




36th World Vegetarian Congress

8-12 November 2004
Centro de Convenções Brasil & Spa
Florianópolis - SC - Brazil

Why Vegetarian



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President, Triangle Vegetarian Society
World Vegetarian Congress, Florianópolis, Brazil
F November 12, 2004, 11a-noon

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Objectives

- Understand why people are interested in vegetarianism
- Articulate benefits of vegetarianism
- Describe local and other resources and references for more information


Agenda

- Why? Health, environment, ethics, taste, ...
- Basic Definitions and Misperceptions
- Few quick food ideas from my kitchen
- References




Your Health


- Amer. Dietetic Assoc.¹ shown vegetarian diets assoc. w/ reduced risk for many chronic diseases
 - Obesity, coronary artery disease, diabetes, colorectal cancer, lung cancer, kidney disease, hypertension
 - Vegan may be healthiest
- Cholesterol is biggest factor for heart attack²
 - Most significant > 150³
 - Avg US vegan at 128⁴
 - High levels consistently assoc. w/ many cancers⁵



- Saturated fat - stronger mortality correlation than smoking⁶
 - Only concentrated saturated fat vegetable sources are tropical & artificially hydrogenated oils (margarine)
 - Few vegan foods high fat—nuts, avocados, seeds, oils
 - Overweight folks on low-fat vegetarian diet lose avg of 24 pounds in a year and keep it off 5 years later⁷
- Only effective way to reverse heart disease
 - More effective than other diets⁸
 - Dean Ornish's work is seminal



- Dietary fiber comes from plants
 - High fiber diets associated with decreased cancer, obesity, coronary artery disease⁹
 - Can bind and escort out contaminants
- Longevity
 - 1976-1988 study of 34,000 Seventh-Day Adventists: vegetarians live 7 years longer than meat eaters and vegans 8 years longer¹⁰
 - Evidence of 13 additional healthy years of life for vegetarians – animal products impede immune system, decrease energy, speed up cognitive and sexual dysfunction, clog arteries¹¹



Environment

- Eating high on food chain wastes resources
 - 70% of US¹ (33% worldwide²) grain used as farm animal feed
 - Eating plants would save 90% energy³
 - 10-30 pounds grain to make 1 pound beef⁴ – and only 35-40% of steer's body weight becomes beef for people⁵
 - Rain forest biodiversity
 - Water (200x to grow pound of beef vs. pound of potatoes⁶), fossil fuels, ...



- World hunger (B=billion)
 - Only 4B of world's 5.6B properly nourished
 - If all became vegan, current vegetarian food production could nourish 7B⁷
 - Of course, this is just one element (distribution, politics, ...)
- Manure
 - In US, animal manure 130x that of humans⁸
 - EPA has found 60% of rivers and streams "impaired" – agricultural runoff is biggest source⁹



Desertification of US West by grazing⁹

- Cattle graze 70% of west¹¹ – but this generates only 2% of feed eaten by US cattle¹²
- 306 million acres public land for private ranching¹³
- Cow consumes thousands of pounds biomass not returned to land
- Not picky eater – strip land and ecosystems
- Dung hardens in sun and persists months or years – and kills what it covers
- Expense (1997) to ranchers to graze a steer on public land: \$1.35/month¹⁴
- Many other costs – taxpayers pay for roads, fences, killing threatening wildlife, ...



Ethics

- Ahimsa
- Minimize impact on the earth – fair use of resources
- Sustainability
- Animal suffering
- "Live simply so that others may live"
- *Food for the Gods*



Taste!

- Diversity of food
- Ethnic cuisines
- Not same old "meat and potatoes" – though you can have that, too (analogues)!



Ease of Food Preparation

- So many combinations, so much vegetarian convenience food
- Treat tofu as meat in recipes you may have
- Raw options
- Economics





Types of Vegetarians

- Ovo-Lacto (no flesh)
- Lacto (no flesh or eggs)
- Vegan (no animal products incl. dairy; entire lifestyle)
- Raw, macrobiotic, eggitarian, fruitarian, ...



Common Misperceptions

- Protein
- B₁₂
- Difficulty
 - What to cook
 - Dining out
 - Holidays
 - Raising children



Some Questions to Consider

- If it's good for the planet, the animals, world hunger, and human health, why not move toward vegetarianism?
- For folks who do eat meat, why raise animals in cruel confinement with little or no consideration for their pain and comfort?
- Why do we care for pets but eat other animals?
- Why do some feel it's okay to eat pigs (high IQ, family bonds, etc.), but not dogs? Where does one draw the line?
- If we like the taste of meat, what about low-/no-fat and easy to cook analogues?

Interesting Related Issues

- Organic food
- Irradiated food
- Genetic modifications
- Raw foods
- Ayurvedic theory, food preparation techniques,...
- Animal ethics vs. welfare
- Environmental politics, water rights
- Peace and justice
- "Mad Cow" disease, prions



Quick and Easy Ideas



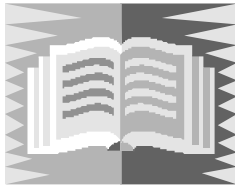
- Red chili tortilla wrap filled with lettuce, tomato, salsa, shallots; maybe bell peppers, mushrooms, etc. as well
- Textured Vegetable Protein in sauces
- Steam artichoke 35 mins and dip leaves in lemon juice-herb dressing (compost discards!)
- Marinate portabello mushroom; bake then broil; serve w/ garlic and fresh herbs
- Slice potatoes thin, slight olive oil spray, put in hot 425°F oven 8-10 mins
- Roast vegetables; roast garlic and squeeze onto crusty bread
- Buy mixed salad greens



- Traditional pizza – crust with sesame seeds, overlapped roma tomato slices, salt, oregano; bake 350°F 10 mins; serve with fresh basil
- Sprinkle bread crumbs and garlic atop truncated tomato and bake
- Sprout or boil grains
- Try heirloom tomatoes & other fruits/vegetables
- Try unfamiliar vegetables in a steamer or stir fried
- Freeze fruit and put it through a high-powered juicer to get “ice cream”
- Baked apple w/cinnamon
- Experiment (in moderation) with infused oils – extra virgin olive, grapeseed, canola, ...
- Try stevia as a sweetener

Novel Combinations

- Roast eggplant & red bell pepper; simmer w/tomato sauce; serve on pasta
- Use leeks instead of onions (wash well!)
- Make sweet potato dishes savory by combining with bread crumbs, spices, onions, etc.
- Add organic rose petals to your salad
- Color – organic blue and purple potatoes, blood oranges, purple peppers



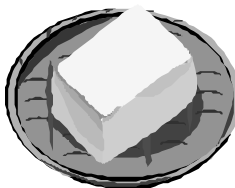
Meat Analogs

- Tofu dogs – some have no fat
- Many kinds of tofu burgers
- Grain burgers
- Fakin’ bacon, foney baloney, puparoni, FBLT w/ mayonnaise, “cold cuts”, ...
- Tofurky
- Seitan



Fun Things to do with Tofu

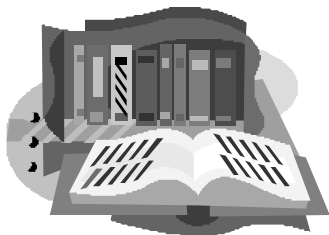
- Freeze then thaw it
- Add it to stir fries
- Mash it, sauté it, and then add it to tacos
- Scramble it with turmeric, other spices, onions, and mushrooms
- Marinate and bake it
- Blend it into smoothies
- Enjoy it raw
- Mix it with chocolate! (for desserts, use septic packaged; otherwise use sealed refrigerated)



Other Interesting Foods

- Tempeh
 - Staple in Indonesia
 - Saute with mushrooms, onions, bell peppers and serve with pasta
 - Mix in with sauces
- Seitan
 - Plain as side course
 - Very low fat stew
 - Fajitas
- Many types mushrooms
- Spices, herbs, nutritional yeast





Good Cookbooks



- Gentle World, *Incredibly Delicious: The Vegan Paradigm Cookbook*, 2000
- Jennifer Raymond, *Peaceful Palate*, 1992
- Yamuna Devi, *The Best of Lord Krishna's Cuisine*, 1991
- Many good searchable web archives like IVU's from around the world www.ivu.org/recipes/ – see the TVS links page
- My own cookbook
- ... or no cookbook at all – just experiment!



Book References

- Mark Warren Reinhardt, *The Perfectly Contented Meat-Eater's Guide to Vegetarianism*, 1998
- Suzanne Havala, *(The Complete Idiot's Guide to) Being Vegetarian*, 1999
- Erik Marcus, *Vegan: The New Ethics for Eating*, 1997
- Howard Lyman, *Mad Cowboy*, 1998
- Mark & Virginia Messina, *Dietitian's Guide to Vegetarian Diets*, 1996
- Tanya Barnard and Sarah Kramer, *How it All Vegan*, 1999
- Rynn Berry, *Food for the Gods*, 1998
- John Vidal, *McLibel: Burger Culture on Trial*, 1997
- Lynn Jacobs, *Waste of the West*, 1992
- Rachel Carson, *Silent Spring*, 1962

Internet Resources



- www.trianglevegsociety.org – lots of pointers, plus local events (including peace calendar)
- www.dilip.info/vegetarian.html
- www.trianglevegsociety.org/presentations/whyvegetarian
- www.vegan.com - issues and news
- www.veganoutreach.org - *Why Vegan*
- www.olympus.net/biz/messina/adapaper.htm - *ADA Position Paper on Vegetarian Diets*

Local Resources



- Your local vegetarian group (TVS is www.trianglevegsociety.org)
- Your local animal rights group
- Ethical Culture Society – ours is www.ncethicalsociety.org
- Vegan cooking classes – offer one if none exists!
- Dietitians, nutritionists, holistic care givers
- Bookstores, libraries

Other Organizations

- Vegetarian Resource Group, www.vrg.org (*Vegetarian Journal*)
- North American Vegetarian Society, www.navs-online.org (Summerfest, *Vegetarian Voice*)
- VUNA and IVU (www.ivu.org) (World Vegetarian Congress)
- PCRM, www.pcrm.org (*Good Medicine*)

By the way, Thanksgiving .

www.trianglevegsociety.org/thanksgiving04



Quinoa salad with olives, shallots, pine nuts, sundried tomatoes, and garlic in a base of the lovely crunchy grain quinoa, with arugula and rosemary-caramelized pear; warm spinach orzo with pesto; braised garlicky greens; hearts of Romaine lettuce with lemon, olive oil, and capers; string bean almondine; lightly steamed corn-off-the-cob accented with smoked poblanos peppers and cumin and served with a light sprinkling of lime juice and salt; roasted exotic mushrooms with fennel and garlic, drizzled with white truffle oil; citrus couscous with dried fruits and garbanzo beans; Mediterranean minty fatoush salad with toasted flat bread; breads, crustinis, and pita with Egyptian red lentil hummus, artichoke-spinach hummus, and baba ganouj; marinated olives; and spiced pecans.

Dilip's cherry-kissed and seared tempeh with baby bok choy in a coconut milk curry; Moroccan sweet potato and squash tagine; Shepherd's Pie with wheat gluten, roasted root vegetables, and mushrooms, with a potato crust; roasted chestnut-barley risotto with Brussels sprouts; Orecchiette pasta with fresh tomato-basil sauce; roasted garlic olive oil mashed potatoes with chives; mushroom gravy, apple-pecan stuffing, fresh raspberry-cranberry relish, and Black Mission fig chutney; wild rice with crookneck squash; country cornbread; sweet potato-leek-potato velouté (thickened soup).

Fresh seasonal fruits, phyllo cookies, pumpkin pie with pomegranate glaze, cherry crisp, and cinnamon currant apple pie; apple cider, cranberry juice, water, herbal tea, and coffee.

Caveat Emptor



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Footnote References

I've used Erik Marcus' and Suzanne Havala's books and the *Why Vegan* pamphlet (already referenced) for many of these, and mention their page citations as [Marcus,xx] or [Havala,yy] or [Vegan]

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2. US Dept.Health & Human Services, Dept. Agriculture, *The Relationship between Dietary Cholesterol and Blood Cholesterol and Human Health and Nutrition*, 1987. [Marcus, 10]
3. Hans Diehl, "Reversing Coronary Heart Disease" in *Western Diseases: Their Dietary Prevention and Reversibility*. Totowa, NJ: Humana Press, 1994, pp 237-316. [Marcus, 10]
4. H. Kesteloot, "Dietary Fat and Health: The Epidemiological Evidence." *Acta Cardiologica* 44 no.6 (1989): 446-448. [Marcus, 10]
5. [Vegan, 29] from T.Colin Campbell's *China Project*
6. [US, 1987]. [Marcus, 10]
7. Barbara Tunick, "Why Go Veg?" in *Vegetarian Times* July 2002, pg. 34, citing a 1986-1992 study by Dean Ornish, MD.
8. *Journal of the American Medical Association* 274(1995):894.
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11. [Tunick 2002], pp. 33, citing Michael Roizen, SUNY Medical School Dean

• Environment

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2. Worldwatch Institute, *State of the World 1997*. [Vegan]
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4. Michael Baker, "For Livestock Farmers", *American Agriculturist* no. 15, Aug. 1995. [Marcus, 164]
5. Ray Herren, *The Science of Animal Agriculture*. Albany: Delmar Publishers, 1994, p.76. [Marcus, 164]
6. David Pimentel, ed. *Ecological Integrity: Integrating Environment, Conservation and Health*. Washington, D.C.: Island Press, 2001.
7. R.W. Kates et.al., *The Hunger Report*. Providence: Brown Univ. Hunger Proect, 1988 and 1989 Update. [Marcus, 165]
8. [manure]US Senate Committee on Agriculture, Nutrition, and Forestry, *Animal Waste Pollution in America: An Emerging Problem*, Dec. 1997. [Vegan]
9. [Vegan]
10. [Marcus, 171]

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12. Committee on Government Operations, 34th Report, *Federal Grazing Program: All is Not Well on the Range*. Washington, DC: US Govt Printing Office, 1985, p.3.[Marcus, 180]
13. Lynn Jacobs, *Waste of the West*. Tucson: Lynn Jacobs, 1991, p.21. [Marcus, 172]
14. "Grazing Fees Drop to \$1.61", *Western Livestock Jnl* 74 no. 13, Jan. 23, 1995, pp. 1, 7. [Marcus, 173]

