enjoy a look back at past *Vegetarian Journal* VRG anniversary issues:

30th Anniversary Issue

<http://www.vrg.org/journal/vj2012issue3/VJIssue32012.pdf>

25th Anniversary Issue

<http://www.vrg.org/journal/vj2007issue3/vj2007issue3.pdf>

20th Anniversary Issue

http://www.vrg.org/journal/2002issue3/2002_issue3_special.php

With apologies to all whom we didn't mention, we give some highlights of Vegetarian Resource Group history on pages 18-22.

Debra Wasserman & Charles Stahler

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 or donate at www.vrg.org/donate.

Special thanks to the following VRG volunteers who wrote personalized thank you notes to the 300 high school seniors that applied to VRG's 2017 Scholarship Contest: Matt Baker, Nanette Blanchard, Whitney Blomquist, Casey Brown, Anne Custer, Dominique D'Arquea, Natalie Evans, Kendra Ganobsik, Laneece Hurd, Anna Lam, Karen Lazarus, Nicole Leroy, Julia Mathew, Laura McGuinness, Dan Park, Robin Patalon, Susan Petrie, Jenny Saccenti, Madeline St. John, Nicole Turner, Giulio Venezian, Jill Venezian, Jake Wartenberg, and Emilee Waterbury.

The Vegetarian Resource Group Turns 35!

You changed my life 34 years ago. I'll always be grateful! Happy anniversary!

Janet S., Baltimore, MD

Thank you for all you do!
Carolyn K., Ithaca, NY

Thanks for your efforts to keep our food safe and healthy, and for spreading the word.

Anonymous VRG member, Florida

Thank you for being such a positive force!

Donna A., Greenbelt, MD

Keep up the good work. God bless VRG!

Anonymous VRG member, New Jersey

Correction in Issue 2 2017

We greatly apologize for an error in the vegan cheese chart on page 13 of Issue 2 2017. Under Slices, where Field Roast Chao Slices is listed, the Protein amount should have been 0 g (not 4.5 g) and the Fat amount should have been 4.5 g (not 4 g).

A Guide to Vegan Cheese

Thank you for your recent article, *A Guide to Vegan Cheese*. I was surprised that you did not include the Follow Your Heart brand block cheese. It was included in the PDF that you referenced at the end of the article but, I feel, it should have been in the main article as it is such a superior product. Most of the vegan cheeses in the article, other than the Daiya products have never been at the Whole Foods stores that are in my area (Union and Essex counties in New Jersey). The Follow Your Heart slices were referenced and they are nowhere near the high quality of the blocks.

Just my opinion. Keep up your excellent work.

Nathalie Y., via email

Editor's Note: Unfortunately, due to space constraints in every issue of *Vegetarian Journal*, we were only able to run some of the charts found in the PDF version of this article, and made an effort to feature a variety of companies. The full article is here:

<http://www.vrg.org/nutshell/Public/VeganCheese2016.pdf>

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:

SOUTHERN NEW YEAR'S FARE

Plus: *Travel the World in a Stew Pot; Quick and Easy Pumpkin Dishes; 2017 VRG Scholarship Winners*

Nutritional epidemiology focuses on people's diets. For example, epidemiologists might ask people about what they're eating today and then follow them to see how their food choices change and whether or not they get common diseases like diabetes over the next 20 or more years. This powerful branch of nutrition research has provided much information about the benefits of vegetarian diets.

Another fascinating area of research that has developed since 1982 is epigenetics. Simply put, epigenetics involves the regulation of the activity of genes. All sorts of factors including food choices, exercise, the environment, and aging can affect gene function. Scientists are studying epigenetics to learn more about causes of cancer, Alzheimer's disease, and other conditions.

Increasingly, nutrition researchers are calling for a more holistic approach to replace the reductionist approach that is commonly used in human nutrition research.⁴ Instead of focusing on a single nutrient, vitamin A, for example, and examining the effect of this nutrient in isolation, scientists are encouraged to look more at overall patterns of diet and exercise.

Since 1982, there has been increased interest in specialized areas of nutrition. There is more research on sports nutrition, including dietary modifications to improve athletic performance and enhance recovery. With the aging of the Baby Boomers comes more research into the effects of diet on aging healthily. The connection between food choices and the environment has become an increasingly common area of research.

The past 35 years have seen big changes in the treatment of many diseases. Cancer treatments are more sophisticated and are targeted at specific tumor types. Gene therapy is on the horizon as a means of treating a number of diseases. Despite many advances in treatment and in nutrition research, some changes in the health of the American public have not been positive ones. In 1982, about 15% of adults in the United States were obese.⁵ The most recent report finds that in 2013-2014, 37.7% of adults were obese.⁶ Childhood and adolescent obesity has also increased from 7% in the early 1980s⁷ to 17% today.⁸ Not surprisingly, type 2 diabetes is much more common, as is hypertension.

What is the future of nutrition science? Here are a few thoughts: Over the next 35 years, I expect that we'll see many advances. By 2052, diets may be customized to meet your genetic fingerprint. Tracking devices for exercise and food intake will allow researchers to collect much more information about our diets, lifestyle, and health. More research will be conducted on the effect of prenatal and early childhood diet on chronic disease risk in adult-

hood. Hopefully these studies will examine the effects of early use of vegetarian and vegan diets. Increased attention will be paid to the connection between diet and the environment. Prevention and treatment of obesity, cancers, heart disease, diabetes, Alzheimer's disease, and other chronic diseases will continue to be areas of active research.

Over the next 35 years, some things will change; some won't. Despite the ups and downs of protein, carbs, and fats, the basis of a healthy diet will remain whole grains, beans, nuts, fruits, and vegetables.

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UPDATES: VEGAN FOOD IN CHAIN RESTAURANTS

From The Vegetarian Resource Group

CHIPOTLE

When constructing a vegan meal, Chipotle says that the following of its ingredients are suitable for vegans:

flour tortilla, crispy corn tortilla, soft corn tortilla; sofritas; pinto beans, black beans; tortilla chips; white rice, brown rice; fajita vegetables; tomatillo red-chili salsa, tomato salsa, roasted chili-corn salsa, tomatillo green-chili salsa; guacamole; and romaine lettuce. So try tacos, burritos, or a bowl.

See: <http://chipotle.com/dietary-options>



HONEYGROW

Honeygrow is a chain with clearly marked vegan options on their menu. Locations are in Maryland, Pennsylvania, Delaware, New Jersey, New York, and Washington, DC.

They offer stir-fry bowls including the Red Coconut Curry vegan option, which includes rice noodles, tofu, and veggies. You can easily substitute brown rice for the rice noodles, and alter the veggie choices in your bowl. Honeygrow also has a make-your-own stir-fry option where you can select Sour Cherry BBQ Sauce or Sesame Garlic Sauce, in addition to the Red Coconut Curry option. You then create your bowl with options including tofu, whole wheat noodles, brown rice, and a variety of veggies.

Honeygrow offers a vegan kale salad made with mustard soy vinaigrette, green kale, organic roasted spicy tofu, apples, carrots, roasted beets, red onions, and radishes. There's also a make-your-own salad option, which can easily be prepared vegan. Finally, their Honeybar dessert option can be made vegan. It includes fresh fruit, maple syrup (instead of honey), three fruits, and two toppings.

See: <http://www.honeygrow.com>



OLIVE GARDEN

Along with a detailed chart of vegetarian and vegan menu items, there are definitions of "vegetarian" and "vegan" on the Olive Garden website. Their definition of "vegan" is at: http://media.olivegarden.com/images/site/ext/pdfs/olive-garden-veg-vegan_081516.pdf

The menu options designated as "vegan" on Olive Garden's chart are as follows: breadsticks, marinara dipping sauce, minestrone soup, pasta selections, angel hair, cavatappi, fettuccine, gluten-free rotini, rigatoni, small shells, spaghetti, whole wheat linguine, sauce selections, marinara, tomato, and steamed broccoli.



RUBY TUESDAY

Ruby Tuesdays rolled out its biggest launch to-date at restaurants across the country – an all-new, significantly upgraded and deliciously expanded Endless Garden Bar. On their website, they list as vegan: Garden Vegetable Soup, Baked Potato, Grilled Zucchini, Green Beans, Grilled Cauliflower, and Steamed Broccoli.

See: <http://www.rubytuesday.com/>



YARD HOUSE

Yard House advertises this burger:

GARDEIN™

VEGAN BURGER. Ingredients are: red quinoa, kale, shiitakes, Daiya mozzarella, avocado, tomato, arugula, onion, miso, onion bun, and mixed greens.

See: <http://www.yardhouse.com/menu-listing/eat>



Vegetarian Resource Group 35th Anniversary Vegan Dinner

Sunday, October 22, 2017 at 6 p.m. *in Chicago*

The Vegetarian Resource Group will host a vegan dinner at LYFE Kitchen in Chicago (at Fairbanks and Ontario) on Sunday, October 22, 2017 during the annual meeting of The Academy of Nutrition and Dietetics. Meet VRG advisors Reed Mangels, PhD, RD, Catherine Conway, MS, RD; Charles Stahler, Debra Wasserman, and vegetarian dietitians from around the country. The public is welcome.

Menu

- Edamame Hummus
- Kale and Cranberry Salad
- Ancient Grain Stir-Fry Bowl with stir-fried vegetables, beefless tips, quinoa, black rice, cilantro, and sweet chili-ginger sauce
- Vegan Thai Red Curry Bowl with garlic-lime tofu, broccoli, eggplant, peppers, peas, whole grain wheatberries, Thai basil, and coconut curry sauce
- Vegan Chocolate Chip Cookie
- Tea or Coffee

**The meal will be served family style.
Note: Seating is limited!**

To Reserve

Send \$35 per person (includes tax and tip) with names to The Vegetarian Resource Group, P.O. Box 1463, Baltimore, MD 21203; Call (410) 366-8343 9am-5pm Mon.-Fri. EST to charge over the phone. Or pay at www.vrg.org/donate and write Chicago Dinner in the Comments.

Attending X \$35/person = \$_____

Donation towards professional outreach: \$_____

Total enclosed: \$_____

NAMES OF ATTENDEES: _____

Address: _____

City/State/Zip: _____

Email: _____

Phone: _____

NOTES FROM THE VRG SCIENTIFIC DEPARTMENT

The Vegetarian Resource Group in the News

Vegetarian Resource Group Nutrition Advisor Reed Mangels, PhD, RD contributed to the Vitacost Health Bites Blog about meat alternatives. She also updated BabyCenter.com, a website that provides advice and support on pregnancy, children's health, and parenting with information on vegetarian and vegan pregnancies.

VEGAN Outreach

VRG's FoodService Advisor Nancy Berkoff, EdD, RD presented at the National Association of College and University Food Services Regional Conference in Fargo, North Dakota. She presented with the Humane Society of the United States designing plant-based menus for students and faculty. After the presentation, there was a well-attended book signing of *Vegan in Volume* where she signed at least 100 books.

Where Are They Now?

Catching up with Past VRG Interns and Scholarship Winners

by Casey Brown and Heather Francis

The Vegetarian Resource Group is excited to celebrate its 35th year as a non-profit organization. Over the course of The VRG's 35 years, interns and scholarship winners have made enormous contributions to the vegetarian movement. In recognition of these achievements, we contacted many past interns and scholarship winners to highlight the impact The VRG has had on their lives. Since 2003, The Vegetarian Resource Group has annually offered two \$5,000 scholarships to high school seniors who have actively promoted vegetarian diets. Due to the generosity of donors, we have now added an additional \$10,000 award.

Since 1990, The Vegetarian Resource Group has had interns ranging in age from middle schoolers to college students to post university, from around the U.S., and even international interns from Japan and Germany. Some undertake these positions for high school, college, or graduate school requirements, while others are here simply to learn and serve. In addition, there is the Eleanor Miltimore Wolff Scholarship, which is a paid internship, for one student each year who could not participate in the internship without a little financial assistance, but wants to be an effective change agent on behalf of vegetarians.

We spoke with those who are still in school and others who are currently working.

Navaal Mahdi, an intern from 2015, is a college senior finishing her Media and Communications degree this year. She actively supports veggie groups and said of the impact The VRG had on her, "Personally, I'm more comfortable with talking to people one-on-one about veganism. I can answer their questions about why I'm vegan much more directly and openly."

Rachel Prokop, an intern from 2009, is currently working for Greenpeace USA as an online manager and states that The VRG "introduced me to the nonprofit world and influenced me to make a career working for causes I believe in." Rachel also feels that without her VRG experience, she would not be so passionate about

working for a nonprofit.

A past intern from 2014, **Karen Leibowitz**, currently works in Dallas, Texas, as a Food & Nutrition manager for a K-12 independent school district. She hopes to make a difference in the vegetarian movement through her job managing school nutrition.

Anne Custer interned at The VRG in 2015 and realized "how it was possible to connect my career goals and my moral conscience to help people in need." Working here affirmed her choice to help people eat healthier and adopt a cruelty-free diet. She is studying at James Madison University in Virginia.

Laura McGuinness, a recent graduate of University of California, Berkeley, is determined to find a job working for the Library of Congress. Interning at The VRG in 2013 further solidified her passion for library science, as she spent time looking through archival documents online and working directly with the Library of Congress. Working at The VRG helped her decide to take up a history minor, and she later won a scholarship offered by The Vegetarian Resource Group. Laura is the editor of the monthly VRG Maryland email newsletter, has contributed articles to *Vegetarian Journal*, works as a library clerk, and is an avid vegan baker.

Valerie Shore interned in 2012, and found The VRG to be a huge learning experience in terms of her writing skills. She said, "I've always enjoyed writing differently for different mediums and audiences, and VRG gave me a chance to try out writing in a more marketing-directed way, which I didn't get a chance to do in school." She currently works for an eco-friendly outdoor teak furniture company, where she is involved in email marketing. She continues to volunteer with groups in the area and supports local vegetarian and vegan events and businesses.

Veronica Bremer interned in 2010 and is currently pursuing her PhD in Art History and Theory at Jacobs University in Bremen, Germany. She finds the writing and communications skills she learned at VRG have

helped her within administrative duties in her job. She was able to travel to Sydney, Australia and attend the vegan festival there while also learning about their vegan community. Veronica says working at The VRG impacts her still to this day, and says her experience “has allowed me to see the world with more patience, to continue to treat this earth and humanity with more prudence and compassion.”

Caroline Pyevich interned in 1996, and has now reached 24 years of vegetarianism. She says her internship gave her the confidence to maintain her choice, and she continues to promote vegetarianism to her students and family members.

Amory Fischer, a 2013 scholarship winner from Virginia said, “I graduated this May after finishing my degree in three years. I received a Bachelor of Science in Environmental Policy and Planning with a minor in Urban Forestry. Upon graduation, I took a job with a Virginia-based solar development company. My work involves helping schools, non-profits, universities, hospitals, and others who cannot afford the upfront cost go solar through power purchase agreements. This has been especially meaningful on a personal level because I am currently overseeing the installation of solar on my high school, after leading a campaign for solar on the school while still a student there. While a student at Virginia Tech, I led many actions promoting vegetarianism/veganism. These included increasing vegan options on campus, setting up displays, supporting the Vegetarian Club at Virginia Tech, organizing events during earth week, taking a leadership role in Food Day, and taking on the leadership role of Outreach Chair for Earth Week.” Amory stated, “Now that I am living in Charlottesville, Virginia, again, I plan on getting involved as a volunteer for the Charlottesville Vegetarian Festival this fall. I am still close with the man in charge, Dave Redding, who runs the Healthy Food Coalition in Charlottesville and wrote my letter of reference for the VRG scholarship. I look

forward to being a part of this festival again! Although I am no longer a student, I plan on becoming active in the vegetarian club at the University of Virginia, as I know several friends who are still students who are part of this organization. Additionally, as a founding member of the Virginia Student Environmental Coalition during my freshman year at Virginia Tech, I will continue my activism through work on the issue of animal agriculture, which is cruel and inhumane as well as poisoning our planet.”

Amory added, “When I received the VRG scholarship for my freshman year of college, my mother had just lost her job and we were looking at the huge cost of college, trying to figure out how to pay for it. The VRG scholarship helped at a crucial moment to make college affordable for my family. Because my mother, step-father, and sister are all vegetarian as well, taking a large portion of the college burden off my family has helped four vegetarians for the price of one! Beyond the monetary aspect, The Vegetarian Resource Group has been an inspiration for me. It has encouraged me to value and promote my vegetarian lifestyle and the morality behind it. This week, I am looking forward to cooking some Pakistani curry, a recipe I found in a copy of the VRG magazine. And one day, I hope to pass these values and lifestyle choices on to my children, who will

Amory Fischer

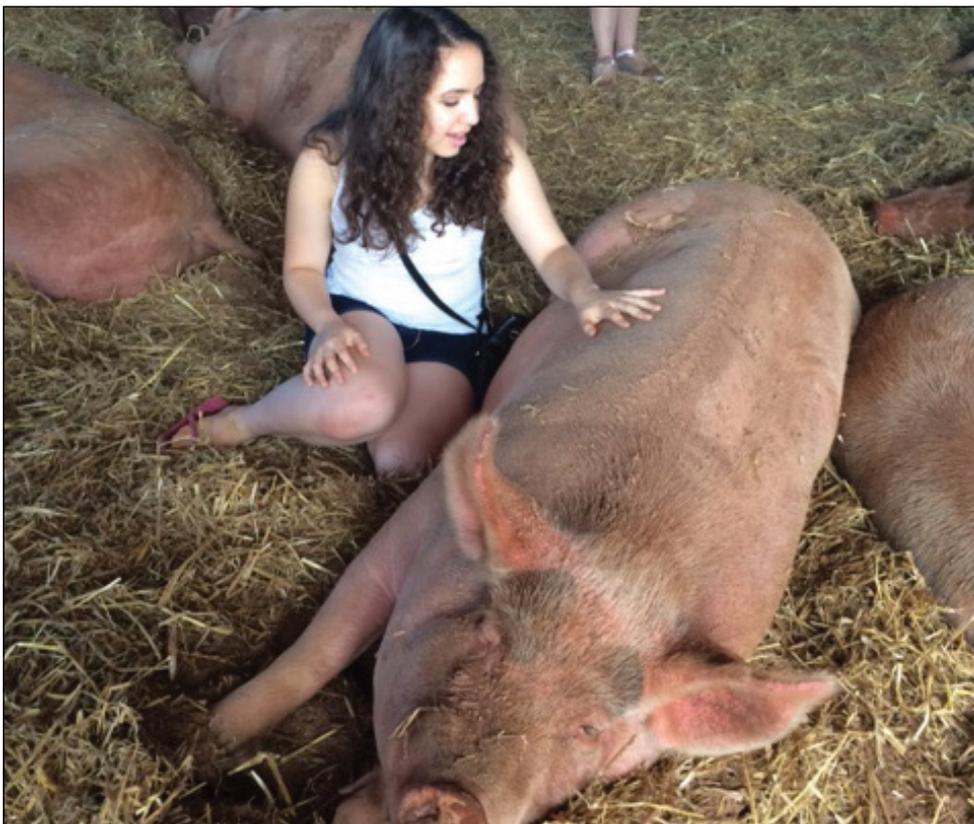


know that they are part of a growing movement!"

Chloe Falkenheim, a scholarship winner from 2015, says the scholarship "made it possible for her to attend the school she had dreamt about." She currently attends Oberlin College where she plans to focus her studies on innovation, communication, and music. She continues to run VegYouth, which is a nonprofit organization that she founded in 2013. Through VegYouth, Chloe hopes to build a community for teens to learn more about veganism and to empower them to adopt this lifestyle. She also provides guidance for students looking to start vegan and vegetarian clubs within their schools. Chloe recently worked with her school's community-based social marketing lab in order to conduct research to determine students' motivations for choosing or refusing meatless options, which will be analyzed and used to introduce more meatless meals into the cafeteria.

Greta Lorenz, a scholarship winner from 2013, is a design student at University of California, Los Angeles, where she is a member of the Bruins for Animals Club. The inspiration for her art "has always been to help the environment and all living beings." She enjoys the freedom her artwork allows her, and she hopes to raise awareness about the harm the animal industry causes to both the Earth and the living animals. She is grateful to

Chloe Falkenheim



The VRG for allowing her to have the opportunity to follow her dreams, and she hopes she is able to continue to inspire and encourage others to adopt a cruelty-free lifestyle.

Gretchen Coleman, a 2012 winner, is a recent graduate of Saint Louis University, where she studied Nutrition and Dietetics. She will be continuing her studies at the University of Minnesota, where she will complete her dietetic internship. Gretchen has used her course presentations and projects to discuss the importance of nutrition and show others how vegetarian diets are optimal for preventing chronic diseases. She is thankful to The VRG for allowing her to "attend the school of my dreams and achieve my goals throughout college."

Isabella Pezzulo is a student at the University of Richmond, where she studies Visual Arts and Media Practice. She won The VRG scholarship in 2014 for her activism within her community, and she continues to promote veganism through her daily actions. While living on campus, she met with the dining service directors to encourage them to provide a wider variety of vegan options on the meal plan. Winning the scholarship allowed her to pursue her passions and "to eat consciously and spread the value with everyone I meet."

Jeremy Beckham, a scholarship winner from 2003, says he "owes a great deal of thanks to VRG for their support." He is currently a graduate student at the University of Utah, and he believes his education will enhance his work in promoting veganism and working to end animal experimentation. Since winning the scholarship, he has worked in PETA's Laboratory Investigations Department as a Research Specialist for the Beagle Freedom Project and as a co-organizer for the Utah Animal Rights Coalition's Salt Lake City Vegfest. At Vegfest, he is looking forward to informing the community how, "They can save up to 100 animals each year, significantly lessen their impact on the environment, and improve their overall health by simply leaving animal products off

their plates.” He is a dedicated activist in his community and is very passionate about working to end animal experimentation and promote veganism.

Whitney Blomquist, a 2012 intern, continues to actively volunteer with The Vegetarian Resource Group and advocate for veganism. She staffs booths at festivals and also helps her mother run The Southern Maryland Vegan and Vegetarian Group. She wants her career to “express my passion for ethical eating and living.”

Kitty Jones, a scholarship winner from 2012, is a current student at University of California, Berkeley, where she double majors in Chicano Studies and Wildlife Ecology. She is grateful for The VRG’s scholarship, which has allowed her to “dedicate more of my time and life to activism and advocacy.” She is involved with the Berkeley Organization for Animal Advocacy on her campus where they do protests, displays, movie screenings, food giveaways, and other diverse actions that draw attention from students on her campus. She is very passionate about animal rights and animal liberation, and she feels these events have been very effective at raising awareness for these issues on her campus. In her free time, she also volunteers with other vegan and animal advocacy groups in her community, including

The Humane League, with whom she often leaflets.

Our experience interviewing past interns and scholarship winners has demonstrated to us the vast number of people who are dedicated to the vegetarian movement. We are proud to celebrate The Vegetarian Resource Group’s 35th Anniversary by outlining just a small sampling of the amazing work our past interns and scholarship winners have accomplished.

If you are interested in learning more about interning with The Vegetarian Resource Group, visit: <http://www.vrg.org/student/index.php>

If you are interested in learning more about the scholarships offered by The Vegetarian Resource Group, visit: <http://www.vrg.org/student/scholar.htm>

To support The Vegetarian Resource Group internships and outreach, donate at www.vrg.org/donate or mail to VRG, P.O. Box 1463, Baltimore, MD 21203.

Casey Brown and Heather Francis wrote this piece while doing internships with The Vegetarian Resource Group. They both hope to become vegan dietitians in the future.



Whitney Blomquist

Nutritional

by Debra Wasserman

Yeast Dishes

Nutritional yeast can be used to prepare a wide variety of dishes, including soups, gravy, dips, sides, and entrées. You can purchase it in natural foods stores and in some grocery stores. Many people enjoy the somewhat “cheesy” taste it can lend to dishes as well as its B-vitamin content.

Below are six recipes taken from two books published by The Vegetarian Resource Group: *Conveniently Vegan*, by Debra Wasserman and *Simply Vegan*, by Debra Wasserman and Reed Mangels, PhD, RD. Both books can be purchased online from The VRG catalog at: www.vrg.org/catalog.

Lemon Rice Soup

(Serves 6-8)

- 1 small onion or 3 scallions, chopped**
- ½ head small cabbage, shredded**
- ½ teaspoon garlic powder**
- ⅛ teaspoon black pepper**
- ⅛ teaspoon turmeric**
- 2 Tablespoons oil**
- 3 cups pre-cooked rice**
- 8 cups water or vegetable broth**
- ¼ cup lemon juice**
- 1 cup nutritional yeast**
- 1 Tablespoon tamari or soy sauce**

Sauté onion or scallions, cabbage, and spices in oil for 5-8 minutes. Add rice, water or broth, lemon juice, yeast, and tamari or soy sauce. Simmer for another 10 minutes. Serve hot.

Variation: Instead of cabbage, try using 2 cups chopped fresh kale.

Total calories per serving: 273
Carbohydrates: 40 grams
Sodium: 190 milligrams

Fat: 7 grams
Protein: 18 grams
Fiber: 9 grams

Tempeh Mushroom Casserole

(Serves 4)

This is a hearty main dish! For variation, you can use cubed firm tofu instead of tempeh.

- 1 cup hulled barley or brown rice**
- 2½ cups water**
- One 8-ounce package tempeh, cubed**
- Medium onion, finely chopped**
- ½ cup chopped mushrooms (any variety)**
- ½ cup chopped celery**
- ½ teaspoon garlic powder**
- ½ teaspoon cumin**
- ½ teaspoon curry powder**
- 1 Tablespoon oil**
- 1½ cups water**
- ¼ cup nutritional yeast**
- 2 Tablespoons tamari or soy sauce**
- 3 Tablespoons unbleached white flour**

Cook hulled barley or brown rice in water for about 1 hour until done.

Meanwhile, sauté tempeh, onion, mushrooms, celery, and seasonings in oil in a large non-stick pot over medium heat for 10 minutes.

Preheat oven to 350 degrees. Add cooked barley or rice to tempeh mixture and pour into a 2-quart round baking dish.

Mix water, yeast, tamari or soy sauce, and flour together in a jar by shaking well. Pour over the tempeh-rice mixture. Bake for 30 minutes at 350 degrees. Serve warm.

Total calories per serving: 384
Carbohydrates: 52 grams
Sodium: 528 milligrams

Fat: 11 grams
Protein: 24 grams
Fiber: 12 grams

What is Nutritional Yeast?

By Reed Mangels, PhD, RD

Nutritional yeast is, as its name suggests, a type of yeast. Don't try to get bread dough to rise using nutritional yeast, however. Nutritional yeast is no longer alive and isn't able to make dough rise. Yeasts, including the species *Saccharomyces cerevisiae*, commonly used to make nutritional yeast products, are single-celled fungi, in the same kingdom as mushrooms. Nutritional yeast is produced by allowing the live yeast to grow for several days in a medium that provides the nutrients the yeast needs to grow. This medium is usually glucose-based, with the glucose coming from cane sugar or molasses, which contains B vitamins that the yeast needs to grow. When the growing process is completed, the yeast is collected, cleaned, heated to inactivate the yeast, dried, and packaged. Vitamins and minerals may be added during the processing period. You can look at the ingredient list on nutritional yeast packages to see which vitamins and minerals have been added.

Generally speaking, a half ounce of nutritional yeast, or about 2 heaping tablespoons of most products, has 60 calories, little or no fat, 7-9 grams of protein, and 4-11 grams of carbohydrates.

That makes nutritional yeast a decent source of protein, with 2 heaping tablespoons containing about as much protein as ½ cup of beans. Nutritional yeast is naturally low in sodium and does not contain cholesterol. A 2-tablespoon serving of nutritional yeast supplies about as much potassium as a small banana; potassium is a nutrient that is often low in Americans' diets. A serving of nutritional yeast supplies about 4% of the iron and more than one-third of the zinc RDA for an adult woman.

Nutritional yeast's greatest claim to fame is its B-vitamin content. Even without adding vitamins after the yeast is inactivated, nutritional yeast is an excellent source of thiamin, niacin, and vitamin B6. Many manufacturers add more thiamin, niacin and vitamin B6, as well as adding in other B vitamins including riboflavin, folate, and vitamin B12. Manufacturers of nutritional yeast add different amounts of vitamins and sometimes minerals to their products. This makes it difficult to say with certainty which vitamins and minerals are in fortified nutritional yeast. The nutrition information label provides information about the vitamins and minerals in specific brands.



Mushroom Gravy

(Makes about 2 cups, 4 servings)

Serve this gravy over your favorite burgers, loaf, baked potatoes, or cooked grains.

One 6-ounce package mushrooms (portobello or shiitake, for example), finely chopped

Small onion, finely chopped

Pepper to taste

2 teaspoons oil

2 Tablespoons nutritional yeast

¼ cup unbleached white flour

2 teaspoons tamari or soy sauce

1½ cups water

Sauté the mushrooms, onion, and pepper in the oil in a large frying pan over medium heat for 5 minutes. Add the remaining ingredients and continue heating for 3 minutes, stirring until the gravy thickens. Serve warm.

Total calories per serving: 87

Carbohydrates: 12 grams

Sodium: 172 milligrams

Fat: 3 grams

Protein: 5 grams

Fiber: 2 grams

Tofu Pimento Spread

(Makes about 1½ cups, 6 servings)

Serve this sandwich spread on a whole grain bread with lettuce and tomato. You can also spread on crackers or on cut up raw vegetables.

1 pound tofu, drained and crumbled

One 2-ounce jar pimentos

¼ cup nutritional yeast

1½ Tablespoons prepared mustard

Place all the ingredients in a food processor bowl and blend until creamy. The spread can be served right away or chilled before serving.

Total calories per serving: 84

Carbohydrates: 5 grams

Sodium: 56 milligrams

Fat: 4 grams

Protein: 10 grams

Fiber: 3 grams

Spicy Nacho “Cheese” Dip

(Serves 8)

Serve with baked tortilla chips or raw veggie sticks.

1½ cups nutritional yeast

⅔ cup whole wheat pastry or unbleached white flour

2½ cups water

3 Tablespoons vegan margarine

1 teaspoon garlic powder

1 Tablespoon mustard

⅓ cup hot cherry peppers, diced

Mix yeast, flour, and water together in a pot. Cook over medium heat, stirring occasionally, until mixture boils. Add margarine. Allow to boil for one minute, then remove from heat.

Add garlic powder, mustard, and hot cherry peppers. Mix well.

Serve hot or chilled with chips or veggies.

Total calories per serving: 189

Carbohydrates: 20 grams

Sodium: 77 milligrams

Fat: 6 grams

Protein: 17 grams

Fiber: 9 grams



Tofu Dip

(Serves 5)

This would be a crowd-pleasing addition to your next party or a great after-school snack.

- 1 pound tofu, crumbled**
- ¼ cup vegan mayonnaise**
- ½ teaspoon garlic or onion powder**
- 1 Tablespoon tamari or soy sauce**
- ¼ cup nutritional yeast**
- ¼ cup water**

Place all the ingredients together in a food processor or blender and blend until creamy.

Serve with raw vegetables or crackers.

Total calories per serving: 136
Carbohydrates: 6 grams
Sodium: 307 milligrams

Fat: 8 grams
Protein: 13 grams
Fiber: 3 grams

Baked Lima Beans

(Serves 8)

- One 6-ounce package vegan “bacon”**
- 2 teaspoons oil**
- One 24-ounce package frozen lima beans**
- ½ small onion, finely chopped**
- One 6-ounce can no-salt tomato sauce**
- ½ cup molasses**
- 2 Tablespoons nutritional yeast**

Fry vegan “bacon” in oil in a non-stick frying pan until crisp on both sides (about 10 minutes). Chop into very small pieces.

Preheat oven to 350 degrees. Cook lima beans in boiling water for 10 minutes and drain.

Mix all the ingredients together and pour into a medium-size oven-proof covered baking dish. Bake 30 minutes at 350 degrees. Serve warm.

Total calories per serving: 318
Carbohydrates: 40 grams
Sodium: 236 milligrams

Fat: 3 grams
Protein: 10 grams
Fiber: 7 grams

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35 Years of Vegan Activism

By The Vegetarian Resource Group

Continued from page 4. Following are a few examples of our 35 years of vegan activism:

1982-1984

VRG Sponsored a Tofu Cooking Class by Sandy Weinstein

Tofu was relatively unknown then to many Americans. Later, Sandy was asked to do a tofu demo on *People Are Talking*, a Baltimore TV show. Someone named Oprah Winfrey was co-host of this show in the 1970s.

Outreach to hundreds of kids at Timonium, Maryland Children's Fair

We had kids prepare fruit salad, display jars full of dried beans and grains, and then make necklaces using the beans and grains as a way to learn the names of each food.

Other projects included publishing *I Love Animals and Broccoli Activity Book*, a vegetarian display in the front of the main branch of the Baltimore Pratt Library, and the start of VRG's essay contest, which continues, and also evolved into our awarding \$20,000 in college scholarships to high school seniors annually.

Vegetarianism and the Environment:

It was nice for vegetarianism to have moved beyond only the food section. Environmental writer Tom Horton wrote about us in the *Baltimore Sun* in his article on the environment titled "Save the Bay – Eat Beans; Will this be the slogan of the environmentalists?"

He continued, "Even those who toil in the environmental movement in Maryland might not recognize them, but the three people with whom I had lunch recently are probably doing in the most basic of ways, as much as anyone in the state about the kind of pollution that is troubling the Chesapeake Bay. Debra Wasserman, Charles Stahler, and Keith Akers are vegetarians – they prefer the term 'vegans,' since they don't use eggs or dairy products in addition to abstaining from red meat, fish, and fowl. Our heavy meat consumption in America, they argue, is more than just a luxury. It exacts a price from our land, water, and energy resources that no country can afford to pay indefinitely."

A resulting editorial in *The Sun* stated, "Events sometimes converge in unexpected ways. For instance, there is the growing alarm about over-use of farmland in the United States and the concern over health effects of too much cholesterol. At first glance, the two developments do not seem to have much in common. Intensive farming, American style, damages topsoil and contributes to the ecologically harmful runoff of chemicals and waste into waterways such as the Chesapeake Bay. Consuming too much cholesterol and other fats, as most Americans do, contributes to a horrendous high heart attack, stroke, and cancer death rate...."

Supermarket Consumer Board

Debra Wasserman volunteered on the Giant Supermarket Chain Consumer Board. She gave input into their adding non-dairy calcium sources of food into their nutrition brochures. At that time, she was able to hear about their introduction of Dreamy Tofu, their own brand of nondairy ice cream. Giant also introduced organic produce wrapped in plastic. Debra tried to explain that most organic consumers didn't want all that packaging, but it really took the moving in of Whole Foods stores before most groceries looked at the organic market seriously.

1985-1988

Vegetarian Meal Plan Developed by Ruth Ransom, RD

This was an alternative to the four food groups. Rather than a dairy group, our plan had asterisks in other groups for high-calcium foods such as fortified soymilk, kale, and collards. It was mentioned by *Nutrition Week*, newspapers in Arkansas and Connecticut, and requested by the Cooperative Extension Service in Massachusetts, *Shape* magazine, Tufts Newsletter, and elsewhere.

Guide to Eating in Fast Food Restaurants

Though most of us rarely, if ever, ate in fast food restaurants, the majority of Americans, and especially young people, did eat this way, and our fast food guides are some of our most popular publications even

today. For those who wanted to support vegetarian restaurants, we also created *Vegetarian Journal's Guide to Natural Foods Restaurants* with Avery Publishing. This guide is now online at www.vrg.org/restaurant.

Publications Requested

Way before the internet helped make vegetarianism and veganism more mainstream, our various publications were requested by and mentioned by media and institutions such as *Woman's Day* magazine, *Family Circle* magazine, Society for Nutrition Education, National Science Teachers Association, University of North Carolina library, American Heart Association, a Johns Hopkins Hospital dietitian, an Arkansas Democratic candidate, a dietitian from Mayo Clinic, *People Weekly* magazine, *Self* magazine, *Campfire Girls*, *New York Times*, *Washington Post*, *New Woman* magazine, and many more. Our books such as *Simply Vegan*, *Meatless Meals for Working People*, and *Vegan Handbook* have sold over a quarter million copies. We thank Brad Scott who was responsible for www.vrg.org for many years as the internet was gaining popularity. Back then, our site was first when one searched "vegetarianism." We still receive several hundred thousand visitors a month looking for information from seitan to Egyptian recipes to protein to the number of vegetarians and vegans to cysteine.

VRG's First Outreach Booth at the Annual Meeting of the American Dietetic Association in San Francisco

Thank you for the gracious help of vegan health professionals Arnie Alper, MD; Reed Mangels, PhD, RD; Suzanne Havala, MS, RD; and Jennifer Raymond, MS. There was much to process and plan the first time. After the conference, we all went out to lunch at the vegetarian restaurant Lotus Garden, and stayed so long that we had dinner at the same table.

Natural Products Expo

Our first booth at Natural Products Expo, which we shared with Cream of the Bean, a vegan soy yogurt. Thank you to Stuart Doblin, company founder, who also created great vegan salad dressing.

1989-1991

Outreach Booths Such as at National Education Association and American Federation of Teachers Conferences

Presented poster abstract "Introducing Heart Healthy Eating to Children and Parents" at the Regions II and III Cardiovascular Risk Reduction Conference

in Philadelphia. Gave a presentation at the American Home Economics Association Conference. Displayed at Eco Expo in NYC at Javits Center (it's been a long road for the environmental movement to understand the food links) and American Public Health Association Meeting in NYC. Had a booth and cooking demo at a 4-H conference in Phoenix, AZ. We sponsored a Vegetarian Resource Group Conference in NYC for 700 people, one of the largest U.S. single-day vegan gatherings back then, predating all the great VegFests around the country today.

Published I Love Animals and Broccoli Coloring Book

Over 130,000 copies given away to students, teachers, festival attendees, and activists. We've had requests from Kansas, Texas, Wyoming, Massachusetts, Washington, Pennsylvania, California, Mississippi, Missouri, and elsewhere.

1992-1995

Debra Wasserman's letter in *The New York Times* titled "Chefs in U.S. Must Recognize Demand for Vegetarian Cuisine." Today it's hard to believe that letter was necessary. VRG sponsored a tofu cooking demo at the annual meeting of the American Home Economics Association, exhibited at New Jersey Dietetic Association Annual Meeting and at the National Association of Extension Home Economists Annual Meeting in Washington, D.C. VRG did an abstract presentation at the American Public Health Association Conference in Washington, D.C. by Mangels, Wasserman and Stahler on Development and Dissemination of Nutrition Education Materials for Vegetarians. It was printed in their program.



We exhibited at the Society for Nutrition Education Annual Meeting in Washington, D.C. VRG did a poster session at an American Dietetic Association Meeting. Our materials were distributed at the Iowa School Food Service Association conference.

A hospital in The Bronx serving a low-income Hispanic population requested materials for a feature on vegetarianism. We sent materials to the California School Food Service Association conference and gave away VRG's Vegan Quantity Recipe Packet at the American School Food Service Association national conference in Boston. VRG had a booth at the American Library Association meeting. We exhibited at the American Heart Association annual meeting in Atlanta. VRG and Kellogg's were the only food booths or ones promoting prevention. We also did booths at USDA Children's Nutrition and Health Conference and at American Academy of Family Practitioners.

Our VRG Nutrition Advisor appeared on Good Morning America and discussed tempeh, tofu, tahini, and other foods. A nurse at the National Institutes of Health asked for vegetarian handouts to give to her colleagues. A college in Indiana requested vegan recipes due to increased demand. After a mention in the Hope Heart Institute Newsletter, we received thousands of requests for information. VRG authored a vegetarian brochure for Wegmans supermarket chain, which was ahead of the curve on vegetarian and many other issues.

Bobbi Pasternak was also ahead of the times, coordinating our electronic outreach, including the internet and online services such as Compuserve, America Online, and Prodigy (remember those?). Thank you to John Shoemaker who programmed our vegetarian game on a 3.5" floppy disk.

Our Nutrition Advisor Sue Havala participated in the NASA Human Nutrition in Controlled Ecological Life Support Systems Workshops in Houston, Texas. VRG volunteer Fannie Fonseca Becker, MS, RD, spoke on vegetarian diets at a Johns Hopkins School of Public Health and Hygiene class. We've had so much varied outreach that we didn't even remember (until we looked back in our scrapbooks) that we displayed at a Boy Scouts of America Scouting Expo. A VRG staff member made a veggie quiz board for the boys!



Today, vegetarianism/veganism seems everywhere; however, back in the beginning, before everyone was Googling, we were one of the few groups taking this important information to the mainstream. Mentions in places such as *Parade* magazine often resulted in thousands of inquiries, as in those days people didn't just go to websites. We were mentioned in the *Canadian Home Economics Journal*. VRG received requests for 125 of our coloring books for an animal awareness unit from a school district in Caruthersville, Missouri, information from a dietitian in the Public Health Service in New Mexico, and this note: "I recently read an article in 'BabyTalk,' a magazine published by Target Department Stores, on how to eat healthy and wisely as a vegetarian. They listed you as a contact, I would like more information." A food bank in Arizona serving a largely Hispanic population asked to reproduce our Spanish brochure, *Una Dieta Vegetariana*. They said: "The *Una Dieta Vegetariana* is fantastic! I am so delighted to be able to offer it to our Spanish-speaking clients." Our vegan Jewish recipes were printed in Jewish newspapers from Broward, Florida to the *Canadian Jewish News*. Debra Wasserman was invited to be a guest on Good Morning America. She demonstrated vegan recipes, which the hosts gobbled down. Debra also did cooking demos at PCC Natural Markets in Seattle.

1996-1999

Jim Dunn staffed a booth for us at the Florida Association of Family and Consumer Sciences annual meeting. Reed Mangels did a presentation on *Counseling the Vegetarian Client* sponsored by the New England Vegetarian Dietetic Practice Group. She also authored for United States Department of Agriculture a "Vegetarian Nutrition Resource List for Consumers." Suzanne Havala and our intern Suzanne Holden had a vegetarian article in a Sysco Food Services newsletter.

VRG hosted seven 4-H youth in our office for a job shadowing in-service. Suzanne Havala wrote a vegetarian meal plan for the National Meals on Wheels Foundation. Cathy Conway tested vegetarian meals in 25 senior sites in New York City.

At the American Dietetic Association annual meeting, we presented an abstract on Vegetarian Nutrition on The World Wide Web. Abstract authors were Reed Mangels, Brad Scott, Bobbie Pasternak, and Debra Wasserman. Reed also spoke on vegetarian diets, pregnancy through childhood and VRG had a booth. Tufts Nutrition Navigator gave our website high marks for being accurate and an excellent resource



for consumers. The author from Tufts stated: “Finding accurate, responsible information on vegetarian diets can be a challenge. V.R.G. (The Vegetarian Resource Group) is a source you can trust. Easy to read and navigate. VRG’s Web site promotes vegetarianism in a friendly, matter-of-fact manner.” Yahoo Internet Life included VRG in a review of websites for people with special dietary needs.

We received these notes: “Hey guys. I wanted to become a vegan, I had done a lot of research and my parents just didn’t think that the idea was good. Then I found your site, I printed up some of the info and some really cool recipes, and showed them to my folks. I guessed it proved to them I could be just as healthy if not healthier. So I am pleased to say that I am a vegan now and my parents are even thinking about becoming ones too. Thanks.” ... “I received a copy of the VJ travel guide several years ago and have used it religiously on my many travels throughout the US and Canada. Through it, I was able to discover many wonderful restaurants and cafes in out of the way places, and learned so much I was finally able to open my own vegetarian café with confidence. Thank you, *Vegetarian Journal*.”

Chef Nancy Berkoff, EdD, RD, and Debra Wasserman did a vegetarian cooking demonstration at the annual meeting of The American Dietetic Association.



Chef Nancy Berkoff did a demo at the 1999 National Association of College and University Food Service conference: “The Veggies are coming, the veggies are coming – are you prepared?” This session was designed to acquaint the newly-veggie and the seasoned vegetarian food service provider with ideas, facts and techniques about vegetarian cuisine.

2000-2005

Nancy Berkoff did a regional college food service conference in Montana, with attendees from Montana, Colorado, Calgary, Edmonton, Wyoming, and Idaho. She spent two hours in lecture, and then 1½ hours in the kitchen. Her next scheduled presentation was with the University of Wisconsin in Madison. And we received these notes: “I am a big fan of your book *Vegan in Volume* ... I have convinced the school to start using your book as a textbook.” ... “I’m opening a new restaurant and wanted to thank you for your help. I needed information on vegetable bases to use in stuffing, gravy, soup, etc., because I want to be able to serve all my sides meat-free. I found the perfect article on your website, and it even addressed the sodium content, an ongoing problem with bases on the market.” ... “Recently, my grandmother was diagnosed with B12 deficiency, so my mother looked up B12 on the Internet. The first thing that came up was VRG, even though she didn’t search for vegetarianism at all. Thanks so much. You’re obviously helping more than just vegetarians!”

Debra Wasserman did a vegan presentation to public school teachers attending a Meatout event sponsored by the UFT Humane Education Committee in New York City.



Reed Mangels authored the chapter Nutrition for the Vegetarian Child for the *Pediatric Manual of Clinical Dietetics* from the American Dietetic Association.

Jessica Dadds created a vegetarian placemat for us. A reader said, "...took a supply of those new VRG placemats into school, all of the kids worked the maze and puzzles and took their placemats home afterwards. The teachers loved them."

Reed Mangels co-authored with Virginia Messina *Considerations in Planning Vegan Diets: Infants and Children* for the Journal of The American Dietetic Association. Suzanne Havala did a presentation at the American Dietetic Association annual meeting on Introducing Vegetarian Meals into Food Service. In a radio interview, Nancy Berkoff was paired with a media rep dietitian for the cattle industry concerning a *Time* magazine cover story about people going vegetarian. Nancy said it stayed very civilized rather than a shouting match about "killing cute little cows." Gerber Foods asked permission to list us as a resource.

2006-2009

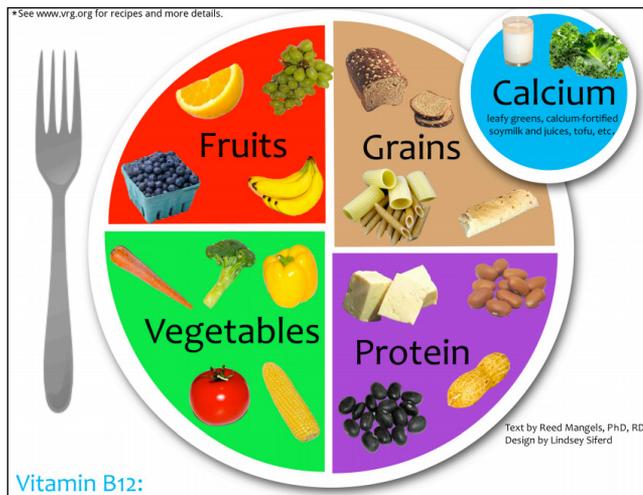
A producer from Good Morning America called at 6 p.m., looking for a 15-year-old vegetarian girl (not a boy) and her non-vegetarian mother to be on the show the next day. VRG staff member Sonja Helman did some quick thinking and connected the show with a VRG intern. Though the media sometimes portrays vegetarianism as difficult for parents, the intern and her mother showed that 'normal' people are vegetarians, and it's a step anybody can take. Reed Mangels co-wrote a chapter on pediatric vegetarianism for a textbook used by nutrition, nursing, and medical students. Our table on Dietary Habits of Adults 18 and over was reprinted in *Modern Nutrition For Chefs*.

2010-2017

VRG poll information was used in *Nation's Restaurant News*. Reed Mangels' *Sample Meal Plan for Vegan Pregnancy* was used in the fourth edition of a nutrition textbook. She and Julia Driggers published *The Youngest Vegetarians: Vegetarian Infants and Toddlers* in *ICAN: Infant, Child, & Adolescent Nutrition Journal*. From a Facebook post: "Around 1991, VRG came to Philadelphia for a kick off meeting at a vegan Chinese restaurant as I had an idea for a group here in PA. From that meeting, I helped coordinate a group called The Vegetarians of Philadelphia. At our peak, we had 1,400 members and sponsored speakers, dinners, and other events. We influenced restaurants to provide vegan options. Eventually, we worked our way out of

a job so to speak, as more and more availability came into being in the city and surrounding suburbs."

VRG's *My Vegan Plate* is printed in a higher education health textbook, *Nutrition and You, Mastering Fundamentals of Nursing Care, and Dental Hygienist's Guide to Nutrition*.



A sample of notes we receive: "I was looking to meet with a registered dietitian at my university health services in California to ask some questions. While I was looking I found a link to VRG. I thought it was fun to see universities recognizing your work..."

A Full Photography Circle

We received this note: "My name is Rissa Miller and back in 1996 I did three photo assignments for VRG as a college student. I was attending Western Kentucky University as a photojournalism major at the time. I can recall clearly one of the shoots I did for you because it was super challenging at the time – it was a trio of vegan sorbets. I had to redo it several times and get help from a professor (as it kept melting). Honestly, I'll never forget it." Fast forward to 2012. "I'm still vegan." Fast forward to 2017, in addition to shooting photos for our brochures, Rissa and her husband Nathaniel did the photography for the cover of this issue of *Vegetarian Journal*. We also want to thank Linda Long, who has also shot so many wonderful covers for us for many, many years.

Finally, thank you to everyone, who over the past 35 years, has participated in vegan education and making the world better. We hope your support will enable future generations to continue another 35 years of activism. Senior Editor Samantha Gendler, who has been with us since 2012, will continue to share news in this magazine and via social media on all the wonderful work new VRGers are doing to promote veganism.

Healthy *Vegan* Dishes on a BUDGET by Debra Daniels-Zeller

As rising food prices eat into budgets, a diet of healthy foods can be expensive. But the truth is, even if you're a frugal shopper, you can likely afford nutritious foods with several different choices weekly. And whether cooking for one or more, with a few tips you'll soon become an expert at finding healthy bargains.

One thing to consider is where you shop. Natural foods stores can be alluring with their promise of organic foods, but prices may be off-putting to frugal shoppers. Instead, peruse discount outlets, ethnic markets, and big box stores. Jeff Yeager, creator of the website *The Ultimate Cheapskate*, says he only buys food at 99 cents a pound or less. It's something to look for in produce departments. Some stores sell damaged and over-the-hill produce for cheaper prices, and if you're persistent, you can find organic produce for bargain prices. At farmers markets, look for "seconds" or less-than-perfect produce. It can be worth a trip to a farm to buy in bulk and freeze or can your produce.

Consider growing your own, and if you don't have a yard, consider container gardens. Keep in mind, water prices may inflate the cost of growing produce in your yard. Whatever you do, be open to seasonal bargains and you'll find a variety of produce week after week.

Shopping, stocking the pantry, and making salads, entrées, and snacks from scratch doesn't have to be overwhelming. And at the end of the day comes satisfaction that healthy foods can fit into your budget without draining your savings.

Guidelines for a FRUGAL Vegan Kitchen

1. Write a rough food plan, using weekly sale produce. Include snacks in the plan, so you won't be tempted to shop impulsively for grab-n-go items, which are more expensive. Use weekly newspaper ads or peruse deals

online. If you have a smartphone, you can download free apps devoted to grocery shopping. Grocery Pal offers weekly ads; Coupon Sherpa finds coupons; Flipp features weekly ads and coupons, and Apples2Oranges compares prices at different grocery stores near you. There are also apps that allow you to also keep a grocery list on your phone, so that you stick to the plan and don't forget anything. Old-school shoppers can write lists down and keep a notebook of prices to continually find the best deals.

2. Shop once a week, except for fresh fruits and vegetables. You are less likely to impulse buy with a plan, and when you buy only what you need, nothing is wasted. According to the *Huffington Post*, Americans waste 165 billion dollars of food annually. Food waste is also the number one component of landfills, and when you toss out food, you toss out part of your paycheck. Stick to a weekly food plan.

3. Seek out less-than-perfect fresh foods and read use-by labels when purchasing processed foods. Use by means food consumed past that date might be risky. Best if used by does not necessarily mean the product isn't safe to eat. Grocery outlets are filled with canned, frozen, and even fresh products that are close to or past the best-if-used by dates.

4. Stock the pantry with basics for quick meals. Finding foods at the best prices takes persistence, but dried and canned beans, grains, pasta, canned vegetables, nuts, herbs, spices, and condiments can be purchased at bargain prices throughout the year.

5. Prepare at least two meals a week that can be divided and frozen. A well-stocked freezer gives you a wider range of choices and can make a grocery store impulse buy less likely.

Spicy Black Beans

(Serves 4)

Serve this main dish with rice, or use it to fill tortillas. Add some greens and you've got the whole meal. *Total estimated cost for entire recipe: \$3.07 with dry beans and \$3.97 with canned beans (*Prices in this article are estimated from Washington State in 2017.)

- 1 cup dry black beans or two 15-ounce cans black beans, drained and rinsed**
- 1 Tablespoon olive oil**
- 1 small onion, diced**
- 1 cup frozen corn kernels**
- 1 medium sweet potato, diced**
- 1 medium white potato, diced**
- 1½ Tablespoons chili powder**
- 1 clove garlic, minced, or ¼ teaspoon garlic powder**
- ¼ teaspoon cinnamon**
- One 15-ounce can no salt tomato sauce**
- One 15-ounce can no salt diced tomatoes, undrained**
- 1 cup water**
- ¼ teaspoon salt**

If using dry beans, clean, rinse, and soak them overnight. For a “quick soak,” place rinsed beans in a

pan with 4 cups of water. Bring to a boil, then turn off heat, cover, and let beans sit for 30 minutes before draining and cooking.

While beans soak, heat a heavy skillet over medium heat. Add oil and onion, stir and cook until onion caramelizes. Add corn, sweet potato, white potato, chili powder, garlic, and cinnamon. Stir and cook for a few minutes, then add tomato sauce, diced tomatoes, water, salt, and drained black beans.

Cover and cook on medium low for one hour with soaked beans or 20 minutes with canned beans. Add water if necessary. Serve with tortillas or corn bread.

Total calories per serving: 365

Fat: 5 grams

Carbohydrates: 68 grams

Protein: 16 grams

Sodium: 193 milligrams

Fiber: 14 grams

Grilled Pepper and Quinoa-Millet Salad with Raspberry Vinaigrette

(Serves 4, see photo below)

This cooling summer salad includes two gluten-free grains and the produce of summer. Consider alternative seasonal vegetables when making this salad throughout the year. *Total estimated cost: \$2.54

- 2 cups water**
- ½ cup millet, rinsed**
- ½ cup quinoa, rinsed**
- 2 Tablespoons olive oil**
- 1 clove garlic, pressed or ¼ teaspoon garlic powder**
- 2 Tablespoons raspberry vinegar**
- ¼ teaspoon agave nectar**
- ½ cup each diced red pepper and green pepper**
- 1 cup fresh or thawed frozen corn**
- ½ cup chopped parsley**
- ¼ cup roasted cashews**
- ¼ teaspoon each salt and ground pepper**

In a small saucepan, bring water to a boil, add millet and quinoa. Then bring to second boil and reduce heat. Cover and simmer for 20 minutes or until water is absorbed and grains are tender. Let grains rest 5 minutes, covered, then fluff with a fork to separate the grains; place them in a bowl.

While grains cook, combine olive oil, garlic, vinegar, and agave nectar. Combine,



grains, vinaigrette, red and green peppers, corn, chopped parsley, roasted cashews, salt, and pepper.

Total calories per serving: 331 Fat: 14 grams
Carbohydrates: 46 grams Protein: 9 grams
Sodium: 164 milligrams Fiber: 6 grams

Zucchini-Corn Chowder with Tomatoes

(Serves 4)

Zucchini is plentiful and the price is often the best during summer months. The same goes for peppers, tomatoes, and fresh basil. If you don't have access to fresh basil, use 1 Tablespoon dried basil, but add dried basil in the beginning of cooking as it takes more time for dried herbs to impart flavors. *Total estimated cost: \$3.76

1 medium to large zucchini, cut in half lengthwise and sliced
1 clove garlic, minced or ¼ teaspoon garlic powder
1 small onion, diced
1 seeded jalapeño, minced
1 Tablespoon olive oil
One 28-ounce can no-salt diced tomatoes or 8 medium fresh tomatoes, chopped
1 cup fresh or frozen corn kernels
1 small white potato, diced
2 cups water or vegetarian stock
One 15-ounce can kidney beans, drained and rinsed
¼-½ cup chopped fresh basil or 1 Tablespoon dried basil
1 cup soy, rice, or almond milk
2 teaspoons lemon juice, or to taste
¼ teaspoon salt

Heat a heavy skillet over medium heat. Add zucchini, garlic, onion, jalapeño, and oil. Stir frequently, cooking until onions become translucent and vegetables are coated with oil.

Transfer cooked vegetables to a soup pot; add diced tomatoes, corn, potato, water or stock, and kidney beans. If using dried basil, add it now. Simmer on medium-low heat for 15 minutes, stirring occasionally. If using fresh basil, add now and continue cooking for 10 more minutes.

Remove one cup of the soup from the pot and purée with milk, then stir into the chowder. Add lemon juice and salt.

Total calories per serving: 264 Fat: 6 grams
Carbohydrates: 44 grams Protein: 13 grams
Sodium: 357 milligrams Fiber: 11 grams

Kidney Bean-Sweet Potato Stew

(Serves 4)

Soaked dried mushrooms provide a savory flavor base for this year-round comfort stew. You can save your own mushroom stems to use for a quick stock by leaving them out to dry. *Total estimated cost: \$4.08

4 cups boiling water
¼ cup dried mushroom pieces or stems
4 fresh button or cremini mushrooms, sliced, stems removed and saved
¼ cup chopped onion
1 Tablespoon olive oil
½ cup chopped green pepper
2 stalks celery, sliced
1 carrot, sliced
¼ teaspoon garlic salt
¼ teaspoon black pepper or red pepper flakes
1 bay leaf
One 15-ounce can no salt tomatoes, diced, whole or crushed
1 sweet potato, peeled and diced
Two 15-ounce cans kidney beans, drained and rinsed
½ teaspoon each salt and pepper

Pour boiling water over dried mushroom stems and let them absorb water for an hour or more.

Heat a heavy frying pan over medium heat. Add fresh sliced mushrooms and dry fry (without oil). Stir frequently until the mushrooms squeak. Remove from heat and set aside.

Use the same pan and add onion, oil, green pepper, celery, and carrot. Cook, stirring frequently, until the onion is translucent and the vegetables soften.

Place all cooked vegetables in a soup pot. Add mushroom water, removing the mushroom stems if you want. Add garlic salt, pepper, bay leaf, tomatoes, and diced sweet potato. Cook for 20 minutes or until sweet potatoes are soft.

Purée one cup of the soup and then stir into the soup pot with kidney beans. Heat on medium low for another 10 minutes. Add salt and pepper. This soup is perfect with the following Lemon Cornbread recipe crumbled on top (see page 26).

Total calories per serving: 270 Fat: 5 grams
Carbohydrates: 45 grams Protein: 14 grams
Sodium: 718 milligrams Fiber: 14 grams

Lemon Cornbread

(Serves 8, see photo below)

Store-bought cornbread, sometimes served at soup bars in grocery stores, can cost \$1.20 per serving. You make your own cornbread for less than a quarter of that price. Ground flax seeds whipped with water makes a great egg substitute for homemade baked recipes. *Total estimated cost: \$1.55

- 1 teaspoon lemon juice**
- 1 cup almond milk (original or vanilla)**
- 1/3 cup softened vegan butter or margarine**
- 1/2 cup organic sugar**
- 1 Tablespoon lemon zest**
- 1 Tablespoon ground flax seeds**
- 3 Tablespoons water**
- 1 cup unbleached flour**
- 1 cup cornmeal**
- 1 1/2 teaspoons baking powder**
- 1/2 teaspoon baking soda**

Preheat oven to 450 degrees. Spray or lightly oil a 10-inch oven-safe skillet or an 8-inch baking pan.

Combine lemon juice and almond milk and set aside. In another bowl, blend vegan butter, sugar, and lemon zest mixing with a spoon until smooth. Set aside.

Using a blender or an immersion blender (hand blender) whip flax seeds and water on high until frothy. Blend this mixture with the butter-sugar mixture.

Sift flour, cornmeal, and baking powder and soda together in a separate bowl, and then combine dry ingredients with the butter mixture and almond milk, stirring gently to blend.

Place mixture in the skillet or baking pan and place in the oven. Immediately reduce oven temperature to 375 and bake for 25-30 minutes. Test doneness with a toothpick.

Total calories per serving: 248

Fat: 8 grams

Carbohydrates: 39 grams

Protein: 3 grams

Sodium: 247 milligrams

Fiber: 2 grams

Lemon-Carrot Coleslaw

(Serves 6, see photo below)

Cabbage isn't just a bargain all year long; it's also nutritious, keeps for a week, and is good served raw or



cooked. If you have a cooler, you can take this slaw on boat trips or take it camping. Make cabbage part of your frugal kitchen all year. You might consider adding raisins, dried cherries or cranberries, chopped dried apples, red peppers, toasted walnuts, or even sunflower seeds into this stand out salad. *Total estimated cost: \$1.56

- 2 Tablespoons vegan mayonnaise**
- ¼ cup fresh lemon juice**
- 2 teaspoons grated fresh lemon zest**
- 2-3 teaspoons ketchup**
- ¼ teaspoon ground pepper**
- 4 cups shredded green cabbage**
- 1 cup grated carrot**

Combine mayonnaise, lemon juice, zest, ketchup, and pepper in a small bowl. Blend until creamy. In a large bowl, combine cabbage and carrots, and then stir in the dressing and any other optional ingredients. You can serve it immediately, but flavors mingle and the taste improves if this salad is refrigerated for an hour or more.

Total calories per serving: 39	Fat: 2 grams
Carbohydrates: 6 grams	Protein: 1 gram
Sodium: 78 milligrams	Fiber: 2 grams

Tofu-Broccoli Noodle Bowl

(Serves 4)

It's time to celebrate when broccoli dips below a dollar a pound, and if you don't care for broccoli, you can easily substitute cauliflower or blend in spinach right before serving. *Total estimated cost: \$4.98

- 12 ounces soba noodles**
- 1 Tablespoon olive oil**
- ¼ cup diced yellow onion**
- 1 red pepper, seeded and diced**
- 8 ounces tofu, cut into small squares**
- 1 pound broccoli, stems peeled and diced and florets cut into small pieces**
- 1 Tablespoon freshly grated ginger**
- 2 Tablespoons water**
- Low-sodium tamari or hoisin sauce to taste (optional)**

Bring a pot of water to a boil over high heat. Add soba noodles and cook according to package directions. Drain noodles when done.

Heat a heavy skillet over medium heat. When pan is hot, add olive oil, onion, and red pepper. Stir and cook until onion becomes translucent and pepper is soft. Add tofu to the pan. Spread the tofu so it will brown on the bottom. This may take 7-10 minutes. Stir and turn tofu. Add the broccoli. Blend grated ginger with water and stir in, then cover with a lid. Cook for about 5 minutes, adding more water, if needed.

In a large bowl, toss noodles and vegetables with low-sodium tamari or hoisin sauce, if desired, and serve.

Total calories per serving: 408	Fat: 7 grams
Carbohydrates: 75 grams	Protein: 21 grams
Sodium: 723 milligrams	Fiber: 4 grams

Debra Daniels-Zeller is a regular contributor to *Vegetarian Journal*. She lives in Washington.

Bequests

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

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

SCIENTIFIC UPDATE

By Reed Mangels,
PhD, RD, FADA

A REVIEW OF RECENT SCIENTIFIC PAPERS RELATED TO VEGETARIANISM

Long-Term Studies of Vegetarians in the Past 35 Years

In the past 35 years, at least six large-scale, long-term studies of vegetarian adults have been conducted. Some studies examine different kinds of vegetarians (lacto-ovo and vegan, for example) and some studies often include non-vegetarians for comparison purposes. Study subjects are asked about their diets and their health and are often given follow-up questionnaires every few years for the duration of the study. These studies can last 20 or more years, so they offer an opportunity to learn a lot about changes in health over time. Subjects make their own choices about diet, exercise, and other factors. Their reports of health issues may be checked using medical records or other records like death registries. These studies provide us with a great deal of information about vegetarian health and mortality and have changed the way that many health-care professionals think about vegetarian diets.

Vegetarian diets are being recommended for prevention and treatment of many chronic diseases, including obesity, type 2 diabetes, heart disease, and high blood pressure – in large part due to the findings of these large, long-term studies.

The Adventist Health Studies have examined vegetarian and non-vegetarian Seventh-day Adventists. The results of these studies are especially interesting because they look at a population that is not likely to smoke or to use alcohol and that has good social support systems. Even in this healthy population, following a vegetarian diet can be an advantage.

Adventist Health Study-1 (AHS-1) was started in 1974. More than 28,000 non-Hispanic white Adventist adults living in California participated in this study which lasted until 1988.¹ About 30% of study subjects were classified as vegetarian (no meat, poultry, or fish). Only about 2-3% of Adventists were vegan during the years when this study was conducted.

Adventist Health Study-2 (AHS-2) is even more ambitious in scope. This study was started in 2001 and includes 96,000 Adventists living in the U.S. and Canada. About 65% of the subjects are non-Hispanic

Whites and 27% are Black/African Americans. Subjects are contacted every two years and are asked to complete surveys about their health and lifestyle. At the beginning of the study, 8% of subjects were categorized as vegan (eating any animal products less than once a month), 29% as lacto-ovo vegetarian (meat or fish less than 4 times per month), 10% regularly ate fish but not meat, and 53% regularly ate meat, poultry, and fish.² This study is still going on.

In Europe, there have been at least four large-scale studies that included significant numbers of vegetarians in the past 35 years. These studies differ from the Adventist studies because they do not focus on a single religious group. The oldest of these studies is the Health Food Shopper Study which began in 1973. Almost 11,000 study subjects were recruited through health food stores and vegetarian groups. About one third were vegetarians, mainly lacto-ovo vegetarians.³ The Oxford Vegetarian Study also had about 11,000 subjects, 42% of whom were vegetarians. The study began in 1980 and subjects were followed for 20 years.⁴ The German Vegetarian Study began in 1978 and had around 1900 participants; about 60% were vegetarian.⁵

EPIC-Oxford is a huge study of more than 65,000 vegetarians and nonvegetarians that has been conducted in the UK since 1993. About 30% of subjects are lacto-ovo vegetarian and 4% are vegan.⁶ Information is still being collected from this study.

Here's a smattering of what we've learned from these studies:

- Vegetarians have a lower risk of having heart disease than do people who eat meat or fish.⁷ Vegetarians are also less likely to die from heart disease.^{7,8}
- Vegetarians had a lower risk of some cancers,⁹ although the difference in risk of dying from cancer is not significantly different in vegetarians compared to nonvegetarians.¹⁰

- Vegetarians have a lower risk of having hypertension^{1,2} and type 2 diabetes.^{1,2}
- Vegetarians have a lower BMI^{1,6,11} and gain less weight in adulthood than do nonvegetarians.¹² The lowest average BMIs are seen in vegans.^{13,14}
- Vegetarians have lower risks of diverticular disease,¹⁴ cataracts, kidney stones, and hyperthyroidism¹² than nonvegetarians.
- Adequate calcium¹⁵ and protein¹⁶ may reduce the risk of bone fractures.

As I think about these studies, I am grateful to the researchers for their efforts to recruit subjects and to collect and analyze data. I am grateful to the study subjects who completed many questionnaires and examinations. The results of these studies have helped to change the way that the general public and healthcare providers think about vegetarian diets.

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veggie bits

Jaipur in a Jar

I've always found Indian cooking to be an intimidating project. Maya Kaimal's simmer sauces have taken out the guesswork when it comes to spices, as well as making an Indian meal for dinner as easy as sautéing veggies and opening a jar. There are four vegan flavors: Madras Curry, Kashmiri Curry, Goan Coconut, and Jalfrezi Curry. While I enjoyed them all, I particularly enjoyed the Goan Coconut and brought the coconut flavor out even more by adding some coconut milk and shredded coconut to top my dish. The flavors listed on the back of each shelf-stable jar will give you an idea of what veggies will be good to toss in, though I found that cauliflower, carrots, onions, chickpeas, and tofu went well with all of them. Once your veggies are cooked through and heated with the sauce, an exotic-tasting dinner is served just like that! Find Maya Kaimal's sauces at a store near you by using the store locator on www.mayakaimal.com. *Written by Samantha Gendler.*



Jawea Ice Cream

When I went vegan, I thought certain flavors would be in the past, including dulce de leche. This was before I came across Jawea's divine selection of vegan ice creams. Their Salty Dulce flavor had me checking the back of the container several times because I had never had such a creamy vegan ice cream before. In fact, it is made from coconut cream, tapioca, organic cane sugar, and other plant ingredients. So far, Jawea has created 5 mouth-watering flavors of coconut-based ice cream. In addition to Salty Dulce, they offer Horchata, Chocolate Horchata, Mango Chili, and Spiced Coffee. While coffee ice cream isn't typically my thing, this one tasted like a delicious frozen chai latte to me, rather than a traditional coffee flavor.

At the time of printing, Jawea products were available mostly on the East Coast, but they can be ordered online at www.eatjawea.com. You can also request that your local grocery store carry Jawea's ice creams. *Written by Alicia Hückmann, VRG Intern.*



Tasty Tofu by Hodo Soy

Hodo Soy specializes in organic and non-GMO tofu, yuba (tofu skins), and soymilk products. Their tofu products are generally higher in protein than most on the market. I tried six different ready-made products from Hodo Soy – Curry Thai Tofu Nuggets, Five-Spice Tofu Nuggets, Sichuan Mapo Tofu, Tofu Veggie Burger, Sesame Yuba Noodles, and Spicy Yuba Noodles.

My two favorite products are easily the Curry Thai Tofu Nuggets and the Five-Spice Tofu Nuggets. I really enjoy the dense, chewy texture of the soy nuggets. Both products have a relatively mild flavor that goes well with starchy foods such as rice or noodles. The Tofu Veggie Burger patties, which are blended with carrots, cabbage, and onion, are very 'meaty' in texture and have a slight taste of shiitake mushrooms. I also liked the Sichuan Mapo Tofu stir-fry, which was perfectly marinated tofu in a miso, shiitake mushroom, and chili broth. Visit hodosoy.com for more information. *Written by Julia Mathew, VRG intern.*



Munk Pack

These small vegan squeeze packs are great as a quick snack or for outdoor activities such as hiking. I sampled all five flavors of the Oatmeal Fruit Squeeze packs: Apple Quinoa Cinnamon, Blueberry Acai Flax, Maple Pear Quinoa, Peach Chia Vanilla, and Raspberry Coconut. All five flavors contain whole grain oats, apple juice, and flax seeds, providing a dense texture with an undertone of slight sweetness. Each flavor is nutritious and unique from one another, varying in flavor from sweet to tart.

Although all of the flavors were energizing and delightful, Blueberry Acai Flax and Raspberry Coconut were my favorites. The sweetness of the blueberries blended with acai was very refreshing. I also really enjoyed the tartness of the raspberries coupled with the texture of the shredded coconut. Because the packs contain oatmeal, they are filling and thick in consistency. For more information and to find them near you, visit munkpack.com or follow them on Instagram and Facebook @munkpack. *Written by Julia Mathew, VRG intern.*



BUT MY FAMILY WOULD NEVER EAT VEGAN!

By Kristy Turner



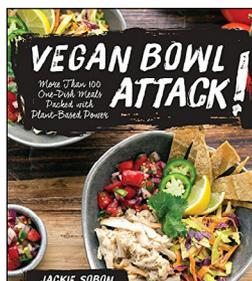
Do you know someone who wants to become vegan, but they're concerned that they would have to prepare multiple meals because other people in their family might be unhappy with vegan cuisine? This book will help allay those fears. Turner shares 125 recipes that friends, family members, and relatives should enjoy.

Some of the recipes include Avocado Ranch Dressing, Vanilla French Toast with Strawberry Sauce, PB&J Roll-Ups, Smashed Lentil Tacos, Just Fries, French Onion Soup, Butternut Squash Risotto with Sage Butter, The Portobello Philly Reuben, Chickenless Salad Sandwich, Chocolate Layer Cake, Perfect Roasted Potatoes, Deviled Potato Salad, Creamy Crunchy Coleslaw, Spiced Nuts, and more.

***But My Family Would Never Eat Vegan!* (ISBN: 978-1-61519-342-4) is a 336-page book. It is published by The Experiment and retails for \$24.95. You can purchase this book online or from your local bookstore. Reviewed by Debra Wasserman.**

VEGAN BOWL ATTACK!

By Jackie Sobon



Enjoy 100+ one-dish meals, including Peanut Butter Pretzel Oatmeal, Scramble Burrito Bowl, and Tempeh Bacon Hollandaise Bowl for breakfast.

For snacks, try Spicy Sesame Brussels Bites, Buffalo Jackfruit Dip, Tikka Cauliflower Chunks, or Walnut Chorizo Bean Dip. Soup and Salad Bowls include Grilled Romaine Chop Salad, Tex-Mex Potato Salad, and Mean Green Ramen.

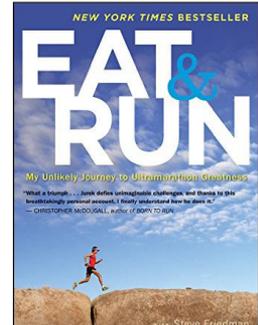
For a main dish bowl, you can prepare Raw Crunch Bowl, Roasted Root Vegetables with Smoky Tahini Sauce, and Kimchi Bowl with Red Curry Almond Sauce. And of course, don't forget dessert bowls such as No-Bake Berry Cheesecake, S'mores Pudding Bowl, or Kiwi Pistachio Mousse with Praline Crumbles.

***Vegan Bowl Attack!* (ISBN: 978-1-59233-721-7) is a 208-**

page hardcover book. Gorgeous color photos are included. The cookbook is published by Fair Winds and retails for \$22.99. You can purchase this book online or from your local bookstore. Reviewed by Debra Wasserman.

EAT AND RUN: MY UNLIKELY JOURNEY TO ULTRAMARATHON GREATNESS

By Scott Jurek



Scott Jurek runs and wins ultramarathons – any race longer than a marathon – on a vegan diet. He credits his success to his diet after seeing huge improvements in his endurance and energy when switching to plant-based foods. The more animal products and processed foods he cut from his diet, the more gains he made, even while his training stayed consistent.

Jurek's inspiring memoir *Eat and Run* pays tribute to his racing and dietary success, taking readers from his Midwestern meat-and-potato roots to the middle of Death Valley where he struggles to overcome nausea, fatigue, and doubt about his diet in order to finish the 135-mile Badwater Ultramarathon. He describes his gradual adoption of vegetarianism and then full veganism, including the influential people he met along the way who inspired him to make the switch.

At the end of each chapter, readers will find one of Jurek's favorite vegan recipes, including Minnesota Winter Chili, Chocolate Adzuki Bars, Lentil Mushroom Burgers, and 8-Grain Strawberry Pancakes. Some chapters also end with fitness tips on topics such as stretching, strength training, and running techniques.

Part memoir, part cookbook, part manual, vegan athletes from all sports will find *Eat and Run* to be filled with motivational athletic triumphs and doubtful inner-dialogue that reminds them to focus on the foods they put into their bodies during times of both success and failure. Vegan athletes will want to push harder in their sports and eat even more consciously.

***Eat and Run: My Unlikely Journey to Ultramarathon Greatness* (ISBN: 978-0-544-00231-9) is a 260-page hardcover book published by Houghton Mifflin Harcourt Publishing Company. It can be purchased at local bookstores or online. Reviewed by Savannah Lawrence.**

Help Create a Veggie World

MY INTERNSHIP WITH THE VRG BY CASEY BROWN,
UNIVERSITY OF MARYLAND NUTRITION STUDENT

Although I had been volunteering with The Vegetarian Resource Group online since early 2015, I first met the staff in May at the Green Festival in Washington, D.C. Later that month, I came to the office for the Dietetic Intern Day, where I met the dietetic interns from the University of Maryland, College Park. It was a great opportunity to connect with others in my field. It was also an eye-opening event because I realized that not all dietitians are familiar with vegan and vegetarian lifestyles. It was exciting to know that this was one of the interns' rotations and that they would go home with many resources and an increased knowledge of vegan lifestyles thanks to The VRG.

My first official day in the office was in early June 2016: Charles gave me a tour of the office and a huge stack of vegan books. He told me the history of The VRG and explained the multitude of things they do. That evening, my family asked me how my day was. I tried to

explain everything The VRG does, but I just wanted to say "everything." They do product reviews, restaurant guides, outreach, publish books, supply tons of resources, etc. I simply could not sum it all up.

One of my favorite projects was cooking vegan dishes for Our Daily Bread, a soup kitchen in Baltimore City. It felt good to donate healthy, delicious vegan meals to those in need. Their volunteer coordinator told us that more than one third of the people they serve preferred the vegetarian options! This was exciting news, and I am hopeful that others in the community will donate vegan dishes to their organization.

There were two other interns with me over the summer: Alicia Hückmann and Heather Francis. Together, we visited Tuttle's Place, where we met 30

students aged 5-17. We taught them about the health benefits of veggie diets. We shared a simple vegan banana ice cream recipe with the kids, and the majority loved it and wanted to make it at home. It was rewarding doing outreach, educating the community, and seeing the impact we were making in children's lives. They may not have wanted to be vegan after our event, but they were more educated, aware, and open to it. Many of them were hoping to implement a meat-free day within their households every week!

I worked on many other projects, including a write-up of how to be vegan on a budget, providing tips for parents whose teen is making the transition, compiling nutritional information about all the different brands of vegan cheeses, and more. These were all interesting to work on and informative. I hope they will help many other people.

In addition to all of my projects, I volunteered at many booths around Baltimore and Washington, D.C. These included the Taking Action for Animals (TAFA) conference, Green Festival, a farmers market, Vegan Soulfest, DC Vegfest, the VSDC's Life-Af-

firming Thanksgiving, and others! I enjoyed each of these booths and the unique audiences they attracted. It was amazing to connect with so many people who were either vegetarian, vegan or interested in making the transition. It was equally exciting and necessary to educate others in the community who were not knowledgeable about vegan and vegetarian diets.

I am so grateful for all of the connections I made during my internship. The VRG staff are all so kind, helpful, and welcoming, and it is always exciting to come into the office! While it was considered a summer internship, I have continued volunteering with The VRG. This internship has helped me make new connections with fellow vegans and dietetics students, learn new ways to be an activist in my community, and grow my knowledge and passion for veganism.



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Quick & Easy Tips for Working With *Nutritional Yeast*

By Nancy Berkoff, RD, EdD

Many people refer to nutritional yeast as “Nature’s Cheeto Dust.” But unlike actual Cheeto dust, nutritional yeast has many benefits! In addition to being vegan, nutritional yeast adds flavor while containing very limited amounts of fat and sodium. As a bonus, it does contain protein and B vitamins, including B12 if fortified. Nutritional yeast is a win-win for taste buds, the waistline, and for overall health.

Nutritional yeast is an inactive form of yeast, so people who cannot digest active yeast should be able to handle it. There are several brands of nutritional yeast that you’ll see in stores, but whichever brand you select, be certain to read the label. You’ll want to make sure that your selection contains the protein and vitamins you are looking for, specifically that it is fortified with B12. Nutritional yeast should be kept cool and dry, away from light, to prevent reduction of nutrients; the refrigerator is a good spot... the right conditions and easy to reach!

Many people say that you can use nutritional yeast just as you would grated cheese. It can be sprinkled or spooned and can add color as well as creaminess. You’ll find it a perfect accent to enhance the taste of almost any dish that meets it. Plan to bring a shaker bottle of nutritional yeast to the table for every meal. A small dash on hot cereal can bring a sparkle of flavor to your morning oats or quinoa. Try sprinkling nutritional yeast on hot and cold savory foods, including green salads and hot or cold rice or pasta salads. It’s a natural fit for mashed or baked potatoes or root vegetables, cooked vegetables, pasta, soups, polenta, beans... you name it!

If popcorn is one of your go-to treats, make it even more so with a toss of olive oil, walnut oil, or grape seed oil and a sprinkle of nutritional yeast. If you would like to make your own chips, thinly slice carrots, beets or sweet potatoes, spread on a non-stick baking sheet, sprinkle with nutritional yeast, and bake at 400 degrees until crispy.

You can make your own “cheesy” kale chips: wash

and pat dry fresh kale, tear it into evenly-sized pieces, place on a non-stick baking sheet, sprinkle with yeast, and bake until crispy.

Vegan mac and cheese, bulked up with grilled cauliflower florets if you want, gets its “cheesiness” and creaminess from nutritional yeast. Toss grilled cauliflower and/or cooked pasta with silken tofu, a bit of garlic, chopped parsley, and nutritional yeast, and bake in a casserole dish until bubbly.

If you are in the mood for stirring, put on a pot of risotto or polenta, add minced fresh onions, a dash of oil, and nutritional yeast, and stir until the risotto or polenta is soft and creamy. Layer cooked lasagna noodles with tomato sauce, shredded vegetables, and nutritional yeast for a cheesy casserole. Instead of pasta, use tortillas or thin slices of cooked potato to create a new dinner entrée. For less of a fuss, add nutritional yeast to cooked rice, quinoa, barley, or mixed vegetables.

If you have some leftovers sitting in the fridge, (cooked garbanzos or lentils and rice, for example), toss with mixed vegetables and nutritional yeast and quickly heat in the oven or microwave. Soft tofu can be scrambled with nutritional yeast and eaten with toast, rolled into a burrito with salsa, or mixed into rice, quinoa or couscous. If you are looking for a creamy soup, prepare your usual tomato, bean or vegetable soup, purée, and stir in yeast for the “creamy” element.

Nutritional yeast may be used instead of egg yolks for thin batters, such as for French toast or pancakes. Mix soy milk, a bit of soft tofu, nutritional yeast, your vegan sweetener of choice, and vanilla, then dip in your favorite breakfast bread and bake or cook in a pan for a morning treat.

Create salad bowls, such as greens, pumpkin seeds and dried cranberries, spinach, orange slices and almonds, or chopped seasonal veggies and sprinkle on nutritional yeast. For a quick dip or sandwich spread, combine vegan sour cream or unflavored yogurt with chopped olives, minced pickles, dried onions, and nutritional yeast.

Scott Jurek: An Example for Vegan Athletes

By Savannah Lawrence

Scott Jurek is a well-known figure in the running community, and not just because of the races he's won or the records he's set. As an ultrarunner – a runner who competes in races beyond the distance of a marathon – Jurek follows a vegan diet, which surprises many runners and athletes who believe that endurance training requires animal protein for muscular fuel. Jurek's achievements are vast and include setting the U.S. record for a 24-hour road run, seven consecutive wins at the Western States 100-Mile Endurance Run, three consecutive wins at the Spartathlon 152-mile race, and two consecutive wins at the 135-mile Badwater run, to name a few. He credits much of his success to his healthy vegan diet, training, and racing with confidence. "When you know what's going into your body, it's a huge mental advantage," says Jurek. However, he stresses that veganism is not a quick fix. "My vegan diet is a cornerstone to my success, but it's not everything. It can be advantageous, but it's just one component of health," he says, noting that stress management, sleep, and physical activity all hold similar importance. He strives to impart the need for a well-rounded approach to overall health.

Jurek believes in leading by example and hopes he is someone other vegan and vegetarian athletes can point to as an example when faced with doubts from skeptical coaches, family members, and friends. "The longevity of the sport and excelling for 20-some years at the sport are a real boost of inspiration," he says.

Beyond serving as an example of athletic success, Jurek brings awareness to issues of health, environmentalism, and animal welfare through his sport. He's served as a celebrity coach for the Physicians Committee for Responsible Medicine and he's partnered with The Farm Sanctuary, an organization dedicated to ending industrialized farming practices and to rescuing abused farm animals. As an attendee at the Kahtoola Conservation Athlete Rendezvous, Jurek and other notables banded

together to support the proposed national monument site of the Grand Canyon. "We compete in these amazing places, and we feel a duty to protect them," says Jurek with regard to the event.

Through The Nature Conservancy, Jurek has attended international runs in Hong Kong, Kenya, Indonesia, and other locations to bring light to issues of pollution, overpopulation, poaching, and deforestation. He says, "Runners get to see these places firsthand, and then they can see the importance of the conservation projects."

Though he's brought attention to environmentalism and animal welfare, Jurek believes health and wellness are the best topics for him to focus on when attempting to attract others to the diet and lifestyle. "I can reach more people that way and eventually they see the other benefits, too."

Jurek's success speaks for itself, and he rarely has others openly criticize his dietary choices now that he's achieved numerous records and wins.

He truly leads by example, using his influence in positive but modest ways, allowing the curiosity of others to drive the conversation. His success and efforts with charities and other non-profits serve as a catalyst for conversation and change. When asked what advice he'd offer to young vegan and vegetarian athletes, he says to focus on integration not elimination. For overall advice, he offers the wisdom, "Keep learning through life." Running and a vegan diet enriched his life, opening his eyes to new possibilities. "It was a big challenge to go vegan with the way that I was brought up." He says that if people had told him years ago that he'd be a successful vegan runner today, he would've thought they were crazy. Now he knows better because he embraced new ideas. "It's good to be challenged and put yourself in a less comfortable position," says Jurek. "You can be vegan and still be strong; you can be vegan and still be at the top of your sport," he says.



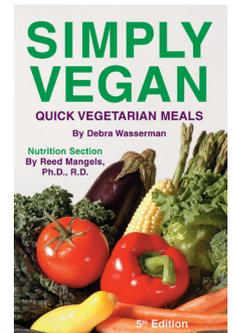
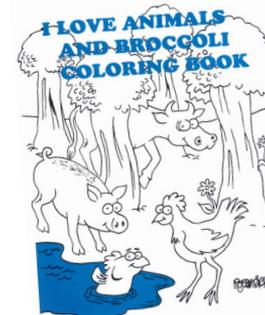
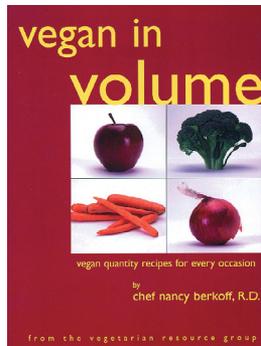
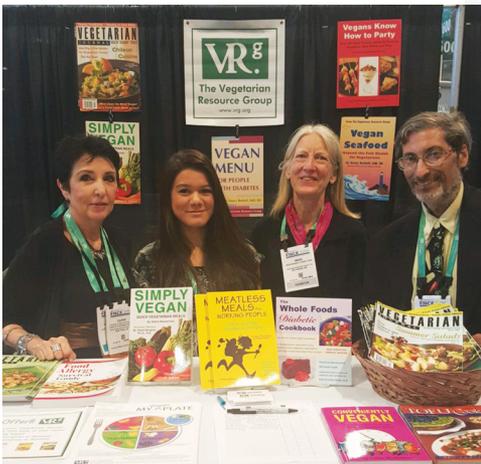
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