



Friends of Animals



# *Vegan Starter Guide*



## *Inside:*

- *Why go vegan?*
- *How to become vegan*
- *Recipes*



# Thinking of going vegan?

Wondering why people become vegans,  
and what the decision means in everyday terms?

In this booklet, we explore some of the many reasons people choose a vegan way of life. We also offer information, recipes, and resources that have helped us to enjoy our lives as vegans. As an organization of people devoted to ending the exploitation of animals, we at Friends of Animals believe that it is our responsibility to cultivate in our personal lives what we would like to see in the world around us. We are people of various ages, ethnicities, upbringings, and professional backgrounds, with a variety of ideas to help new and aspiring vegans embark on the journey with confidence.

Much of our knowledge, in turn, comes from people who have lived as vegetarians before us. After all, our society's recent interest in veganism is a fresh perspective on concepts that people in some cultures have long understood: that egg, flesh, and dairy consumption can be hazardous to the human body and to our environment; and — most significant of all in terms of humanity's ethical evolution — animal-based agriculture is an unjust treatment of other conscious beings.

## WHAT IS A VEGAN AND WHAT IS A VEGETARIAN?

Vegetarianism is commonly defined as a plant-based diet. Many self-defined vegetarians use dairy products, eggs, honey, and leather; some eat fish and birds. But of course, dairy products, birds, and birds' eggs are not plant-based foods, and therefore vegans avoid them. Vegans also steer clear of leather, down, fur, honey, wool, silk, and other animal by-products.

The term vegan (pronounced VEE-guhn)

was coined in the 1940s by Vegan Society founding members Donald Watson and Elsie Shrigley, who derived it from the first three and last two letters of vegetarian "because veganism starts with vegetarianism and carries it through to its logical conclusion." While vegetarianism may describe a diet, veganism embodies a lifestyle. We share a commitment to live as harmoniously with the planet and all its inhabitants as possible.

## VEGANISM FOR THE ANIMALS

Every year, to satisfy our hunger, billions of animals suffer terribly and die unnecessarily. As George Monbiot wrote in *The Guardian*, "[w]hen you see the inside of a turkey broilerhouse, you begin to entertain grave doubts about European civilization."<sup>1</sup>

Human beings create unspeakable misery wherever we turn other animals into consumer goods. To process living, feeling beings into food for an entire society means that most of the industry will be made up of factory farms. During much of their lives, nonhuman animals are treated much the way companies would treat any other object in an assembly line. These animals will live in cramped conditions, vulnerable to disease, injury, and immense stress, causing owners to attempt to solve problems with vast quantities of antibiotics. Factory farmers often mutilate animals to make them more docile. The routine mutilations are severe, and usually performed without any pain relief. In many cases, the shock of mutilation alone kills the animals.

The animals are conceived through a variety of artificial or forced insemination techniques, and the young are routinely

taken away from their families and isolated. In the case of a number of animals processed for human consumption, males are killed en masse early in life because they will be unable to provide dairy products or give birth as adults.

Animals are transported in horrific condi-

are forced to produce offspring each year until they are simply used up. So that they will continually produce milk, dairy cows endure repeated pregnancies. Cheese and milk represent tremendous suffering, and there is no reason to think it is less than that which goes into the processing of flesh.

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tions, after being intimidated and forced — sometimes with electric prods or beatings — to move quickly during loading. Many develop shipping fever en route to their final destinations. Slaughterhouse conditions are infamous. Poorly paid workers, desensitized to the suffering and terror that surrounds them, do not always ensure animals are stunned before slaughter. Sadism in these workplaces is not uncommon.

Even where these atrocious conditions are improved, as in the case of farms which purport to offer “humanely-raised” or “free-range” animals for meat, the overall conditions and the fates of the animals still depend on the whims and the wallets of human shoppers, to whom the animals are, in the end, nothing more than a product. The animals eventually wind up facing the shock and trauma of transport to the same miserable slaughterhouses as their counterparts in factory farms. And farms supplying the gourmet market as well as the fast-food market have been known to exploit workers — often socially isolated migrants — to get the biggest return on their investments.

**DAIRY PRODUCTS**

Through genetic manipulation, growth hormones, and intensive production techniques, dairy cows

The dairy industry is inseparable from the sale of veal. When a dairy cow gives birth to a male calf, the farmer takes the calf from his mother and places the newborn in a wooden stall. Here the calf lives virtually immobile, so he cannot develop muscles. In the interest of keeping his flesh pale, he will remain on an iron-deficient diet until his life is taken at the tender age of about four months. The eating of cheese results in the production of veal — whether the cheese consumer has renounced veal or not. If every time we gaze into the dairy case we reminded ourselves to imagine looking into a veal crate, we would gain a sense of the reality of cheese, cream, and milk. Picturing the veal calf has strengthened the resolve of many a new vegan to walk away without buying that cream or cheese.

**AQUATIC ANIMALS**

People might assume fish swim freely until they get caught; but now that fishing industries have annihilated so many, a shift has occurred so that about a quarter of all marketed fish and shellfish grow up in enclosed ponds. Ironically, carnivorous aquatic animals such as shrimp and salmon eat between two and four times their own market weight in wild-caught fish. Moreover, many of



the sites being converted into new shrimp ponds are mangrove swamps, essential to the wetland ecology because they filter impurities from waters.<sup>2</sup>

To enhance profits, farmers crowd the fish just as they would any other animal. The stressful environment renders fish vulnerable to diseases which could slow their growth, so attendants feed them antibiotics. Researchers in Denmark have observed that growth-promoting antibiotic oxytetracycline has seeped into the sediment below the pens, and that antibiotic resistance in sediment bacteria often show up near fish farms. Thus the growing reliance on intensively-raised fish may play a role in the development of dangerous, antibiotic-resistant germs.<sup>3</sup>

Some fish farms have adopted filter systems, and others are using yeast-based proteins, rather than wild-caught fish, to feed “sustainable stocks” of fish. But such efforts will probably not keep up with the human appetite for fish. And they do not address the point that fish suffer in confinement, when they are being caught, and when they are killed.

The report of the British Panel of Inquiry into Shooting and Angling (the Medway Report) demonstrated that fish are undoubtedly conscious of pain. Speaking of the scientific evidence from the University of Utrecht, Netherlands, Professor Donald Broom of Cambridge University has observed that fish show the same responses we show when we suffer. Stress associated with capture may be consid-

ered to be acute.

Psychological stress also affects fish. Dr. Jonathan Lovell of the Institute of Marine Studies at the University of Plymouth has stated: “Fish don’t have a five-second memory. They have a long-term memory.”<sup>4</sup>

## LEATHER

“By-products” of the cattle-based industries comprise more than 10% of an animal’s value, and the biggest part of that monetary value is in the hide.<sup>5</sup> Toxic waste from tanneries increases the incidence of severe physical health problems for tannery workers and local residents, while causing significant environmental damage.<sup>6</sup> Some will correctly point out that even buying synthetic shoes has environmental impact. But be aware that leather is no more “natural” or environmentally friendly than its alternatives. A pair of leather shoes takes between 25 and 50 years to biodegrade — longer than plastic bags and about the same as nylon fabric.<sup>7</sup>

## WOOL

The idea that taking wool does not harm the sheep is comforting mythology. In shearing, speed is of the essence, and accounts of grisly injuries inflicted with shears are common. During the two months after shearing, cold weather is life-threatening to the sheep.

Ewes are increasingly bred to bear twins or triplets, even though they only have two teats and can only feed one or two lambs. Extra lambs are forced to be adopted by other ewes, who are held by the neck in stocks for up to three days to prevent rejection of the newborn lamb. Breeding rams have their semen extracted by giving them electrical shocks with a rectal probe. The others are painfully castrated.

Bacteria on the ground often causes foot rot, which can become severe enough to force sheep to graze on their knees.



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Enclosed housing comes with its own set of problems: increased danger of joint ill, E. coli, worms, heat stress, and respiratory diseases.

The Australian wool industry is the world's largest, and breeds sheep with an unnatural amount of wool. Tails are removed because flies lay eggs under them, enabling maggots to feed on the living sheep. Tail docking causes pain and distress, which may be detected by alterations in posture and activity, and by changed levels of cortisol in the blood. Another procedure, mulesing, is also used. Farmers carve strips of flesh from the sheep's hindquarters, ostensibly to smooth the skin and make it less hospitable to flies. Mulesing may kill more sheep than it saves, but it continues. After mulesing, lambs can be seen writhing over the ground on their sides, trying to escape the pain.

Once sheep grow unproductive, they are shipped off to slaughter. Severe stress on the day of slaughter is often associated with transportation, with all of its crowding, hunger, thirst and exhaustion. Millions of sheep each year are forced on overseas journeys which about 17% survive — only to be killed after their arrival.<sup>8</sup>

## **SILK AND PRODUCTS DERIVED FROM BEES**

Vegans consciously strive to avoid commodifying any sentient life, so they generally avoid silk and products derived from bees.

The silkworm produces a fine thread by making a figure-eight movement some 300,000 times over several days, constructing a cocoon to inhabit for sleeping. After

this the pupa begins the sixteen days which would normally result in transformation to a winged moth. The pupa would normally begin to secrete an alkali that opens the cocoon — ruining someone's future silk suit. So, as the cocoons take shape, the pupae are killed by heat: immersed in boiling water, oven-dried, electrocuted or microwaved.

Bees have intricate neurological systems and use a complex form of communication, but they usually get attention only for the consumer goods they can be made to produce: honey, beeswax, propolis, bee pollen, royal jelly, and venom.

Bees make honey from the nectar of flowers, then store it to eat in winter. Beeswax pours from the bee's underbelly glands; the bees use their mouths to shape the substance into combs, creating a foundation for the hive. Humans seek the wax for cosmetics, pharmaceuticals, polishes, and candles. Royal jelly, a blend of secretions from worker bees, nourishes the queen bee throughout her life. Some people believe it has youth-preserving qualities. Bee venom, sought for medicinal purposes, is collected by placing an electrified membrane in front of the hive. When the bees fly into it, the shock impels them to sting the membrane, thus depositing the venom.

Honeybees are shaken from their hives, or removed with blasts of air. They may have their legs and wings clipped off to keep them from flying away. Queens, artificially inseminated with sperm from decapitated bees, will only be allowed to live two years in a farm. A free-living queen lives for about five years.<sup>9</sup>



## VEGANISM FOR YOUR HEALTH

Well-planned vegan diets are appropriate for everyone, including during pregnancy and lactation; and veganism promotes healthy growth in infants, children, and adolescents.<sup>10</sup> What's more, the milk of vegetarian mothers contains substantially fewer residues from pesticides and other toxic chemicals.<sup>11</sup>

According to The American Dietetic Association, "[s]cientific data suggest positive relationships between a vegetarian diet and reduced risk for several chronic degenerative diseases and conditions, including obesity, coronary artery disease, hypertension, diabetes mellitus, and some types of cancer."<sup>12</sup> Not only is the death rate from coronary artery disease lower in vegetarians than in nonvegetarians,<sup>13</sup> but vegetarian diets have also been successful in arresting coronary artery disease.<sup>14</sup> Vegetarians also have relatively low incidence of lung and colorectal cancer, due to their dietary emphasis on fruits and vegetables.<sup>15</sup>

One of the many benefits of being vegan is avoiding the secondary ingestion of antibiotics. As farmers continue to rely heavily on antibiotics to keep diseases at bay, bacteria adapt. The pathogen *Salmonella typhimurium* emerged worldwide in the 1980s, appearing in animals on farms, spreading even to sea birds. Its resistance to many drugs rapidly posed a serious problem to the U.S. Department of Agriculture.<sup>16</sup> When antibiotic treatments stop working, a simple case of food poisoning can kill.<sup>17</sup>

## VEGANISM FOR THE PLANET AND ALL OF ITS PEOPLE

Conscientious people might turn the faucet off while brushing their teeth, or add a brick to the toilet tank to flush less water.



These efforts may save a few thousand gallons annually, but eating a single beef dinner may undo all that effort.<sup>18</sup> Aquifers are running dry worldwide, largely because of abstraction by farmers.<sup>19</sup> And then there is the pollution. The Environmental Protection Agency reports that animal wastes pollute U.S. waterways more than all other industrial sources combined.

Animals used in agriculture now outnumber human beings three to one.<sup>20</sup> Already they consume half the world's grain, and their numbers continue to grow almost exponentially.<sup>21</sup> Feeding grain to other animals who only exist to be slaughtered causes an enormous waste of resources on a planet teeming with malnourished people. Ten acres growing soybeans can provide protein for sixty people, ten acres supporting grazing cattle can provide for only two people.<sup>22</sup> Thus it would be impossible for everyone in the world to eat the average Western diet; there is simply not enough land. Sending money abroad for famine relief as we continue to eat animal products is shortsighted, and ignores the underlying causes of starvation.

As George Monbiot recently wrote in *The Guardian*,

**Within as little as 10 years, the world will be faced with a choice: arable farming either continues to feed the world's animals or it continues to feed the world's people. It cannot do both.**<sup>23</sup>

Monbiot adds an important point: vegetarians who continue to consume milk and eggs scarcely reduce their impact. Even if everyone who now eats beef were to eat cheese instead, "this would merely delay the global famine. As both dairy cattle and poultry are often fed with fishmeal...it

might, in one respect, even accelerate it.”

Monbiot concludes by describing the vegan diet as “the only ethical response to what is arguably the world’s most urgent social justice issue.”

## DEBUNKING THE MYTHS

### MYTH: A VEGAN DIET MIGHT LACK PROTEIN, IRON, AND CALCIUM.

Many people assume that protein and iron must come from meat, and calcium must come from milk. The National Cattlemen’s Beef Association and the Dairy Council have spent vast financial resources promoting those ideas.

**Protein:** Most North Americans already get more than enough protein, and more isn’t necessarily better — even for athletes such as bodybuilders. A diet with a variety of grains, vegetables, and adequate calories should provide enough protein. Tempeh, seitan (wheat gluten), soybeans, lentils, beans, and tofu are excellent sources. Broccoli has more protein, ounce for ounce, than any meat.

**Iron:** Vegetarians have no greater susceptibility to iron deficiency than meat-eaters have. Dark green, leafy vegetables and beans or lentils are all excellent sources of iron. Iron also stars in blackstrap molasses, tofu, prune juice, bulgur wheat, dried apricots, raisins, cashews, figs, and fortified cereals.

**Calcium:** In the United States, the average person’s consumption of dairy products ranks relatively high, and this region has one of the highest rates of osteoporosis as well.<sup>24</sup> The actual cause of osteoporosis in western countries might be too much animal protein. This is because increased protein consumption stimulates calcium excretion through the urine.<sup>25</sup>

Plant foods provide a safe source of calcium for every stage of life. Dark greens, as well as molasses, almonds, sesame seeds,

and sunflower seeds, are long known to provide calcium that the body can readily absorb. Dietary calcium supplements are not advised for vegans unless one does not meet calcium requirements from food.<sup>26</sup>

Most readers will not have degrees in nutrition or medicine, and we do not urge our members to guarantee to friends and family that all studies will always publish identical results; it bears mentioning that contradictory studies seem to be a hallmark of science. The main point to remember is that whole cultures have lived without meat or dairy products for centuries, so it should come as no surprise that a plant-based diet offers all the nutrients you need.

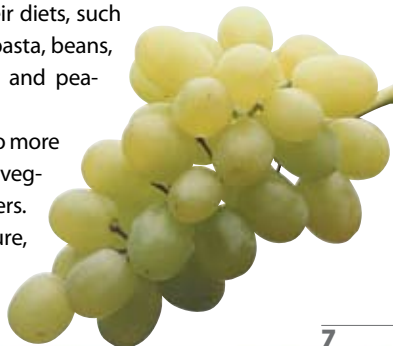
### MYTH: YOU HAVE TO DO ALL THIS COMPLICATED PROTEIN COMBINING IF YOU ARE A VEGAN.

Eating a variety of plant-based foods ensures ingestion of the required amino acids. According to the American Dietetic Association, complementary proteins do not need to be consumed at the same time.<sup>27</sup>

### MYTH: VEGANS MISS ESSENTIAL VITAMINS.

The vegan diet’s only special vitamin concern involves B-12. Fortunately, when used to fortify foods, this vitamin is generally synthetic or fungal in origin. Fortified foods, many brands of nutritional yeast and soy milks, and some soy analogues (mock meats) provide this nutrient. Vegetarian children should include a variety of zinc-rich foods in their diets, such as whole-grain pasta, beans, fortified cereals, and peanut butter.<sup>28</sup>

Vitamin D is no more of a problem for vegans than for others. Sunlight exposure, not diet, is the major factor



affecting vitamin D status. Sun exposure to hands, arms, and face for 5 to 15 minutes per day is considered adequate to provide sufficient amounts of vitamin D. People with dark skin, people living at extreme latitudes, and those in smoggy areas may need increased exposure.<sup>29</sup>

If you do take extra vitamin D on your physician's advice, note that not all vitamin D supplements are vegan. Vitamin D-2 is vegan; it's ergocalciferol, derived from yeast. D-3 is cholecalciferol, derived from lanolin (a sheep-derived oil) or fish. Calcium supplements can include vitamin D-2 or D-3, and one has to be on guard to avoid cholecalciferol, despite the vegetarian label.

High-quality vegan vitamin and mineral supplements are available for adults and children from Freeda (toll free at 1.800.777.3737) and Kid Bear (1.805.566.2473). Free vitamin samples are offered at the time of this writing by request at [vegsample@aol.com](mailto:vegsample@aol.com).

### **MYTH: YOU CAN'T BE A VEGAN AND AN ATHLETE.**

In 1982, while training for the Iron Triathlon, Ruth Heidrich was diagnosed with breast cancer. "It was a shock — I was the healthiest person I knew." When Heidrich continued her training, one doctor warned, "forget it, you're a cancer patient."

Ruth Heidrich didn't listen. "I changed my diet, became a strict vegetarian," Heidrich says. "My cholesterol went from 236 to 160 in 21 days. Eventually it got down to 127. And there were all these other benefits. I was running faster and enjoying it more." And she beat cancer. "It led to my philosophy: You can do anything you want."

Heidrich, now in her late sixties, has actually increased the amount of races she does each year.<sup>30</sup>

### **MYTH: WITHOUT LEATHER, I'LL BE BAREFOOT.**

Canvas, hemp, synthetics, and organic cotton are all animal-friendly shoe and clothing options. You can find inexpensive synthetic shoes at Payless and large discount chain stores, but keep in mind that low prices often reflect the wages, working conditions, and environmental standards of the manufacturing sites.

### **MYTH: IT IS TOO EXPENSIVE TO BE VEGAN.**

Often, a plant-based diet is less expensive than a meat-based diet. While there are many expensive packaged vegetarian foods, staples such as potatoes, rice, beans, corn, and pasta are famously affordable.

Recall, too, that the difference in cholesterol concentrations suggest that the incidence of coronary heart disease may be 24% lower in people who avoid flesh foods for life, and *57% lower in lifelong vegans* than in omnivores.<sup>31</sup> How's that for potential savings on your medical bills?

### **MYTH: VEGANS CAN'T FIND ANYTHING TO EAT WHEN THEY GO OUT.**

Vegans can graciously accept meal invitations. It helps to let the host know in advance that you are a vegan, and your host might be especially grateful if you offer to bring a dish that everyone can enjoy. Look forward to family gatherings and cookouts as opportunities to share new recipes with people who might not otherwise try them.

Your best bet, of course, is to host the gathering yourself. People love invitations to parties. For your generous friends who insist on contributing something to the event, you might suggest a special beverage.



age, a green salad, or, for festive but simple h'ors d'oeuvres, cut celery with peanut butter spread in the hollows. Many people know how to make traditional hummus — simply a mix of crushed chickpeas, sesame tahini, lemon juice, and garlic — which can be served with bagel crisps or any flat bread.

And as for restaurants, vegetarian and vegan meals have become more and more popular with chefs. Many restaurants serving international cuisines — such as Chinese, South Indian, Italian, Thai, Ethiopian, and Mexican — feature traditional vegetarian dishes. Supporting local international restaurants is a great way to delight your palate, refresh your creative spirit, and meet people from various regions of the planet.

### **MYTH: EATING MEAT IS A TRADITION.**

Many of history's mistakes have been justified by citing tradition. Inequality, slavery, and war have all been defended in this way. Vegans decline to uphold a tradition of treating nonhuman animals as mere objects.

A variation on this myth is that eating meat is “natural” for human beings. But are hormones, antibiotics, toxins, and pollutants natural? Heart disease, strokes, and diabetes might be deemed natural in North American and European countries, but such diseases are not taken for granted in regions where a plant-based diet prevails.

### **MYTH: IT IS DIFFICULT TO FIND ANYTHING VEGAN WHERE I LIVE.**

Vegan food abounds in most areas of the world. From salads to pasta to peanut butter and jelly sandwiches, many common foods are already vegan. In towns of all sizes, regular grocers typically offer staples such as grains, beans, fruits, nuts, and vegetables. And restaurants such as the Spiral Diner in Texas show a promising trend: Vegan eateries can flourish in seemingly unlikely locales. Small, ethical businesses

are important to support. They need loyal customers if they are to survive and thrive in a culture all too welcoming to massive fast-food chains.

No vegan selections on the menu? Do not despair. Nearly all restaurants will modify dishes or make something special to satisfy your request. Unless the restaurant is very busy, the chef is likely to appreciate requests for something new and creative.



Mediterranean restaurants offer eggplant-, chickpea-, and lentil-based dishes. (Chickpeas are also known as garbanzo beans.) Italian restaurants offer meatless pasta dishes, and the good ones will gladly supply olive oil with the bread instead of spreads. Some restaurants use fresh pasta that contains eggs, so you might wish to phone in advance and ask.

West African and Ethiopian or Eritrean restaurants also offer excellent vegetarian selections. Formerly a province of Ethiopia, Eritrea became an independent country in May 1993, following a 30-year struggle for independence. Washington, D.C., has a number of West African and Ethiopian (now mainly Eritrean) restaurants, the best ones appearing in the Adams Morgan district. Although none of them are vegetarian, pure vegetarians seek them out for the outstanding vegetarian combination plates and other vegan dishes such as the tofu wat. There are also shops that stock the



spices for home use, as well as freshly made injeras — soft, sourdough flat breads that are folded and used to pick up bites of food in place of silverware.

Many suburban areas now boast all-vegetarian restaurants whose chefs artistically prepare mock sweet-and-sour pork, sesame chicken, and vegi-duck hot pots in the Buddhist vegetarian tradition. Indian restaurants make fiery and mild vegetable curries, stuffed breads, and intricately seasoned rice dishes — but avoid the yoghurt and the ghee, a form of butter. Some coconut chutney contains dairy ingredients; some doesn't; so you'll need to ask.

In time, you will learn which dishes are likely to contain animal ingredients. For example, many soups and rice dishes are made with beef or chicken stock, canned beans may contain lard or bacon, salad dressings may contain anchovies or cheeses, and Thai and Japanese restaurants may use fish sauces and fish-derived bonito seasonings unless asked to omit it.

## VEGAN CULINARY TIPS

When you embark on the vegetarian adventure, a boundless array of flavors and textures awaits you. Yet you can start with traditional tastes. For example, breakfast can be as simple as a bagel with fruit jam; cold or hot cereal with soy milk; toast with peanut butter; hash browns; pancakes or waffles made with egg replacer and soy or

rice milk; an assortment of fresh fruit; grits or oatmeal with nuts and raisins. There are several brands of mock breakfast sausages and bacon that taste good, that spare the animals, and that are easy on your arteries.

Organic olive oil is a simple yet elegant change from margarines, which often contain whey or hydrogenated oils. If you need a good vegan margarine, check your local natural food store. The Earth Balance brand offers a line of excellent, non-genetically modified margarines — all great for cooking, or for spreading on bread. And most supermarkets now stock non-dairy alternatives such as rice and nut milks, sorbets, and non-dairy ice creams. For many convenient non-dairy substitutions, try Tofutti (through many grocers or [www.tofutti.com](http://www.tofutti.com)).

If you've come to rely on eggs, you'll be surprised at how simple it is to omit them and still produce excellent dishes. Cooking without eggs, after all, is a traditional art. Many cake recipes in the 19th and early 20th centuries, before the advent of household refrigeration, did not include eggs. Some vegan chefs use avocados to achieve a whipped texture, or add  $\frac{1}{4}$  cup mashed banana, applesauce, or prune purée for each egg in the recipe. A simple but excellent (and long-lasting) egg alternative for recipes is Ener-G Egg Replacer, available at your health food shop.

For summer barbeques you might cook up whole potatoes, then fill them with corn or beans. Corn on the cob is also delicious on the grill, as are vegetable kabobs. Fresh pita, black, rye, or Italian bread — the shorter the ingredient list on the package, the better — provide filling complements to your vegetarian chili or grilled eggplant. Other popular summer dishes are three-bean salad or bean and pasta mixes. Vinegar-based coleslaw makes a nice side dish. Bean burritos with vegetarian refried beans provide an easy lunch option.

To allay apprehension about change,

you might wish to start with familiar meals, substituting meat analogues such as seitan, tempeh, and baked or marinated tofu. Try texturized vegetable protein (often marked as “TVP” in health food shops) with stewed tomatoes and beans for hearty chili dishes.

Use veggie crumbles, links, and patties instead of meat in your recipes. These products now grace the vegetable sections of many supermarkets as well as the shelves of health food stores. The health food aisles popping up in various grocers sell quite nice boxes of vegetarian chili mix, as well as zesty middle-eastern tabouli grain salad, which needs no cooking at all to make a wonderfully healthy and filling meal. (Tip: stuffed grape leaves can be made easily by using this as a filling.) The Fantastic Foods brand offers reliable grain-based mixes. Some grocers and health food shops offer similar mixes for shoppers to scoop from large barrels and enjoy at bulk-food prices.

To help you enjoy your new adventure, here are some recipes from our forthcoming cookbook, *Dining with Friends: The Art of North American Vegan Cuisine*.

### **Blueberry Cornmeal Pancakes**

#### **INGREDIENTS:**

1 cup soy milk  
1/2 cup water  
1 cup whole wheat (or white) pastry flour  
1/2 cup yellow stone-ground cornmeal  
1 tsp. non-aluminum baking powder  
1/2 tsp. baking soda  
1/4 tsp. fine sea salt  
1 cup fresh or (thawed) frozen blueberries  
Canola or safflower oil  
Maple syrup, jam, applesauce, or fresh fruit, for serving

#### **PREPARATION:**

Preheat the oven to 200 degrees.  
Put the soy milk and water into a small bowl and stir until combined. Whisk the flour, cornmeal, baking powder, baking soda, and salt in a large bowl until combined.  
Add the milk mixture and stir to combine, using as few strokes as possible so you do not over

mix the batter. Fold in the blueberries. Let sit for 5 minutes to allow the batter to thicken.

Lightly oil a frying pan or griddle and heat over medium heat. Using a measuring cup, pour 1/4 cupfuls of the pancake batter into the hot pan or onto the hot griddle. Cook until the pancakes are bubbly on top and the edges are slightly dry, 3 to 4 minutes.

Turn and cook until the pancakes are light brown on the bottom, about 3 minutes.

Transfer the pancakes to a baking sheet and keep warm in the oven while continuing with the remaining batter, oiling the pan between each batch of pancakes.

Serve immediately with maple syrup, jam, applesauce, or fresh fruit.

*Source: John Robbins, Author, May All Be Fed: Diet for a New World*

### **Scrambled Tofu**

*Serves 3*

#### **INGREDIENTS:**

1 lb. extra firm tofu  
2 Tbsp. olive oil  
1 onion, diced  
1 zucchini thinly sliced  
1/2 red bell pepper, diced  
2 cloves of garlic, minced  
1 tomato, diced  
1 tsp. dried basil  
2 Tbsp. tamari  
1 tsp. ground cumin  
1/2 tsp. turmeric  
A pinch each of cayenne pepper and fresh ground black pepper  
1/4 tsp. salt

#### **PREPARATION:**

Drain and crumble the tofu. In a large skillet, heat oil, and add tofu, onion, zucchini, red pepper and garlic. Stir-fry for about 3 minutes.

Add tomato, basil, tamari, cumin, turmeric, paprika, salt, and black and cayenne pepper. Serve immediately with fresh salsa on the side.

### **Linguine with Cauliflower and Onions**

*Serves 2–3*

#### **INGREDIENTS:**

1 head of cauliflower  
Cold pressed, organic olive oil

1 large onion, Vidalia if possible  
1 can (approximately 1 quart) plum tomatoes  
Crushed red pepper flakes  
Salt and black pepper  
12 oz. dry linguine, cooked

**PREPARATION:**

Cut up cauliflower into bite-sized florets. Sauté in several Tbsp. of olive oil until lightly browned; then add the chopped onion and sauté the mix until the onion is transparent. Break tomatoes into mixture and cook about 20 minutes or more over medium heat, adding black pepper, salt and a pinch of crushed red pepper flakes. Serve over cooked linguine.

Source: Priscilla Feral, President, Friends of Animals



## **Black Bean and Corn Salad**

**INGREDIENTS:**

*Dressing:*

1/3 cup freshly squeezed lime juice  
1/2 cup organic olive oil  
1 garlic clove, minced  
1 tsp. fine sea salt  
1/8 tsp. cayenne pepper

*Salad:*

2 15-oz. cans black beans, rinsed and drained  
2 ears corn, kernels cut off the cob, or 1-1/2 cups (thawed) frozen corn  
1 avocado, peeled, stone removed, and cut into 1/2-in. pieces  
1 small red bell pepper, seeded and cut into 1/2-in. pieces  
2 medium tomatoes, cut into 1/2-in. pieces  
6 green onions, with tops, finely chopped  
1 fresh hot chili pepper, seeded and minced

1/2 cup coarsely chopped fresh cilantro, optional

**PREPARATION:**

Put the lime juice, olive oil, garlic,

salt, and cayenne in a small jar. Cover with the lid and shake until the ingredients are well mixed. In a salad bowl, combine the canned beans, corn, avocado, bell pepper, tomatoes, green onions, chili pepper, and cilantro.

Shake the dressing and pour it over the salad. Stir until well coated. (The salad can be prepared a few hours ahead, but don't add the avocado until serving time. Refrigerate, and adjust the seasonings before serving.)

Source: John Robbins, *May All Be Fed: Diet for a New World*

## **Blackened Tempeh with Roasted Red Pepper Sauce**

Serves 2–3

**INGREDIENTS:**

8 oz. package tempeh

*Seasoning:*

3 cups flour  
1 tsp. crushed red pepper flakes  
2 Tbsp. cumin  
2 Tbsp. herb mix (such as basil and oregano)  
3 Tbsp. paprika  
1 Tbsp. chili powder  
Pinch sea salt & pepper  
1/2 tsp. cayenne

*Marinade:*

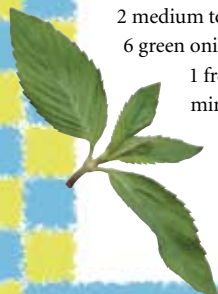
12 oz. fresh salsa  
1 cup white wine  
1/2 Tbsp. garlic  
1 cup water  
1/2 cup tamari or soy sauce

**PREPARATION:**

Cut tempeh into thirds. Cut each third in half diagonally to form triangles. Cut each triangle in half through the middle, like cutting through a cake round when making a layer cake. Marinate tempeh for at least six hours, preferably overnight. Remove tempeh from marinade and dredge in seasoning. Pan fry in hot pan with extra virgin olive oil, using only one Tbsp. Cast iron skillet works best. Use caution: Turn on exhaust fan or open a window, it gets smoky. Use extreme caution when working with hot oils. Keep lid that fits pan nearby in case pan flares up. Don't allow children, dogs, or cats anywhere near the stove.

Serve with Roasted Red Pepper Sauce.

Source: Chef Mark Shadle, *It's Only Natural Cookbook*



## Roasted Red Pepper Sauce

*Yields 4 cups*

This piquant sauce accompanies the Blackened Tempeh.

### INGREDIENTS:

2 Tbsp. olive oil  
2 cups roasted red peppers (sold in jars)  
1 cup onion, diced  
1 Tbsp. garlic, minced  
1/2 cup water  
2 cups peach juice  
1/3 cup brown rice syrup  
2 Tbsp. arrowroot and 2 Tbsp. water, mixed

### PREPARATION:

Sauté onions and garlic together in olive oil. Add peppers, water, rice syrup, and juice. Use hand blender to purée. Bring to a boil with arrowroot and water.

*Source: Chef Mark Shadle, It's Only Natural Cookbook*

## Butternut Squash Sauce Over Linguine

*Serves 3–4*

### INGREDIENTS:

2 cloves garlic  
Dashes of cold-pressed, organic olive oil  
1 butternut squash  
1 tsp. vegetable broth  
1 red bell pepper, chopped  
Pinch red pepper flakes  
12 oz. of dry linguine

### PREPARATION:

Boil 3 quarts of water and cook linguine according to package directions.

Sauté garlic briefly in olive oil. Cut squash in half and remove seeds.

Cook the squash, brushed with olive oil, face-down in greased pan. Bake at 375 degrees for 30–40 minutes.

Mash squash, adding approximately 1-1/2–2 cups of hot water from the cooked pasta for consistency. Add a tsp. or more of dried vegetable broth seasoning, a pinch of crushed red pepper flakes, and salt. Sauté red bell pepper, softening with garlic mixture, and add to squash. Serve the mix over linguine.

*Source: Priscilla Feral, President, Friends of Animals*



## Grilled Tofu

*Serves 2–4*

### INGREDIENTS:

1 lb. firm tofu  
1/4 cup olive oil  
1/4 cup tamari  
1 tsp. ginger, minced, or 1/4 tsp. ginger powder  
1 clove garlic, minced  
1 lime, squeezed  
Dash of cayenne pepper

### PREPARATION:

Cut tofu lengthwise into 4 filets. Mix together oil, tamari, ginger, garlic, lime juice, and cayenne. Marinate tofu in mixture overnight. Grill tofu until heated through and browned, about 3–5 minutes on each side.

*Source: Priscilla Feral, President, Friends of Animals*

## Tofu-Spinach Lasagne

*Serves 8–10*

### INGREDIENTS:

12 lasagne noodles  
1 Tbsp. olive oil  
6+ cups of marinara sauce  
1-1/2 lbs. soft tofu, excess water removed  
20 oz. frozen chopped spinach  
1 large onion, minced  
2 tsp. dried basil and oregano or 2 Tbsp. fresh herbs  
3/4 tsp. salt  
1 tsp. garlic, minced

### PREPARATION:

Cook spinach and drain. (Use organic, boil-in-bag spinach if possible.) Cook noodles according to package directions, adding oil to boiling water. When done, drain off most of hot water and add cold water to pot so that noodles will be cool enough to handle. Set aside.

To make filling, process in blender (in two or three batches) the tofu, spinach, herbs, onion, salt, and garlic. Lightly oil a lasagne pan. Dry noodles on paper towels for a couple of minutes. Layer in the following order: Sauce, noodles, filling. Repeat until pan is full, finishing with a layer of noodles and sauce. Bake uncovered at 350 degrees for 45 minutes. Garnish with soy Parmesan, if desired.

*Source: Priscilla Feral, President, Friends of Animals*

## Italian Vegetable and Potato Stew

### INGREDIENTS:

1 large eggplant, peeled and cut into 1-in. cubes  
1 tsp. fine sea salt  
3 Tbsp. olive oil, or more as needed  
1 medium onion, chopped  
2 ribs celery, with leaves, chopped  
1 green bell pepper, seeded and chopped  
3–5 carrots, minced  
2 garlic cloves, minced  
3 medium boiling potatoes, cut into 1/2-in. slices  
1 28-oz. can unsweetened tomatoes in puree  
1 cup vegetable bouillon or water  
1/8 tsp. crushed red pepper flakes  
1/2 cup chopped fresh basil or 1 tsp. dried basil  
1 cup Mediterranean black olives, pitted and chopped

### PREPARATION:

Place the eggplant in a colander and toss with 1 tsp. of the salt. Let stand for 1 hour to draw out the bitter juices. Rinse well, drain, and pat dry with kitchen towels.

Heat 2 Tbsp. of the oil in a large saucepan over medium heat. Add the eggplant and cook, stirring often, until lightly browned, about 4 minutes. (You may have to add a little more oil if the eggplant sticks.) Transfer to a plate and set aside.

Heat the remaining 1 Tbsp. oil in the pan, and add the onion, celery, bell pepper, and garlic. Cook, stirring often, until softened, about 5 minutes. Stir in the reserved eggplant, the potatoes, carrots, the tomatoes with their puree, vegetable bouillon, the remaining 1/2 tsp. salt, and the red pepper flakes; if using dried basil, add it now. Bring to a simmer, then reduce the heat to low, cover, and simmer, stirring occasionally, until the potatoes are tender, about 45 minutes to 1 hour.

Stir in the olives and, if using, the fresh basil, and continue cooking to blend the flavors, about 5 minutes. Serve the stew hot, warm, or at room temperature.

*Source: Adapted from John Robbins, May All Be Fed: Diet For A New World*



## Carrot and Potato Soup

*Serves 4+*

### INGREDIENTS:

3–5 carrots, chopped  
1 onion, sliced  
3–5 potatoes, cubed  
1 clove garlic, minced  
6 cups vegetable stock  
1/4 tsp. powdered ginger  
2 tsp. curry  
A few shakes of tamari  
Salt and pepper to taste

### PREPARATION:

In soup pot, sauté onions and garlic in oil. Add vegetable stock, carrots, and potatoes and bring to a boil. Lower to simmer and add curry, tamari, ginger, salt, and pepper, and cook until potatoes are tender. Take out half of the solids and purée in a food processor or blender. Return to pot. Heat thoroughly.

*Source: Priscilla Feral, President, Friends of Animals*

## Yellow Split Pea Soup

*Serves 4*

### INGREDIENTS:

2+ Tbsp. olive oil  
1 onion, diced  
3 stalks of celery, diced  
3 carrots, diced  
1 cup washed, dried yellow split peas  
1 potato, chopped in medium to large chunks  
6 cups vegetable broth  
1 tsp. curry  
1 bay leaf  
1/2 tsp. thyme  
Salt and pepper

### PREPARATION:

Sauté onion, celery, and carrots in olive oil for several minutes. Add split peas, vegetable broth, curry, bay leaf, thyme, potato, salt, and pepper. Simmer over medium-low heat for one hour.

*Source: Priscilla Feral, President, Friends of Animals*

## Spring Pasta with Carrots, Asparagus, and Pesto

### INGREDIENTS:

8 oz. penne pasta  
1/2 lb. asparagus, bottoms snapped off  
2 carrots, cut into thick matchsticks

4 shallots, minced  
1 Tbsp. olive oil  
Pinch of sea salt

**PREPARATION:**

Boil 3 quarts of water and cook the pasta according to package directions.

Warm the olive oil and add the carrots. Sauté for one minute, then add 1–2 Tbsp. of water and simmer for 3 minutes, covered. Cut the asparagus into small pieces. Add the asparagus and shallots with another 2 Tbsp. of water to the cooking carrots. Cover and cook another 4 minutes. Cook off any excess water. Season to taste with salt. Add the vegetables to the pasta. Toss with pesto.

## Pesto

**INGREDIENTS:**

1/3 cup pine nuts  
1/3 cup packed basil  
2 mashed garlic cloves  
1/4 cup olive oil  
Sea salt to taste

**PREPARATION:**

Put the nuts, basil, garlic, oil, and salt in a blender. Purée until the mixture is thoroughly combined. Refrigerate until use.

## Baked Sweet Potato Fries

Serves 6

**INGREDIENTS:**

4 sweet potatoes, peeled and cut into 1/4-in. slices  
3 Tbsp. olive oil, divided  
2 cloves garlic, peeled and minced  
1 Tbsp. firmly packed brown sugar  
1/8 tsp. salt

**PREPARATION:**

Preheat oven to 400 degrees.

In a bowl, toss sweet potatoes with 2 Tbsp. of the oil, garlic, brown sugar, and salt. Preheat baking pan coated with the remaining 1 Tbsp. oil. Add potatoes and cook for 30 minutes or until crispy and golden brown. Gently stir potatoes every 10 minutes. Remove to a warm platter and serve.

Source: [www.meals.com](http://www.meals.com)

## Sweet Corn Bread

**INGREDIENTS:**

1/4 cup (1/2 stick) vegan margarine  
1/3 cup Florida Crystals natural sugar  
2 Ener-G Egg Replacers (mix according to box instructions to make equivalent of 2 eggs)  
1 cup water  
1 cup cornmeal  
1 cup all-purpose flour  
1-1/4 tsp. baking powder  
1 tsp. salt

**PREPARATION:**

Preheat oven to 400 degrees.

Grease a 6-in. x 9-in. baking dish. Cream margarine, sugar, and egg replacers in medium mixing bowl. Add water, cornmeal, flour, baking powder, and salt. Pour into prepared baking dish. Bake until top is golden, about 20 to 25 minutes, and until tester comes out clean. Serve warm.

## Sesame Carrot Spread

(for bread, muffins, and crackers)

*Yields 4 cups*

**INGREDIENTS:**

4 cups raw carrots, diced  
1 cup raw onion, diced  
3/4 cups sesame tahini  
1 Tbsp. mellow white miso

**PREPARATION:**

Place carrots and 1/2 cup of the onions in a saucepan. Cover and cook over medium high heat with one cup of water, for 15 minutes or until carrots are very tender. Drain and reserve cooking liquid. Blend cooked carrots and onions with tahini, raw onion, and miso, adding cooking liquid if necessary to achieve a smooth, spreadable consistency. Serve immediately or chill first.

Source: *Chef Mark Shadle, It's Only Natural Cookbook*

## Mashed Potatoes

Serves 4–6

**INGREDIENTS:**

2 lbs. russet or Yukon potatoes  
3/4 cup (or more) Silk brand soy milk creamer, heated  
4 Tbsp. vegan margarine, melted



1/2 cup chopped fresh chives or 1 tsp. each dried dill and parsley

Salt and pepper

**PREPARATION:**

Bring large pot of water to boil. Add potatoes and cook until tender. Drain. Peel potatoes and transfer to large bowl. Add hot soy milk creamer and melted margarine. Using electric mixer, beat potato mixture until smooth. Stir in seasonings.

## Mashed Sweet Potatoes

Serves 4–6

**INGREDIENTS:**

6 cups peeled and diced sweet potatoes or yams  
4 Tbsp. vegan margarine  
1/2 cup orange juice  
3 Tbsp. sliced almonds, toasted  
Salt

**PREPARATION:**

Cook sweet potatoes or yams in boiling water until done. Mash with margarine. Add orange juice and salt. Serve topped with toasted nuts.

Source: Priscilla Feral, President, Friends of Animals

## Herbal Salad Dressing

Yields 3 cups

**INGREDIENTS:**

1 cup extra virgin olive oil  
1/4 cup cider vinegar  
1/2 cup onion, diced  
3/4 cup chopped fresh parsley  
1/2 Tbsp. dried oregano  
1/2 Tbsp. dried basil  
2 tsp. yellow mustard  
3/4 cup water  
Pinch black or white pepper

**PREPARATION:**

Blend all ingredients together in blender or food processor. Adjust seasonings to taste. This dressing should last 2 weeks if refrigerated.

Source: Chef Mark Shadle, *It's Only Natural Cookbook*

## Chocolate Chip Brownies

Makes about 16

**INGREDIENTS:**

2-1/3 cups flour  
1 cup water  
1/2 cup soy margarine  
2/3 cup unsweetened cocoa  
2 cups Florida Crystals natural sugar



1/2 tsp. salt  
1 tsp. vanilla extract  
2-1/2 tsp. baking powder  
1/2 cup chopped pecans  
1/2 cup vegan semi-sweet chocolate chips

**PREPARATION:**

In a bowl, blend the follow ingredients, stirring with a fork to be sure there are no lumps of baking powder.

Mix 1/3 cup flour with water; cook the mixture while stirring until thick; then cool it completely.

Melt the margarine in a separate sauce pan. Add unsweetened cocoa and stir until smooth. Set aside to cool.

Beat sugar, salt and vanilla into the cooled flour mixture, then add cocoa mixture.

Mix together 2 cups flour and baking powder. Add this to the other combined mixture. Then add pecans and chocolate chips. Spread brownie mixture evenly in an oiled 9-in. x 13-in. pan and bake at 350 degrees until the top is glossy and cracked, and a cake tester inserted in the center comes out clean – about 30 to 40 minutes.

Source: Priscilla Feral, President, Friends of Animals

## Fresh Ginger Cake

**INGREDIENTS:**

1 cup mild molasses  
1 cup Florida Crystals natural sugar  
1 cup peanut oil  
2-1/2 cups flour  
1 tsp. ground cinnamon  
1/2 tsp. ground cloves  
1/2 tsp. ground black pepper  
2 tsp. baking soda  
4 oz. fresh ginger, peeled, sliced and finely chopped  
2 “eggs” of Ener-g Egg Replacer

## PREPARATION:

Preheat oven to 350 degrees.

Position rack in center of oven. Line a 9-in. round cake pan with 3-in. sides, or a 9-1/2 in. spring form pan, with a circle of fine parchment paper.

Mix together the molasses, sugar, and oil. In another bowl, sift together flour, cinnamon, cloves, and black pepper.

In a small saucepan, bring 1 cup water to a boil. Stir in baking soda, and then mix hot water into molasses mixture. Stir in ginger.

Gradually whisk the dry ingredients into batter. Add egg replacer and continue mixing until everything is thoroughly combined. Pour the batter into prepared cake pan, and bake for about 1 hour, until top of cake springs back lightly when pressed or until a toothpick inserted into center comes out clean. If the top of the cake browns too quickly before cake is done, drape a piece of foil over it and continue baking.

Cool cake for at least 30 minutes. Run a knife around edge of cake to loosen it from pan. Invert cake onto a cooling rack, and peel off parchment paper.

*Source: Adapted from David Lebovitz, Room for Dessert*

## Apple Sauce Cake

### INGREDIENTS:

1/2 cup safflower oil

1 cup Florida Crystals natural sugar

2 cups flour

1/2 tsp. salt

1/2 tsp. cloves

1 tsp. cinnamon

1/2 tsp. nutmeg

1 tsp. baking soda

1 cup raisins

1 cup hot apple sauce without sugar

Optional: A handful of chopped walnuts or pecans

### PREPARATION:

Mix oil and sugar. Combine spices and raisins with flour and add to oil mixture, alternating with hot apple sauce. Cream until smooth. Pour into greased and floured 6-in. x 10-in. pan. Bake at 350 degrees for 45 minutes.

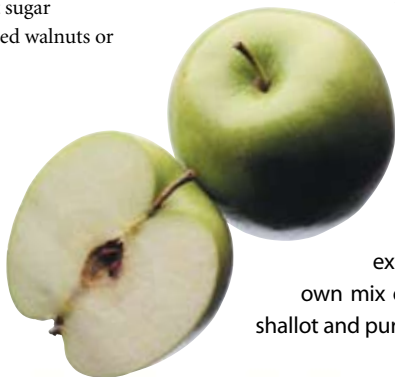
## WHAT IS RAW FOOD?

Raw food chefs often call them “living foods” — dishes which are naturally rich in enzymes because they have not been heated over 118°F (although some raw chefs will use dehydrators at slightly higher settings; maximum allowable temperatures are, so to speak, hotly debated). Enzymes are essential for good digestion and vitality, and most are retained in dehydrated or frozen foods.<sup>32</sup> Processed foods, however, have had the enzymes pasteurized or cooked out of them, observe raw foodists. The living food diet has become increasingly popular, with the advent of such restaurants as the romantic Roxanne’s in downtown Larkspur, California, and the intimate and arty Quintessence Restaurants in Manhattan.

Possible benefits of the raw food diet include lower body fat and reduced risk of heart disease and degenerative diseases, increased energy, improved immune responses, and clearer skin. The high potassium and low sodium content of raw vegan diets may reduce calcium loss, blood pressure and risk of stroke.<sup>33</sup>

And, as a raw food diet is often gluten-free, it is possible that people with wheat allergies will find such diets particularly beneficial. Rather than traditional pasta dishes, the wheat-allergic vegetarian might enjoy a prominent raw dish popularized by the Zucchini Fettuccine made by *The Joy of Not Cooking* author Iamar Hutchins, is a dish of noodles made from the chef’s preferred squash.

Make thin noodles from the squash using a Japanese mandolin vegetable slicer/shredder. Prepare an oil and vinegar dressing, or experiment with your own mix of Dijon mustard, dill, shallot and pure maple syrup.



A raw food vegan diet may be defined in various ways, but usually entails at least 80% by weight in fresh, uncooked plants. Leafy greens and broccoli, rich in zinc, calcium, and protein, form a key part of raw diets. Such vegetables also provide vitamin K, which promotes healthy bones. Additionally, raw carrots provide calcium, and peas provide zinc and protein. Olives, avocados, almonds, hazelnuts and macadamias all feature monounsaturated fats, safe to consume in large quantities. Obtaining up to 40% of calories from these foods according to individual energy needs should be perfectly healthful. It is also important to include a good source of omega-3 fats such as flax seed oil.

Raw food has particular environmental advantages in that it requires little packaging and no oil or electricity to prepare. It also inspires curiosity, creativity, and inventiveness. It is a great way to meet others who share a wide variety of interests. Many North American cities and towns now have groups, made of people from all walks of life, who meet and share raw recipes. Here is a sampling of raw delights to whet your appetite.

## Guacamole

### INGREDIENTS:

2 avocados, peeled and seeded  
1 scallion, sliced  
½ red onion, diced  
2 cloves minced garlic  
1 jalapeño pepper, seeded and minced  
1 fresh lime, juiced  
½ tomato, diced  
2 Tbsp. chopped fresh cilantro  
Salt to taste

### PREPARATION:

Choose an avocado that has give to it. Peel and seed the avocado and mash it with a fork. Transfer the mashed avocado to a bowl and combine with remaining ingredients.

Cover and refrigerate for up to 2 hours.

*Tip: A pit left in the guacamole, and a sprinkling of lemon or lime juice, helps to preserve the guacamole's hue of vibrant green. Stir lightly before serving.*

## Bob's Peace Vigil Date Bars

### INGREDIENTS:

20 ounces (about 4 cups) whole, pitted dates  
1 cup whole pecans  
½ cup shredded coconut

### PREPARATION:

In a food processor, chop the pecans. Add dates and coconut; process until combined.

Press into an 8 x 8 x 2-inch and cut into 2-inch squares.

*Tips: These wonderful treats of Bob's not only taste great; they are a wonderful source of energy and nutrients as well.*

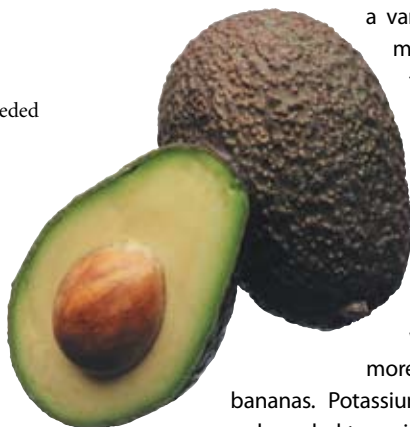
Shredded coconut comes from the mature coconut; compared with the young coconut, it is richer in anti-bacterial oils. All forms of coconut provide organic iodine, nourishing the thyroid gland.

Pecans naturally contain monounsaturated fats which lower LDL (bad) cholesterol. Pecans also contain plant sterols, which support the immune system, as well as calcium,

phosphorus, potassium, vitamin A, a variety of B-complex vitamins, and vitamin E; and they are an excellent source of zinc.

Dates contain a variety of B vitamins, and provide magnesium for healthy bone development.

In proportion to weight, dates contain more potassium than do bananas. Potassium is an essential mineral needed to maintain the health of your nervous system and of proper muscle functions, including those of the heart. It also promotes efficient metabolism. Potassium is important for physically active people



because potassium can be lost through perspiration.

We hope this convinces you that a bottle of water and a few of Bob's date bars will certainly support you on the path to world peace.



## **FRESH AND CLEAN, VEGAN STYLE**

Make cleaning your home a bit more interesting by mixing non-toxic, animal-friendly solutions yourself. Always keep distilled white vinegar, baking soda, salt, and lemon juice in your cupboard. Borax — a naturally occurring disinfectant composed of sodium, boron, oxygen, and water — is sold at hardware stores.

Dissolve 1 cup borax in a gallon of warm water for a general cleaner and disinfectant; use borax, baking powder, or salt and lemon juice as a scouring agent. Scour the oven with salt or baking soda. To unclog a drain, dissolve 1 cup baking soda and one cup vinegar in boiling water and pour the liquid into the drain. Flush with hot tap water until the clog breaks. Equal parts vinegar and water make up a sparkling, pure

glass cleaner, and equal parts olive oil and lemon juice will refresh and beautifully polish fine wood furniture. Baking soda will also help to freshen shoes, as well as areas where animals sleep in the home.

When shopping for commercial vegan options, always look for the Vegan Society's sunflower logo.

Now that you know the basics, you might begin looking at the finer points of veganism. For example, cosmetics used to be a particularly pesky issue for ethical vegetarians. Many cosmetic companies no longer test their products and ingredients on animals, thanks to the efforts of animal advocates. Yet even if labels on shampoos, soaps, and cosmetics say "cruelty free" or "against animal testing," one must also look for the words "no animal ingredients" or "vegan." Carmine (crushed beetles used as a tint), beeswax, collagen, lanolin, and milk protein frequently appear, even in natural cosmetics. Because many ingredients can be either animal- or plant-derived, it helps to select cosmetics at a natural food shop with knowledgeable employees. Finding a helpful vegan salesperson is a bit like finding the right hair stylist. And on the subject of hairstylists, many stock John Paul Mitchell Systems shampoos and hairsprays — which, according to our latest research, are vegan.

## **A MESSAGE TO THE YOUNG VEGAN**

Many Friends of Animals members are young people who already enjoy a pure vegetarian diet — and that might be you. Or perhaps you have requested this booklet because you want support as you make the change. You are usually known





by your friends as creative and confident and not one to always follow the crowd, but you are likely to be the peacemaker in friends' disputes, and one of the first to spot injustices and to find a way to change things for the better. You might have been the one to introduce recycling into your classroom, or to request vegetarian options in the cafeteria. You might be the one who is famous for helping stray animals find homes, or the student whose papers and book reports tend to talk about animals. Sometimes you are called an idealist, and you take it as a compliment.

If you are a young person interested in a vegan diet, you may find that the idea is not understood immediately by your family. That is normal. After all, it is your parents' job to be concerned about your health. Let your family know that a study published in the *Archives of Pediatric Adolescent Medicine* showed that pure vegetarian young people have the best dietary patterns to significantly lower their risk of leading causes of death as adults.<sup>34</sup> The Oxford Vegetarian Study suggests that people who avoid

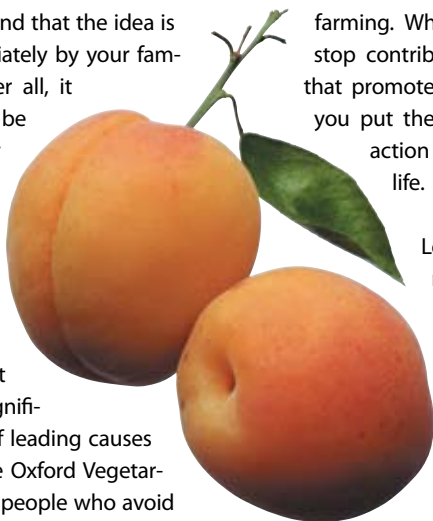
meat and dairy products may have a 57% lower rate of heart disease than meat-eaters. Moreover, teens with plant-based diets ingest far less saturated fat than do their meat-eating friends.<sup>35</sup> Good news for you, particularly when the Surgeon General reports that 13% of children aged 6 to 11 years and 14% of adolescents aged 12 to 19 years in the United States are overweight.<sup>36</sup>

To change your diet means a change for the whole family, so here are a few tips to help you and everyone at home:

*Explain your decision.* You are not rejecting your family's values, but applying those values in a broader way. Remember the Golden Rule — treat others the way you would like to be treated? Once we consider animals' feelings, the Golden Rule is a natural for us to apply to them, too, and that is exactly what you are doing when you embrace a vegan diet. Some people might say, "Why apply that to animals? Aren't some of them meat-eaters?" As you know, some animals do catch and eat other animals, but that is because they must do so to survive. Humans can be vegetarians.

The Golden Rule also applies to all those people in the world who are at the brink of starvation because so many food resources are used up in animal farming. When you decide to stop contributing to a system that promotes human suffering, you put the Golden Rule into action every day of your life.

*Educate yourself.* Learn about your nutritional needs and keep your body healthy. You might even teach by example: If you put an emphasis on wholesome,



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## *Educate yourself. Learn about your nutritional needs and keep your body healthy.*

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nutritious foods, your knowledge will benefit your family and friends.

*Learn to prepare foods your whole family can enjoy.* If you decide to become vegan and expect your parents to prepare meals for you and buy new foods, the idea will be a hard sell. Offer to go grocery shopping, find new recipes, help prepare meals, and suggest ideas to make this easy on your family and friends. If you are a Web surfer, you can keep up with vegan recipes, vegan hobby groups, discussion groups, stories written by vegan young people, and sometimes even find free vegan samples at *Veg Family Magazine* [www.vegfamily.com](http://www.vegfamily.com). Or visit [www.vegeats.com](http://www.vegeats.com) to find discussion groups that suit your individual interests. The last time we visited the site we saw discussion lists such as RawVegan-NYC for vegans in New York City who are into raw foods, the VegEats-Español Mailing List, and many more.

### **CONCLUSION**

It is virtually impossible to be 100% vegan in our industrialized world. Traditional camera films, automobile components, pharmaceutical products, and building and art supplies all use animal derivatives. But living as vegan as possible is essential if we hope to effect positive change in our society, and to ensure that our planet has a future. We think it is also one of the single most effective decisions we can make to bring about world peace; for, as Leo Tolstoy wrote, "as long as there are slaughterhouses, there will be battlefields."

Vegans may strive to interrupt that vicious cycle by promoting the philosophy of Ahimsa, a Sanskrit word interpreted as

"dynamic harmlessness," along with advocating service to humanity and respect for all creation. Generally speaking, vegans do more than simply avoid specific foods and products; we strive to participate in beneficial action as well. Beginning with the individual, a world of peace is possible. See you there.



**Important note to the reader:** *To the greatest extent possible, Friends of Animals has ensured that the references in this booklet are accurate and up-to-date; we cannot maintain responsibility for later policy or informational changes, nor does time permit us to research the histories of all companies, groups, and studies mentioned. Please use this booklet simply as a guide to help with your own explorations. Many people jump right into a vegan diet, but if you have a pre-existing medical condition or you are just concerned about ensuring a healthful, balanced diet, you may want to also get tips from a nutrition expert who is knowledgeable about the vegan lifestyle. From the staff at Friends of Animals, thank you for your interest in our work to cultivate a more peaceful and just society.*

- 1 George Monbiot, "Why Vegans Were Right All Along: Famine can only be avoided if the rich give up meat, fish and dairy" — *The Guardian* (24 Dec. 2002).
- 2 Janet Raloff, *Science News Online* (citing Richard Harbison of the Woods Hole, Oceanographic Institute's Biology Department in Massachusetts, U.S.; also citing Rosamond L. Naylor of the Institute for International Studies at Stanford University, California, U.S.).
- 3 Janet Raloff, *Science News Online* (citing Stuart Levy, the director of the Center for Adaptation Genetics and Drug Resistance at the Tufts Medical School in Boston).
- 4 Biologist Culum Brown, from Edinburgh University, Scotland, concurs: Fish have complex social interactions, use tools, and have long-term memories. For example, Brown observed one fish remembering where a hole was in a fishing net nearly a year after the fish had first found the hole.
- 5 Darrell S. Peel & Roger V. Sahs, CR-528, "Beef By-Product Values: Trends and Current Issues," Division of Agricultural Sciences and Natural Resources, Oklahoma State University.
- 6 See Phil Brown and Edwin J. Mikkelsen, "No Safe Place: Toxic Waste, Leukemia, and Community Action" (Berkeley: University of California Press, 1990).
- 7 Information provided by Worldwise, Inc., 851 Irwin Street, Suite 200, San Rafael, California, U.S.
- 8 Information on wool production provided by The Vegan Society, Donald Watson House, 7 Battle Road, St Leonards-on-Sea, East Sussex TN37 7AA, England.
- 9 Information on silk and products derived from bees provided by The Vegan Society.
- 10 T.A.B. Sanders and S. Reddy, "Vegetarian Diets and Children" — *American Journal of Clinical Nutrition* 59 (suppl):1176S-1181S (1994).
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  - 35 *Archives of Pediatric Adolescent Medicine* (May 2002).
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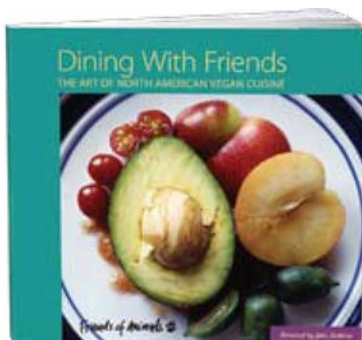
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