

A Vegan Version of the USDA's MyPlate Graphic

VOLUME XXXI, NO 2

# VEGETARIAN

JOURNAL HEALTH ECOLOGY ETHICS

**How to Start  
a Vegetarian  
Club at YOUR  
College**

*Savory & Succulent*  
**South American  
Selections**

Quinoa Fritters (page 8)  
and Chard and Peppers (page 7)



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**Ideas to Promote  
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# NUTRITION HOTLINE

**CHRISTINE KASUM  
SEXTON, MPH**



*This issue's Nutrition Hotline discusses how seniors may lessen the effects of age-related muscle loss through diet and exercise.*

**QUESTION:** *"I was wondering about how much protein older people need. I'm a 75-year-old man and do not foresee ever adding meat back into my diet, but I wondered if I need to start eating eggs and dairy products. (I've been vegan for many years.) I think that my muscle mass is disappearing because I do not exercise and probably do not get enough protein."*

**ANSWER:** Age-related muscle loss is extremely common. After the age of 50, most people lose approximately 1 to 2 percent of their muscle per year<sup>1,2</sup>. Rates of muscle loss in aging are higher in men than in women<sup>3,4</sup>. The name given to the muscle loss that occurs with aging is *sarcopenia*. Sarcopenia can significantly impact your quality of life by decreasing mobility and increasing risk of falls. While there is much ongoing research regarding sarcopenia and what can be done to slow its progress, both the amount of exercise that you get and the foods that you eat are likely to play a role.

You're right to question the amount of protein that you need. Some research suggests that slightly higher protein intake, coupled with resistance training, can lead to improved muscle mass in older men<sup>5</sup>. The evidence suggests that an appropriate range of protein intake for older vegans is between 0.36 and 0.57 grams per pound of body weight per day. Using this range, a 65-year-old vegan man who weighs 180 pounds would need between 65 and 103 grams of protein per day. You can definitely achieve this range while following a vegan diet.

Since you probably don't need as many calories as you did when you were younger, it's important to make your calories count. Choose foods that are good protein sources, such as soybeans, quinoa, lentils, black beans, kidney beans, tempeh, seitan, and textured vegetable protein products like vegetable burgers and vegetable sausage. Limit empty sources of calories, such as soda and 'junk' foods like chips or sweets. Some research has also suggested that sarcopenia may be slowed by consuming protein with every meal (rather than, for example, carbohydrates at one meal and protein at another)<sup>6</sup>.

Lack of regular exercise is a significant factor contributing to age-related muscle loss. Men and women who are less physically active have less muscle mass and are more likely to experience falls than their counterparts who are more physically active. Resistance training has been clearly shown to increase both muscle strength and muscle mass. The term *resistance training* refers to exercises that work to increase muscle strength and endurance through repetition using weights, weight machines, or resistance bands. No other intervention has proven to be as effective at reversing age-related muscle loss as resistance training. The U.S. Department of Health & Human Services recommends that older adults perform muscle-strengthening activities at least two days each week. When resistance training is used, they recommend one set of 8 to 12 repetitions of each exercise.

*(Continued on page 30)*



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Also, if you do not want your name traded to other organizations, please let us know.

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The *Vegetarian Journal* is one project of The Vegetarian Resource Group. We are a nonprofit organization that educates the public about vegetarianism and the interrelated issues of health, nutrition, ecology, ethics, and world hunger. To join VRG and receive *Vegetarian Journal* in the USA, send \$25 to The Vegetarian Resource Group, P.O. Box 1463, Baltimore, MD 21203.

## NOTE FROM THE COORDINATORS

# PREDICTIONS AND EXPECTATIONS



**T**he *Wall Street Journal* called to ask us about non-vegetarians fueling the growth of mainstream restaurants offering meatless options. Charles finds calls like this one intriguing since, when he was in college more than 30 years ago, he wrote a marketing paper explaining why Burger King should sell veggie burgers.

Approximately 25 years ago, a large animal group asked Debra to do a vegan cooking demo, since only one of their staff people at the time was vegetarian. Last year, this same group gave away our *Vegan in Volume* to 200 food services to encourage serving vegan meals. The book was so popular that the same group asked for 500 more copies. It appears so many of our predictions about vegetarianism have come true—some even faster than we expected—and our long-held beliefs are becoming increasingly accepted in society.

We often received essays from students who felt ostracized because they were vegetarian. Thank you to our families, who never really gave us a hard time in this regard. Sadly, Debra's father passed away recently. Even though he wasn't vegetarian himself, he always supported Debra's efforts to promote vegetarianism. We remember one time when we were organizing a conference and dinner for more than 400 people in New York City, and we lost power in the kitchen. Debra's father rigged up numerous extension cords so she could have a single light bulb by which to supervise the serving of food. All the dishes came out on time, and none of the attendees was the wiser. Chef Ramsay would be proud.

Debra's father was a scientist. We knew we were on track when he read articles in *Vegetarian Journal* and said they were scientifically sound. Not everyone in the movement has agreed with our approaches, but it's gratifying that non-vegetarian scientists could take seriously what our experts were writing. Thank you to all of our volunteers, supporters, and those who have included VRG in their wills so that the group can continue its work after all of us.

Also, we greatly appreciate VRG intern Amanda and staff member Mary, who hosted a booth at a health fair for a Baltimore City school. The students weren't all vegetarian, but since two of their teachers were vegan, the students asked some good questions. For example, they wanted to know more about what someone on a vegan diet actually *can* eat.

Right now, we are working with a vegan doctor who is developing resources for underserved clients. If you work with such a population, please send us tips, hints, and recipes that have been successful with people who don't have access to good supermarkets and are used to a typical American fast food diet.

Thank you for working with us towards a vegetarian world!

Debra Wasserman & Charles Stahl

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

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Thanks to Chris Belanger and Karen Krinsky from <www.like-no-udder.com> and <www.veganri.com> for donating money from their Annual Vegan Holiday Meal fundraiser to The VRG.

Thank you very much to the Baskin Family for their generous donation in memory of Stanley Wasserman.

## Thanks for the Product Review!

In response to the "Veggie Bits" in Issue 4, 2011, of *VJ*:

Thank you so much for sending the issue of *Vegetarian Journal* with a review of Nacheez in it! What a great paragraph about Nacheez! I'm also loving the other articles—will be making some vegan soul food tonight!

Keep up the great work!

Sincerely,

Ilsa Hess

Owner of Love & Joy Foods,  
Makers of Nacheez

## VJ Readers Weigh in About Print Versus Online-Only Editions

In response to the "Note from the Coordinators" in Issue 1, 2012, of *Vegetarian Journal*:

There was a question in my *Journal* about whether I would still continue to donate if the *Journal* was only available online. Well, I of course would continue to donate, but I would miss the print edition so much. It is wonderful, and I always read it cover to cover and refer back to it frequently. I just can't do that with online material.

Elaine S., via Facebook

*Thank you* to the incredibly dedicated staff at VRG, for many years of wonderful issues of *Vegetarian Journal*. I have read every issue from cover to cover for maybe 20 years! The magazine really helps support me in eating a healthful, fun vegan diet, which I am always sharing with others, as those who know me will attest!

I wish I could say I would read your magazine online, but I'm afraid that out-of-sight would be out-of-mind for me. So, I'll have to check the box labeled:

**\*I would pay membership dues only if I continued to receive a print version of *Vegetarian Journal*.\***

I suspect there are a lot of other people in the same rut as me who might intend to switch to reading *Vegetarian Journal* online but would eventually forget ...

Thank you again, for an incredibly scientifically- and detail-oriented magazine and organization, which truly support veganism ... I can't wait to try your new recipe for Gormeh Sabzi!

Best regards,  
Nancy V., via e-mail

*Note: What do you think about an online-only version of *Vegetarian Journal*? E-mail us at [vrg@vrg.org](mailto:vrg@vrg.org).*

Letters to the Editors can be sent to: Vegetarian Journal, P.O. Box 1463, Baltimore, MD 21203. You may also e-mail letters to [vrg@vrg.org](mailto:vrg@vrg.org) or post to VRG's Facebook page.

Coming in the Next Issue:

## VRG'S 30<sup>TH</sup> ANNIVERSARY ISSUE

With 30 great VRG projects, 30 top vegan restaurants, 30 vegan meal ideas for non-vegetarians, and more!

# Beans, Grains, and Vegetables

## Recipes from South America

By Debra Daniels-Zeller

**L**ONG BEFORE SPANIARDS, African slaves, and European immigrants arrived in South America, the continent's indigenous peoples enjoyed vegetarian fare, save for occasional fish and wild game. Staples such as amaranth, beans, quinoa, and a variety of tubers like potatoes, sweet potatoes, jícama, and yucca formed the daily diet of the masses. People gathered greens such as wild lettuce, ferns, and chicory in fields and either ate them fresh or tossed them into soups and stews.

ing to Maria Baez Kijac in *The South American Table*, West African women cultivated a wide array of greens and vegetables, and because they had no pockets, they tucked saved seeds into their hair. When the women were captured, these seeds accompanied them to the New World where they eventually inspired new food traditions.

European immigrants brought cabbage, chard, collards, kale, garlic, and eggplant seeds, as well as a variety of herb seeds from the Old World. Italians, Germans,

spicy onion-based sauce imported from Spain, is at the heart of many South American dishes today. Also, *chimichuri*, a popular parsley sauce in Argentina, was invented by Irishman Jimmy McCurry in the early 19<sup>th</sup> century.

Even though visitors to South American countries recall mostly meat-based dishes in restaurants, fresh, plant-based foods that once sustained the masses long before the Spaniards arrived are staging a comeback. These foods may not be as prominent on restaurant menus yet, but they are gaining ground as the cry for local and seasonal foods echoes around the world. It's time to take a closer look at South American cuisines and discover delicious plant-based recipes that celebrate life on the continent today.

**"Take a closer look at South American cuisines and discover delicious plant-based recipes that celebrate life on the continent today."**

The predominant greens were bitter greens that included quinoa and amaranth leaves, now often paired perfectly with citrus juice or vinegar. Also, for 14,000 years, people on the Chilean coast collected *cochayuyo*, a bull kelp seaweed growing in long strands attached to coastal rocks. Indigenous people soaked *cochayuyo* in vinegar and water and then cooked it to a meaty texture. It was the staff of life for people living near the Pacific, and *cochayuyo* is still enjoyed today.

Many of the vegetables eaten in Brazil originated in Africa and came from African slaves. Accord-

French, Chinese, Japanese, and even Lebanese immigrants introduced recipes and customs that transformed South American foods into the modern cuisines found today.

Early South American cooks used a light hand when it came to seasonings, tossing herbs such as parsley into pots like afterthoughts. Salt was rare, and many dishes would have been called bland and boring by modern standards, if not for a hot pepper purée served on the side. This hot pepper sauce woke up sleepy bean, grain, and vegetable dishes. Another sauce called *Sofrito* (page 9), a fried

### WATERCRESS AND BEAN SALAD

(Serves 8)

*This luscious salad with avocado, beans, and watercress (or sometimes purslane) has ties to Ecuador. Lupini beans are the traditional choice for this salad. Look for them in jars at Latin American markets. Dried lupini beans must be soaked for 24 hours, boiled, and then soaked for a few more days before eating. If you can't find lupini beans, use Great Northern beans instead.*



- 1 cup diced white onions
- 2 cups boiling water
- 1 ripe avocado, peeled, pitted, and diced
- 2 cloves garlic, pressed
- 1/4 cup white wine vinegar or white balsamic vinegar
- 3 Tablespoons extra-virgin olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 3 cups chopped watercress, stems removed
- 3 cups romaine lettuce, chopped
- One 14-ounce jar lupini or Great Northern beans, rinsed and drained
- 1 large firm but ripe tomato, diced

Place onions in a strainer over a bowl. Pour boiling water over the onions and allow them to soak for a few minutes to take the sharp edge off the flavor. Drain the onions, discarding the water, and remove them from the strainer. Place the onions into a bowl with the avocado, garlic, vinegar, oil, salt, and pepper. Gently mix and then set aside while you prepare the greens and beans.

In a large bowl, combine the watercress, romaine, and beans. Just before serving, gently toss with the onion-avocado mixture and top with tomatoes.

Total calories per serving: 131 Fat: 9 grams  
 Carbohydrates: 13 grams Protein: 2 grams  
 Sodium: 486 milligrams Fiber: 4 grams

## BRAZILIAN BRAISED GREENS

(Serves 6-8)

*A common side dish at markets, these greens are generally served with feijoada, an immensely popular black bean stew in Brazil.*

- 1 Tablespoon olive or canola oil
- 2 slices smoked tempeh strips, like Lightlife's Fakin Bacon
- 2-5 cloves garlic, minced

- 6-8 cups collard greens, washed and cut into very thin strips
- 2-4 Tablespoons water
- Salt and freshly ground black pepper to taste

Heat a heavy skillet over medium heat. Add the oil and tempeh and cook until browned. Remove the tempeh from the skillet, cut into tiny pieces, and return to the skillet with garlic. Cook a few minutes. Add the collard greens and stir to coat. Add water and braise until tender-crisp. Do not overcook the greens. Add salt and pepper.

Total calories per serving: 43 Fat: 3 grams  
 Carbohydrates: 3 grams Protein: 2 grams  
 Sodium: 69 milligrams Fiber: 2 grams

## CHARD AND PEPPERS

(Serves 4)

*\*Pictured on the cover. Uruguayan cuisine draws from Italian influences, and chard is often used to fill savory pies and empanadas. While roasting the red peppers for this dish, why not roast a few more vegetables to serve with it? Add tofu or seitan to make this recipe into a main dish.*

- 1 large red pepper
- 1 bunch chard, washed and patted dry
- 1 Tablespoon olive or canola oil
- 1/4 cup low-sodium vegetable stock
- 1 medium potato, diced and cooked until fork tender but still firm
- Salt and freshly ground pepper to taste

Preheat oven to 350 degrees. Roast the pepper until soft, approximately 45-60 minutes. When the pepper is soft and slightly blackened on the outside, remove from oven and allow to cool.

Meanwhile, remove the middle rib from the chard. Roll the leaves tightly, and then slice both the rib and leaves into thin slices.

Heat a heavy skillet over medium heat, and when skillet is hot, add the oil and chard stems. Stir and cook until they soften, and then add the cut leaves. Stir and cook for approximately 1-2 minutes before adding the vegetable stock. Cover for a few minutes. Remove the cover and stir in the potatoes. Sprinkle with salt and pepper before serving.

Total calories per serving: 94 Fat: 4 grams  
 Carbohydrates: 14 grams Protein: 3 grams  
 Sodium: 193 milligrams Fiber: 3 grams

### Common Vegan Foods of South America

- |                        |                |
|------------------------|----------------|
| Amaranth               | Guava          |
| Avocado                | Hearts of palm |
| Bananas (plantains)    | Kidney beans   |
| Beans, string and snap | Lima beans     |
| Black turtle beans     | Lupini beans   |
| Brazil nuts            | Mangos         |
| Cape gooseberries      | Peppers        |
| Cashews                | Potatoes       |
| Coconut                | Quinoa         |
| Cochayuyo (a seaweed)  | Squash, winter |
| Corn, hominy (maize)   | Tomatoes       |

## QUINOA FRITTERS

(Makes 16 fritters)

*\*Pictured on the cover. A Bolivian recipe inspired by one from The South American Table by Maria Baez Kijac, these fritters are also popular in Peru and Ecuador. In this vegan version, walnuts take the place of cheese, and tofu replaces eggs. Serve these fritters with beans, greens, and a hot pepper sauce.*

2 Tablespoons canola oil, divided  
1 cup diced onions  
2 cups cooked quinoa  
1 cup fresh, frozen, or drained canned corn  
1/2 cup finely chopped toasted walnuts  
1/3 cup unbleached flour  
1/4 cup finely chopped fresh parsley  
1 teaspoon sweet paprika  
1/2 teaspoon salt  
1/4 teaspoon cayenne pepper  
1/2 cup silken tofu, whipped until smooth

Heat a skillet over medium heat. Add 1 Tablespoon oil and onions and then stir and cook until the onions soften. Remove the skillet from heat and blend quinoa, corn, walnuts, flour, parsley, paprika, salt, and cayenne pepper into the onions. Stir until well-blended.

Heat the remaining oil in a non-stick skillet over medium heat. While the oil heats, combine the whipped tofu with the quinoa mixture. Drop a little less than 1/4 cup mixture for each fritter onto the hot skillet and flatten with a spatula. Turn the heat to medium-low and let the fritters cook until the bottom is slightly browned, approximately 5 minutes. Turn and cook the other side for 5 minutes. Drain fritters on a towel before serving.

Total calories per 2 fritters: 187  
Carbohydrates: 21 grams  
Sodium: 154 milligrams  
Fat: 10 grams  
Protein: 5 grams  
Fiber: 3 grams

## SQUASH AND CORNMEAL

(Serves 4)

*Served as a side dish in Paraguay, this recipe is great topped with a tomato sauce and sprinkled with bread crumbs.*

1 cup low-sodium vegetarian stock or water, divided  
2 cups peeled, cubed winter squash (Butternut is a good choice.)  
1/2 teaspoon salt  
1 Tablespoon olive oil  
1 cup soy or rice milk  
1/2 cup cornmeal  
Freshly ground pepper

Add 1/2 cup stock or water and all of the squash to a medium saucepan. Bring to a boil. Reduce heat and simmer until soft, approximately 6-8 minutes.

Add the remaining stock or water, salt, and oil to the squash and mash. Add the milk and then bring to a boil again. Reduce heat and sprinkle in cornmeal a little at a time, stirring after each addition. Continue to stir and cook until the cornmeal is done, approximately 20 minutes. The consistency will be quite thick, like polenta. Sprinkle with freshly ground pepper before serving.

Total calories per serving: 161  
Carbohydrates: 25 grams  
Sodium: 363 milligrams  
Fat: 5 grams  
Protein: 5 grams  
Fiber: 3 grams

## BEAN, CORN, AND SQUASH STEW

(Serves 6)

*A traditional Chilean combination, this stew was served before the Spaniards arrived. The native South Americans used fresh beans, but dried (and soaked) or canned*

*are fine for this recipe. If you can't find cranberry beans, you can use red beans or black-eyed peas instead.*

1 large onion, diced  
1 green or red bell pepper, deseeded and chopped  
1 Tablespoon canola oil  
1/2 teaspoon paprika  
5 or 6 cloves garlic, peeled and pressed or minced  
1/2 teaspoon cumin  
3 cups water  
One 28-ounce can fire-roasted tomatoes  
2 cups cooked cranberry beans  
2 cups peeled and chopped (into bite-sized pieces) winter squash  
1 cup fresh or frozen corn  
A handful of fresh basil leaves, chopped  
Salt to taste

Heat a heavy skillet over medium heat. Stir in the onions, peppers, oil, and paprika. Continue to cook and stir until vegetables soften, approximately 5 minutes. Add the garlic and cumin and stir to coat all vegetables.

Blend in the water, tomatoes, beans, squash, and corn. Bring the stew to a boil, then reduce heat and simmer for 30 minutes or until the squash is soft. Stir in the basil and add salt before serving.

Total calories per serving: 180  
Carbohydrates: 33 grams  
Sodium: 298 milligrams  
Fat: 3 grams  
Protein: 8 grams  
Fiber: 9 grams

## COLOMBIAN BEANS

(Serves 5)

*Serve these savory beans with a generous helping of rice and Sofrito. (See recipe below.)*

2 cups dry red or kidney beans, rinsed and soaked overnight  
4 or more cups water  
2 cups peeled and diced carrots



1 potato, washed, peeled, and diced  
 3 cloves garlic, minced or pressed  
 1 jalapeño or habanero pepper, deseeded and minced  
 1 green plantain, peeled and cubed  
 1 teaspoon salt  
 Pepper to taste  
 1/2 cup chopped cilantro

Place the beans in a large pot and cover with water. Add the carrots, potatoes, garlic, and peppers. Bring to a boil, reduce heat, and simmer until the beans, carrots, and potatoes are soft, approximately 1 hour.

Add the plantains approximately 30 minutes into the cooking time. Continue to simmer until beans are soft, adding more water if necessary. The beans are meant to be soupy, so add more liquid if necessary. Add the salt and pepper. Stir in the cilantro

and serve with steaming hot rice and *Sofrito*.

Total calories per serving: 349 Fat: 1 gram  
 Carbohydrates: 70 grams Protein: 19 grams  
 Sodium: 514 milligrams Fiber: 15 grams

### **SOFRITO (ONION SAUCE)** (Serves 4)

*No ingredient makes South American food come alive like sofrito. Sofrito goes by many regional names, but the common link all versions share is onions. Sofrito is a treasure that can enhance savory bean or grain entrées.*

1 medium onion, diced small  
 1 cup chopped cilantro  
 1 cup chopped curly parsley  
 1 green pepper, deseeded and chopped  
 1 red pepper, deseeded and chopped

1 medium tomato, peeled and chopped  
 1 head garlic, peeled, cloves separated, and minced  
 1 jalapeño or habanero pepper, deseeded and chopped  
 1 Tablespoon olive oil  
 1/2 teaspoon sweet paprika  
 1/4 teaspoon pepper flakes

Combine all ingredients in a food processor and purée until a coarse paste forms. Scrape the sides of the processor to make sure all ingredients are blended. Allow this sauce to sit for a few hours or overnight so the flavors can marry.

Total calories per serving: 79 Fat: 4 grams  
 Carbohydrates: 11 grams Protein: 2 grams  
 Sodium: 15 milligrams Fiber: 3 grams

**Debra Daniels-Zeller is a frequent contributor to *Vegetarian Journal*.**

## Join The VRG and Receive *Vegetarian Journal*!



Inside each issue:

- Nutrition Hotline — Answers to your questions about vegetarian diets.
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# STARTING VEG CLUBS ON COLLEGE CAMPUSES

BY YASMIN RADBOD

**T**HERE ARE ALL DIFFERENT KINDS OF STUDENT activists who advocate for a plant-based diet. Many are active in student-run organizations on their college campuses; they inspire change amongst their peers and make changes at their university. It may seem like a simple task to bring together like-minded students at universities and create change, but often-times it is an arduous process that takes copious amounts of dedication, time, and passion.

I helped create UMBC Vegetarians at the University of Maryland, Baltimore County (UMBC). Rachel Horner created a vegetarian and animal activist student organization at Towson University. Lisa Hines is the current president of the Penn State Vegetarian Club, and Rusty Zufall has been with the Penn State club since

**“To start a club, your university will require you to have a certain number of initial members and sometimes an advisor.”**

its beginnings. Lastly, Alisha Utter helped create People for the Elimination of Animal Cruelty through Education (PEACE) at the University of California, San Diego (UCSD). There are many similarities in our experiences of running vegetarian clubs on college campuses, such as time, commitment, organization, recruitment, and outreach. I hope this article can serve as a guide to creating a student organization at any college campus.

## GETTING STARTED

The initial process for starting a club is different at every university. Most often, it involves speaking to someone from student life or a similar department and to your student government, which must recognize the club as an official student organization.

To become a club, you must create a constitution of some sort. For example, the Penn State Vegetarian Club lists three clear purposes:

1. To provide Penn State vegetarians and vegans with an opportunity to meet and socialize with other vegetarians and vegans. Activities include vegan potlucks, bowling, going to vegan-friendly restaurants, and whatever else our members suggest.
2. To come together and organize outreach activities to promote the numerous reasons—primarily health, environmental, and animal rights—for going vegetarian or vegan. This will include leafleting, tabling, vegan potlucks (Invite your meat-eating friends!), bringing in speakers, etc.
3. To provide members an opportunity to learn more about vegetarianism, veganism, and the various issues that accompany them. No one in the club knows everything about all that accompanies such a broad topic. Meeting for discussions about particular topics gives us all an opportunity to inform each other as well as ask questions of each other. With enough people, we should be able to address virtually any question. Also, if anyone would like to present on a topic, just let us know. Our discussions, movie screenings, and speakers should prove to be very informative.

Of course, there is a lot of other miscellaneous paperwork depending on your university's policies. Rachel makes a good point: try looking up the requirements of how to start a student organization on your university's website.

## GETTING FUNDING AND MATERIALS

You must be a recognized student organization to receive student organization funds for your events! Every university is different, so be sure to get in

contact with someone who can explain how funding works. At UMBC, you must file paperwork at least three weeks in advance to receive funding from the Student Government Association (SGA), with all funding requests clearly explained in detail.

Regarding materials, Alisha has an excellent suggestion: reach out to non-profit organizations that have material already prepared! Contact The Vegetarian Resource Group, PETA, Vegan Outreach, The Farm Animal Rights Movement (FARM), Compassion Over Killing ... The list of organizations that are more than happy to provide you with materials for your meetings and events goes on and on!

## RECRUITING MEMBERS

To start a club, your university will require you to have a certain number of initial members and sometimes an advisor. It can be easy to find students who are also interested in vegetarianism and are willing to be a part of the club, as long as you reach out to make contacts.

“At UCSD, you need four members to gain recognition as an organization,” Alisha recalls. “I ended up recruiting three people who I had met on separate occasions—a hiking trip, a vegetarian event, and I approached one person on campus because she was wearing a PETA shirt. I arranged for us to meet, and we eventually designated ‘officers’ based on what we

# FORMING A STUDENT GROUP: STEP-BY-STEP

Alisha created this guide to forming a student group on campus especially for this article:

1. Determine your goals. Explore why you are passionate about them.
2. Having decided why your goals are important to you, it is time to convince others. If you sincerely believe your goals are worth pursuing, it will be easy to recruit students who support you and are interested in getting involved.
3. Research your school's requirements for a student organization. Do your best to meet those and complete the application process. Hopefully, you have come across like-minded students to assist in setting the foundation. Don't be afraid to designate roles to create a more efficient process.
4. Once your student organization receives recognition, determine when your first general body meeting will be. I recommend that you seek a location that you can reserve for the same time and day that you intend on meeting for the rest of the year.
5. It is now time to promote your first general body meeting! Promotion can come in a variety of forms—from word of mouth to Facebook to flyers posted on campus. Flyers are ideal when you're getting started since they don't rely on much (wo)manpower. Post flyers in areas of high visibility like dining halls, lecture halls, and dorms. Also, try to focus on areas that potential members may frequent. For instance, if your campus has a food co-op, let them know about what you are trying to set up and ask to leave some flyers with them.
6. Take some time away from promotions to focus on preparing for your first meeting. Remember, a good first impression is crucial! You want to make sure attendees feel comfortable and that you value their time. One way to make sure things run smoothly is by creating a structured meeting agenda, with important roles designated to officers. Secondly, encourage participation by all in attendance. By facilitating the exchange of insights and ideas, you can do your best to incorporate everyone's personal goals into the organization's mission.
7. If all goes well, you will see some familiar faces at future meetings. Remember to take feedback from your fellow officers and frequently ask members what they expect from the club.
8. Determine how frequently you wish to hold meetings based on members' availability. For example, PEACE meets weekly.
9. In addition to general body meetings, arrange social and educational outreach events that give members the opportunity to have fun and promote what they are passionate about!



were good at. When we felt like our goals were clear, we set out to complete UCSD's process of initiating a student organization."

I had a similar experience at UMBC. As soon as I started my freshman year, I made contact with a vegetarian who was interested in starting a club, as well as another vegan. The three of us haphazardly put the organization together as quickly as we could. We spread the word about our new organization by posting flyers everywhere (especially elevators and bathrooms), by creating a Facebook page (or using another website or blog), and by simply using word of mouth.

## "The most challenging part was getting people to commit their time to the group."

Nevertheless, even after recruiting members, time commitment is a major issue. As Rachel states, "The easiest part of the process [of starting an organization] was convincing people that it would be a useful club, but the most challenging part was getting people to commit their time to the group." Rusty describes how students at Penn State have to balance their academics and extracurricular activities, and that makes it difficult to retain membership.

After one year of UMBC Vegetarians being an active organization on campus, two of the original founders decided they did not have enough time to commit to the club, and the club fell on my shoulders. I had not been in charge of completing paperwork for the organization until this point, and I eventually figured out from scratch the ins and outs of how to run a student club at UMBC simply through trial and error.

## KEEPING PEOPLE INVOLVED

The easiest way to keep students coming back is plenty of interesting and well-organized social events and a lot of free food! Always have refreshments at meetings. Lisa says that their club aims "to provide members with opportunities to socialize with other vegetarians/vegans, to organize outreach events to promote a vegan diet, and to provide members with vegucational opportunities. We do this by having potlucks, leafleting, tabling, organizing video outreach, distributing vegan food, visiting farm sanctuaries, having discussions, and hosting speakers."

This past year, UMBC Vegetarians co-sponsored and co-organized Baltimore VegFest, which was wildly successful, attracting almost 1,000 people. We also held a party where we offered free vegan pizza to all students. Rachel's group at Towson University is planning on hosting a 'greenfest' on campus and has assisted in a river clean-up.

Other popular social events include having veg outings and vegan bake sales. UMBC Vegetarians does a monthly outing to a restaurant that has vegan options. We also hold monthly vegan bake sales. Try organizing a baking party the night before the bake sale. It is a lot of fun (and always yummy)!

Best of luck in creating a student organization at your campus! Change begins with like-minded people who are dedicated and willing to make a difference, first with their peers, and then with the world. If you have any questions or suggestions, please feel free to e-mail me at [vrg@vrg.org](mailto:vrg@vrg.org).

**Yasmin Radbod wrote this article while doing the Eleanor Wolff internship with The Vegetarian Resource Group.**

## 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.

# Using Vegan Yogurt

By Chef Nancy Berkoff, RD, EdD

**T**HERE ARE SO MANY VARIETIES OF VEGAN YOGURT available on the market today! There is traditional soy yogurt, of course, but there are almond, rice, coconut milk, and arrowroot yogurts as well. Yogurt cultures are added to these liquids and processed just like traditional dairy yogurt. Be wary, though! Scan the yogurt labels, as some seemingly vegan varieties may include non-vegan white sugar or honey.

## SOY YOGURT

**Soy yogurt** is probably the easiest vegan yogurt to find, and it is closest to dairy yogurt in terms of tangy taste and texture. Plain (unflavored) soy yogurt can be stirred (slowly) into soups to make them creamy or into cooked beans to create a beans-and-sauce combo. This would work with from-scratch beans or with canned beans. If you are making a fast can of soup, use plain soy yogurt for some or all of the required water.

If you'd like a thicker yogurt, sometimes called 'Greek yogurt' or 'yogurt cheese,' line a colander or sieve with cheesecloth or coffee filters, pour in the soy yogurt, and allow it to drain for several hours. You can set this up so that it drains overnight in the refrigerator. What remains will be thick, creamy, and concentrated in tanginess.

You can use your soy Greek yogurt as a base for a thick salad dressing or dip. A fast way to accomplish this is to combine your Greek yogurt with salsa, pickle relish, chutney, hot sauce, or even hummus. If you have leftover cooked potatoes, chop them and add them to some chopped scallions or yellow onions and some parsley. Then, toss with your plain soy Greek yogurt or soy Greek yogurt dressing. Now, you have a fast potato salad ... or the makings of a cold burrito or wrap.

Here are some ideas for **savory yogurt dip** combinations. Mix these ingredients together and then add them to soy yogurt or soy Greek yogurt:

- Chopped fresh dill, mint, garlic powder, lemon juice, scallions, and peeled, chopped cucumbers

- Chopped walnuts, chopped sun-dried tomatoes, nutritional yeast, and black pepper
- Sunflower seeds, onion powder, and garlic powder

If you have the time, you might like to read up on **making your own** soy yogurt. It really does not take that much time! Here are two helpful sites:

- <[www.soyyogurtguide.com/how-to-make-soy-yogurt-at-home/](http://www.soyyogurtguide.com/how-to-make-soy-yogurt-at-home/)>
- <[www.soya.be/how-to-make-soy-yogurt.php](http://www.soya.be/how-to-make-soy-yogurt.php)>

## OTHER VEGAN YOGURTS

As the name implies, **almond yogurt** is made from almonds. **Rice yogurt** is made from rice milk and **coconut milk yogurt** from coconut milk, usually lower-fat coconut milk. These varieties are often a bit thinner and less tangy than soy yogurt, so they work well for sweeter items, such as hot cereals and smoothies. Instead of prepping **hot cereal** with water or vegan milk, try rice yogurt! If you purchase fruit-flavored rice or coconut milk yogurt, you can prepare a peachy oat-milk or a strawberry-mixed grain hot cereal.

If you have some very ripe fresh or canned fruit, you can blend it with rice or coconut milk yogurt and use it as a dipping sauce for fresh or dried fruit, pretzels, or breadsticks. This can also serve as a good base for smoothies. For a basic **yogurt smoothie**, you can combine rice or coconut milk yogurt with semi-thawed orange juice concentrate, frozen strawberries, and a ripe banana. You can freeze this base and combine, frozen, with the vegan milk of your choice and fresh or canned fruit. Any leftover smoothie can be frozen for a refreshing yogurt treat!

**Arrowroot yogurt** or vegan yogurts made from fruit purées are usually enjoyed on their own. Their texture and taste does not blend well for sweet smoothies or savory dishes, but they can be used as a topping for hot or cold cereals, fruit salads, or frozen desserts.

## Dole's Mushroom Powder Supplies Vegan Vitamin D



Dole exposes mushrooms to ultraviolet light to increase their natural amount of vitamin D. By drying these mushrooms and grinding them into their Portobello Mushroom Powder, Dole has created a concentrated source of vitamin D<sub>2</sub>, the vegan form of vitamin D. One teaspoon of the powder provides 600 IU of vitamin D, which meets recommendations for those 70 and younger (1<sup>1</sup>/<sub>3</sub> teaspoons supply 800 IU, the recommendation for adults older than 70). Add the powder to soups, grain dishes, salad dressings, and sauces, and it will lend a mild mushroom flavor. However, the mushroom taste was highly evident in the High "D" Hummus Dip (recipe available at <[www.dole.com](http://www.dole.com)>), which was delicious but tasted more like a mushroom-and-onion spread than hummus.

The limited-supply, vitamin D-rich Portobello Mushroom Powder can be ordered online at <[www.doledepot.com](http://www.doledepot.com)> in 2- and 3.5-ounce bottles. To learn more, visit <[www.dole.com](http://www.dole.com)>, or write to Dole Food Company, One Dole Drive, Westlake Village, CA 91362-7300. *Written by Reed Mangels, PhD, RD.*

## Snacks for People on the Go

Great for hiking, outdoor trips, or just a snack when you're on the go, Mareblu Naturals' Crunch Bags and Crunch Bars are vegan, gluten- and wheat-free, kosher, and made without any peanut products. The Crunch Bags are full of nuts, fruit, and natural sea salt, melded together with organic cane juice, and come in a convenient resealable bag. The Crunch Bar is a 1.2-ounce bar version of the Crunch Bag, making it easy to grab when you are in a hurry. The Cranberry Pomegranate variety of the Crunch Bags is the most delicious, with the subtle fruit flavor mixing well with the nuts. The Almond Crunch Bar is also tasty, and with other unique flavors like Mango Pomegranate and Pistachio, Mareblu Naturals will certainly leave you satisfied.



Contact Mareblu Naturals at 1150 N. Red Gum Street, Suite C, Anaheim, CA 92806-2609 or via phone at (866) 959-NUTS (6887). All Crunch Bags and Crunch Bars can also be purchased on their website, <[www.180snacks.com](http://www.180snacks.com)>. *Written by Lindsey Siferd, VRG Intern.*

## Quorn's First Vegan Product Makes Its Stateside Debut

You've probably seen Quorn mock meats at your local market, but until recently, all of the European company's products contained eggs and/or dairy derivatives. Now, Quorn has introduced Vegan Burgers, made from wheat, potatoes, onions, and other savory ingredients. These soy-free patties are easy to prepare in the oven, on the stovetop, in the microwave, and on the grill, but no matter how these burgers are made, they give off an enticing aroma that will make even the most adamant meateater's stomach rumble!

Quorn's Vegan Burgers are available nationwide at stores such as Giant, Stop & Shop, and Whole Foods Market. For more information, write to Quorn at P.O. Box 5013, Westport, CT 06881, or send an e-mail to customer service at [info@quorn.com](mailto:info@quorn.com). See <[www.quorn.us](http://www.quorn.us)> for details.



## Better Than Butter!

Bursting with a tropical taste, Earth Balance's Organic Coconut Spread is a lactose-, soy-, and gluten-free spread made with extra-virgin coconut oil. A vegan substitute for butter or margarine, this delicious product is a great topper for fresh baked goods or vegetables. Plus, you can stir this spread into recipes, and it is an unbeatable ingredient for almost any of your cooking or baking efforts.

Write to Earth Balance at 7102 LaVista Place, Suite 200, Niwot, CO 80503, or call (201) 421-3970. You can also go to the company's website at <[www.earthbalance.com](http://www.earthbalance.com)>. *Written by Terri Lynn Tracy, VRG Intern.*



## Help VRG With Every Purchase!

The VRG is introducing a new Visa® Platinum Rewards Card! This credit card comes in four attractive, vegan-friendly designs. In addition, the bank sponsoring this credit card will make a \$50 donation to VRG upon card activation as well as ongoing contributions to The VRG that help support the organization's outreach, scholarships, and more! Visit <[www.cardpartner.com/app/vrg](http://www.cardpartner.com/app/vrg)> to learn more about this opportunity and to apply!





## Move Over, Lean Cuisine!



The owners of renowned New York City vegan restaurants Candle Café and Candle 79 have introduced Candle Café Frozen Meals, a new line of organic, gourmet vegan frozen dinners. With low-calorie entrées like Ginger Miso Stir-Fry, Seitan Piccata with Lemon Capers Sauce, and Tofu Spinach Ravioli, Candle Café Frozen Meals are not only healthful, but they're also super satisfying! Candle Café Frozen Meals: compassionate, convenient, and delicious!

These products are available nationwide at some Whole Foods Markets. To learn more about Candle Café, visit the restaurant's website at <[www.candlecafe.com](http://www.candlecafe.com)>. *Written by Jessica Friend, VRG Intern.*

## LUSH Produces Handmade, Cruelty-Free Cosmetics Available Worldwide

Never again will you have to search high and low for the perfect body products! LUSH is a 100-percent vegetarian company that sells earth-conscious and animal-friendly personal care products. The company, which began in Britain, now has 700 locations worldwide, including 95 in the United States.

LUSH products are made from fresh fruits and vegetables, essential oils, and safe synthetics, and nearly all their products, except for those with honey, are vegan. Their highly diverse lines of products include bar soaps, shower gels, bottled and solid shampoos, henna hair dyes, shaving creams, deodorants, powders, lotions, toothpaste tablets, lip balms, and much more!

LUSH is opposed to animal testing and requires that all of their products' ingredients come from cruelty-free vendors who have not tested on animals for any reason. The company also runs several ethical campaigns for animals and the environment, including one against seal hunting in Canada. As an added bonus, LUSH products use little to no packaging, so they are almost as good for the environment as they are for your body.

To learn more about LUSH, go to <[www.lush.com](http://www.lush.com)>. You can call (888) 733-5874, or write to LUSH Fresh Handmade Cosmetics, 8365 Ontario Street, Unit 120, Vancouver, BC, Canada V5X 3E8. *Written by Rita Pruzansky, VRG Intern.*



## Unleash Your Inner Picasso, The Eco-Friendly Way

Have you ever hesitated to create your own masterpiece because so many paints contain harmful ingredients such as lead, cadmium, and even formaldehyde? Fret no more and feel free to GLOB it on! GLOB is an arts and crafts company that specializes in botanically crafted, vegan paints, made using fruits, vegetables, flowers, and spices. The company prides itself on using only natural food-grade products and organic extracts sourced from natural, recyclable, and biodegradable materials. Not only are the products eco-friendly, but they are also easy to use. The pigments in GLOB paints require only the addition of water before you are ready to create! Besides the six varieties of paints, GLOB offers bamboo brushes, art pads, collage kits, and more.

GLOB products are available online at <[www.globiton.com](http://www.globiton.com)> or at various locations worldwide. These locations can be found by visiting the website and clicking on stores near you. For more information,

contact GLOB LLC, P.O. Box 3410, Berkeley, CA 94703, or e-mail [info@globiton.com](mailto:info@globiton.com). You can also contact the company via phone at (510) 227-6174. *Written by Amanda J. Gilley, VRG Intern.*



## Fresh Fruit From the Freezer ...

Do you remember those cellophane sleeves filled with flavored liquid that you used to freeze into ice pops when you were a kid? Well, the Power of Fruit has created the next generation of those treats, and these will appeal equally to children and adults. Their 1.75-ounce frozen fruit bars come in five refreshing flavors—BananaBerry, CherryBerry, Orange Tango, Original All-Fruit, and Tropical with pineapple, mango, and banana. Considering that each bar contains nothing more than a fresh fruit combination, some juice concentrate, and water, you couldn't find a more natural snack unless you picked it from the orchard yourself!

Power of Fruit bars are available at Albertson's, Wegman's, Whole Foods, Winn-Dixie, and other stores that carry natural foods products. Contact Power of Fruit at P.O. Box 456, Lebanon, NJ 08833, or call (908) 450-9806. The company's website is <[www.poweroffruit.com](http://www.poweroffruit.com)>.



# SCIENTIFIC UPDATE

By Reed Mangels,  
PhD, RD, FADA

## A REVIEW OF RECENT SCIENTIFIC PAPERS RELATED TO VEGETARIANISM

### Fruits and Vegetables Are Lacking for the Average High School Student

How often do you think high school students in the United States eat fruits or vegetables? If you guessed 'once a day,' you'd be close to reality. On average, high school students eat fruits 1.2 times daily and vegetables 1.2 times a day. Even more sobering is the finding that a third of high school students don't even eat one vegetable a day, and more than a quarter don't even eat one serving of fruit. The vegetable category does include potatoes but does not include fries or chips. A minimum recommendation is approximately 1½ servings of fruit and 2½ servings of vegetables for high school girls and 2 servings of fruit and 3 servings of vegetables for boys. Hopefully, vegetarian students do better than the more than 11,000 high school students in this study. One suggestion for increasing students' fruit and vegetable intake is to have more salad bars in schools. The Let's Move Salad Bars to Schools initiative has a goal of placing 6,000 salad bars in schools in three years.

Kim SA, Grimm KA, Harris DM, et al. 2011. Fruit and vegetable consumption among high school students—United States, 2010. *MMWR* 60: 1583-86.

### Eating Disorder Risk May Be Lower in Vegetarians Than in 'Flexitarians'

Several studies have suggested that individuals with eating disorders decide to become 'vegetarian' to have a socially acceptable reason for eating less. On closer examination, so-called 'vegetarians' in these studies actually continue to eat chicken and/or fish. A recent study looked at women attending the College of William and Mary and asked them to self-identify as vegetarian (vegan, lacto-vegetarian, lacto-ovo vegetarian), pesco-vegetarian (eats fish), semi-vegetarian (does not eat red meat), flexitarian (eats chicken and fish, occasionally eats red meat), or non-vegetarian. Subjects were asked

about specific foods, and group assignment was corrected as necessary. For instance, someone self-identifying as vegetarian who ate fish would be moved to the pesco-vegetarian group. Subjects also answered questions about their motivations and their personality traits. Vegetarians and pesco-vegetarians were more open to new experiences and less afraid of new foods than were non-vegetarians. Restraint (the degree to which someone avoids eating to lose or maintain weight) was similar in vegetarians and non-vegetarians and higher in semi-vegetarians and flexitarians. Food choices of these groups were primarily motivated by weight control; vegetarians and pesco-vegetarians reported that their motivations were mainly ethical. This focus on weight control in semi-vegetarian and flexitarians raises concerns about a possible higher risk for eating disorders.

Forestell CA, Spaeth AM, Kane SA. 2012. To eat or not to eat red meat. A closer look at the relationship between restrained eating and vegetarianism in college females. *Appetite* 58:319-25.

### Vegetarian Diet May Help Reduce Risk of Diabetes

A recent study of Seventh-day Adventists examined the effect of vegetarian diets on the development of diabetes. The study surveyed more than 41,000 Black and non-Black Adventists in various regions of the United States about their eating and lifestyle habits, medication history, and physical activity. Two years later, study participants were contacted, and those who had developed diabetes were identified. Vegans, lacto-ovo vegetarians, and low meat-eaters (those who ate red meat and poultry less than once a week) were less likely to develop diabetes than were study participants who ate meat more than once a week. The risk of diabetes in those eating fish (but not eating other meat) was not significantly different from that of non-vegetarians. When subjects were examined by ethnicity, vegan, vegetarian, and low-meat diets decreased the risk of diabetes among non-Blacks; only vegan and vegetarian diets reduced the risk of a diabetes diagnosis among Blacks. This study indicates that a vegetarian diet may aid in the

prevention of diabetes even among a population already practicing more healthful behaviors. Additionally, this study suggests that vegetarian diets have the potential to help ease the diabetes epidemic.

Tonstad S, Stewart K, Oda K, et al. 2011. Vegetarian diets and incidence of diabetes in the Adventist Health Study-2. *Nutr Metab Cardiovasc Dis* 10: 1-8 [Epub ahead of print].

*Written by Megan Salazar during her dietetic internship rotation with VRG.*

## Got Soymilk?

Many people who do not use dairy products use soymilk. Fortified soymilk provides calcium, protein, and vitamin D—nutrients that are needed for healthy bones. Furthermore, the isoflavones found in soy may offer some protection from osteoporosis. Researchers from Loma Linda University studied more than 300 postmenopausal women. The women were asked about their diet, and measurements of bone health were made. Women who drank soymilk at least once a day (approximately 1.3 cups of soymilk daily) had a 56 percent lower risk of osteoporosis than did women who did not drink soymilk. (We do not know if the soymilk was fortified.) Similarly, women who used dairy products at least once a day had an almost identical reduction in risk of osteoporosis. These results of this small study suggest that regular use of soymilk can reduce risk of osteoporosis in women.

Matthews VL, Knutsen SF, Beeson WL, et al. 2011. Soy milk and dairy consumption is independently associated with ultrasound attenuation of the heel bone among postmenopausal women: the Adventist Health Study-2. *Nutr Res* 31:766-75.

## Vitamin D and Sunlight Exposure

Our bodies produce vitamin D following sunlight exposure. Melanin, a skin pigment, reduces vitamin D production so that people with darker skin require more sunlight exposure to produce adequate vitamin D than those with lighter skin. A British study examined vitamin D production in people of South Asian (Indian, Pakistani, and Bangladeshi) ancestry. Study subjects were exposed to simulated summer sunlight equivalent to what they would receive by being outside for 30

minutes three times a week for six weeks in the summer wearing a T-shirt and knee-length shorts. This amount of sunlight exposure was not sufficient to achieve adequate vitamin D status in the study subjects. Subjects also had a low dietary vitamin D intake. The results of this study suggest that recommendations for sunlight exposure for dark-skinned South Asian adults might be as much as four times higher than those for fairer skin types and that food or supplemental vitamin D may be needed to meet vitamin D needs.

Farrar MD, Kift R, Felton SJ, et al. 2011. Recommended summer sunlight exposure amounts fail to produce sufficient vitamin D status in UK adults of South Asian origin. *Am J Clin Nutr* 94:1219-24.

## Phone Support Helps With Weight Loss

A traditional method for supporting people who are trying to lose weight is a combination of group classes and individual sessions. This method can be successful but is very labor-intensive and costly, and it is difficult for many people in terms of scheduling. What if, instead of face-to-face meetings, people enrolled in a weight loss program could get support from phone calls, e-mails, and the Internet? Researchers at The Johns Hopkins University tested this idea. Study participants, all of whom were obese, were enrolled in the study for a two-year period with a goal of losing 5 percent of their weight in six months and maintaining that weight loss for the remaining 18 months. They were randomly assigned to one of three groups. One group received support remotely by telephone, e-mail, and a study website. Another received in-person support along with the remote support. The third group was self-directed and did not receive support. After two years, both groups receiving support had lost an average of more than 10 pounds while the group not receiving support had lost an average of less than two pounds. Close to 40 percent of participants receiving support, whether remotely or in person, had achieved the goal weight loss of 5 percent. These results suggest that weight loss programs that provide support through phone calls and e-mail can be as effective as programs providing in-person support. Remote support offers greater scheduling flexibility and may cost less than in-person support.

Appel LJ, Clark JM, Yeh H-C, et al. 2011. Comparative effectiveness of weight-loss interventions in clinical practice. *N Engl J Med* 365:1959-68.



# My Vegan Plate

**T**HE VRG DEVELOPED THIS MY VEGAN PLATE diagram (page 19) as a simple guide to vegan food choices. It is based on the USDA's MyPlate, which is not vegan. Readers who would like more details can refer to our "Vegan Food Guide" in *Simply Vegan*.

In the interest of simplicity, we did not go into detailed explanations when we developed My Vegan Plate. For example, although we created a separate "Protein" group, protein is also found in foods in the "Vegetables" and "Grains" groups.

The "Nutrition Tips" that go with My Vegan Plate list food and supplements as vitamin D sources. Sun exposure is also a way to get vitamin D, although this is not an option in northern climates during the winter.

There are numerous types of meal plans, but for those who want to follow or teach something like the USDA's MyPlate model, this is a vegan approach. To receive extra copies for classes or tabling, please e-mail [vrg@vrg.org](mailto:vrg@vrg.org). You can also download a PDF of this graphic from [www.vrg.org/nutshell](http://www.vrg.org/nutshell).

## VRG Celebrates 30 Years of Changing Society Support Continued Education, Outreach, and Activism!

The Vegetarian Resource Group celebrates 30 years of activism in 2012. For those who would like to support continued research and outreach, we will be listing donors in *Vegetarian Journal*.

Donations can be sent to The Vegetarian Resource Group, P.O. Box 1463, Baltimore, MD 21203, or call (410) 366-8343. You can also donate online at [www.vrg.org/donate](http://www.vrg.org/donate).

Please list my name in the *Vegetarian Journal's* 30<sup>th</sup> Anniversary issue as a:

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> \$50 Supporter          | <input type="checkbox"/> \$1,000 Garden of Eden       | <input type="checkbox"/> \$10,000 VRG Patron      |
| <input type="checkbox"/> \$100 Sustaining Member | <input type="checkbox"/> \$5,000 Circle of Compassion | <input type="checkbox"/> \$25,000 Program Sponsor |

Please include my congratulatory message in *Vegetarian Journal*. (Companies that offer vegan foods [subject to approval] may also include their logo in black-and-white or color. Logos should be 300 dpi.)

Message: \_\_\_\_\_

- |  |  |
|--|--|
| <input type="checkbox"/> ¼-page space (4 x 5 inches) – \$2,000 | <input type="checkbox"/> Full page (8 x 10 inches) – \$5,000 |
| <input type="checkbox"/> ½-page space (8 x 5 inches) – \$3,000 | <input type="checkbox"/> I would like to be anonymous.       |

Name: \_\_\_\_\_

Address: \_\_\_\_\_

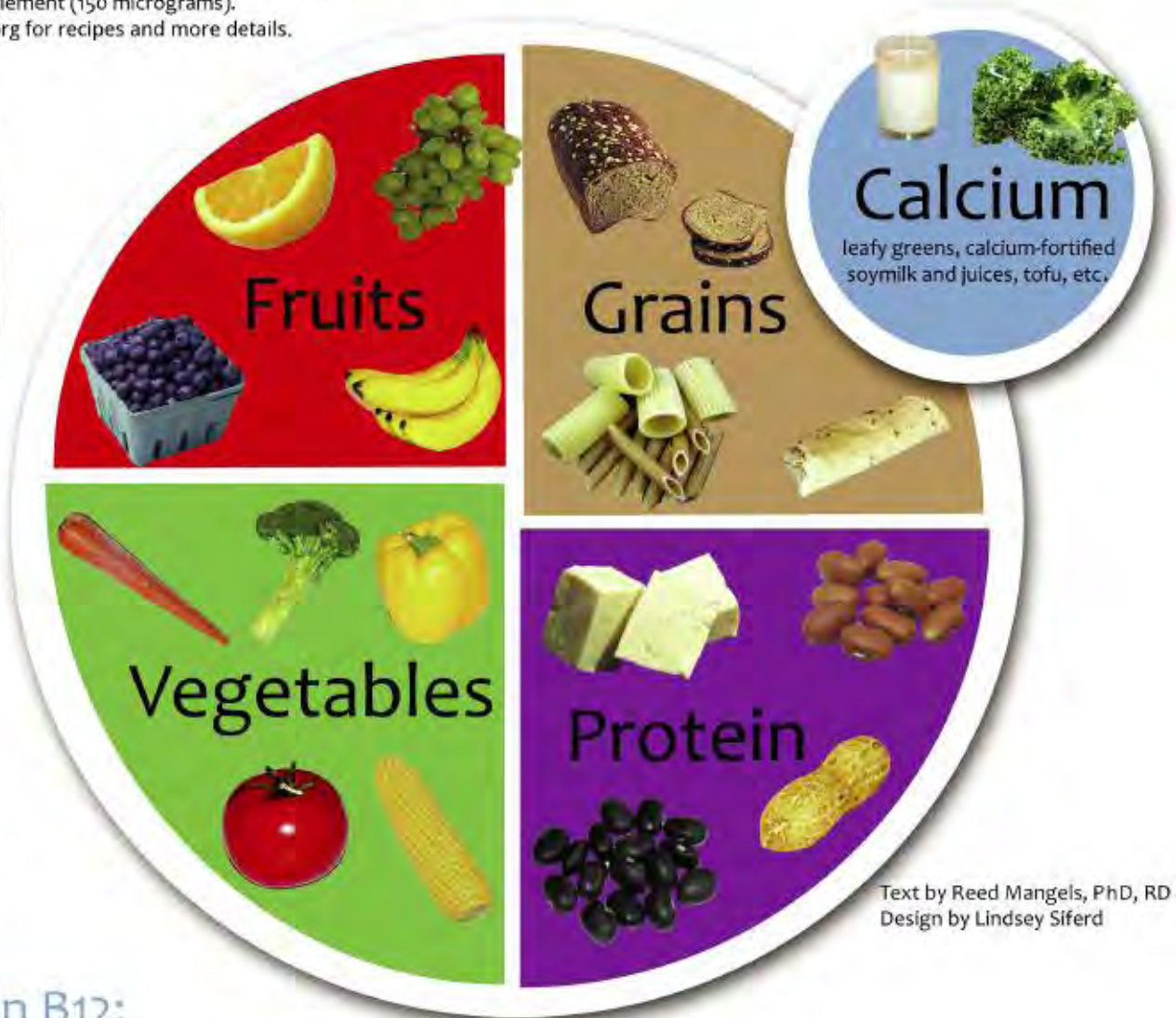
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_ E-mail: \_\_\_\_\_

# Vegan MY ^ PLATE

## Nutrition Tips:

- \*Choose mostly whole grains.
- \*Eat a variety of foods from each of the food groups.
- \*Adults age 70 and younger need 600 IU of vitamin D daily.  
Sources include fortified foods (such as some soymilks) or a vitamin D supplement.
- \*Sources of iodine include iodized salt (3/8 teaspoon daily) or an iodine supplement (150 micrograms).
- \*See [www.vrg.org](http://www.vrg.org) for recipes and more details.



Text by Reed Mangels, PhD, RD  
Design by Lindsey Siferd

## Vitamin B12:

Vegans need a reliable source of vitamin B12. Eat daily a couple of servings of fortified foods such as B12-fortified soymilk, breakfast cereal, meat analog, or Vegetarian Support Formula nutritional yeast. Check the label for fortification. If fortified foods are not eaten daily, you should take a vitamin B12 supplement (25 micrograms daily).

### Note:

Like any food plan, this should only serve as a general guide for adults. The plan can be modified according to your own personal needs. This is not personal medical advice. Individuals with special health needs should consult a registered dietitian or a medical doctor knowledgeable about vegan nutrition.



The Vegetarian

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# Foodservice Update

Healthy Tips and Recipes for Institutions from The Vegetarian Resource Group

## Promoting Food Day and World Vegetarian Day

By Chef Nancy Berkoff, RD, EdD

**F**OOD DAY (<[WWW.FOODDAY.ORG](http://WWW.FOODDAY.ORG)>) IS DURING October of each year, while World Vegetarian Day (<[WWW.WORLDVEGETARIANDAY.ORG](http://WWW.WORLDVEGETARIANDAY.ORG)>) is an international event that takes place annually on October 1. Events planned around these celebrations are a great way to make your community aware of the need to:

- Promote healthful foods and healthful eating.
- Support sustainable agriculture while pushing to curtail the subsidy of large agribusiness.
- Alleviate food insecurity.
- Protect animals and the environment.

There are many ways to plan food-related events for Food Day or World Vegetarian Day! These range from asking a local market to offer veggie sticks and hummus at a table with Food Day or World Vegetarian Day information to planning earth-conscious menus for community organizations ... and beyond!

The information in this article can be shared with the people who plan or offer meals for senior centers, preschools, shelters or missions, residential or non-residential schools, employee cafeterias, and other large or small food operations. Organizations may also wish to refer to it when catering their own events.

### SECRETS OF THE (VEGETARIAN) STOREROOM

You may be surprised at how many vegetarian or vegan products a typical storeroom holds. Here is a fast review:

#### Freezer

- Frozen fruits and vegetables
- Frozen potatoes

- Frozen pie crust (made with vegetable shortening)
- Fruit juice concentrates (to be used as a cooking sweetener in place of sugar)

#### Refrigerator

- Fresh fruits and vegetables
- Fresh potatoes
- Prepared salsas
- Fresh garlic and onions
- Fresh herbs
- Assorted breads
- Tortillas (made with vegetable oil instead of lard)
- Nonhydrogenated vegan margarine
- Oil-based salad dressings (made without dairy or eggs)
- Unsweetened fruit juices

#### Nonperishable storage

- Fruit canned in juice or water
- Canned vegetables
- Canned tomato products
- Canned and dried beans (pinto, kidney, black, navy, white, and lima beans; lentils; garbanzos; black-eyed peas; and split peas)
- Rice
- Pasta (made without eggs)
- Potato mixes (made without dairy)
- Pretzels, potato or tortilla chips, and some graham crackers
- Unsweetened hot cereals (such as oats, farina, and Cream of Wheat)

- Unsweetened cold cereals (such as puffed rice, bran flakes, and shredded wheat)
- Cornmeal
- Peanut butter and other nut butters
- Fruit preserves
- Mustard
- Oils and vinegars
- Dried herbs and spices
- Maple syrup
- Flavoring extracts and zests

**Note:** Inspect the labels if you are using processed products, such as bakery mixes, frozen entrées, and prepared salad dressings. Some animal-derived ingredients (bacon bits, dried milk, powdered egg, etc.) are obvious, but others (casein, rennet, or enzymes) are not.

### DESIGNING THE VEGETARIAN MENU

Vegetarian entrées are easily prepared from the ingredients you already have in your walk-ins and storerooms. Pasta, rice, barley, beans, legumes, and potatoes can all form the base of vegetarian entrées. Less traditional ingredients, such as tofu or seitan, are available; you can decide if you have the time to train your staff and the

**“Vegetarian entrées are easily prepared from the ingredients you already have in your walk-ins and storerooms.”**

budget to incorporate these items. The key is to design a menu that as many people as possible will accept. If you need to prepare separate items, you need to plan for foods that are quick and easy to make and serve.

**Pasta** is an easy way to go for fast vegetarian entrées. To make a pasta dish acceptable to both omnivores and vegans, choose pasta made without eggs. Prepare a marinara sauce; add sautéed or steamed mushrooms, minced garlic, and extra tomatoes; and serve over cooked pasta for a fast entrée. Another idea is to toss pasta with sauce; place in steam table pan; top with chopped tomatoes, bell peppers, and onions; cover; and bake until hot for a quick vegetarian casserole. Additions to the tomato sauce can include chopped seasonal vegetables (such as summer squash, carrots, and different varieties of mushrooms), cooked lentils or white beans, roasted garlic, and fresh chopped herbs (basil or oregano).

If your menu offers dishes prepared with **beans or legumes**, cook the beans without animal products so you may use them for everyone. If you don't prepare beans, keep cans of several varieties on hand. You can toss together a hearty four-bean soup (with kidney, navy, and garbanzo beans and black-eyed peas) and pair it with a baked potato (topped with chopped veggies and vegan margarine), steamed rice, or pasta salad to have a fast vegetarian entrée. Or season red or black beans with onions, cumin, and pepper and serve on a steaming bed of white or brown rice. Cooked beans can be puréed, seasoned, and used as a protein-rich sauce to top pasta, rice, or other cooked grains. Toss cooked beans into a rice pilaf for another fast entrée. Many of these vegan items will also work well for lowfat, high-protein, pregnancy, or geriatric menus.

If you have baked **potatoes** on the menu, cook them without butter or meat stock so everyone can enjoy them. Baked potatoes can be topped with chopped fresh and cooked vegetables, cooked beans, salsa, and vegan margarine. Pair them with a veggie bean stew or hot dinner rolls. You can also serve a stuffed baked potato with steamed red and green cabbage and mushrooms for a fast vegetarian dinner.

Examples of labor-saving vegan menu items for everyone would be carrot sticks with hummus or bean dip and crackers. Many side dishes are inherently vegan, including roasted potatoes drizzled with oil or vegan margarine, baked potatoes with salsa and vegan margarine as toppings, vegetables steamed with dried herbs, sautéed mushrooms, green beans amandine, glazed carrots (using maple syrup or orange juice concentrate rather than honey to keep it vegan), fruit salad or fruit compote, and steamed barley or rice served with chopped nuts or sautéed vegetables.

### Think Versatility

Vegetarian ingredients adapt easily to different dishes.

- Canned or cooked lentils can be mashed with stewed eggplant or zucchini, fresh tomatoes, onions, and garlic and used as a sandwich filling.
- Tomato salsa can be a salad dressing, flavoring for soup, and an ingredient in casseroles.
- Orange or apple juice concentrate can flavor a salad dressing or marinade, replace sugar in baking recipes, or add 'zip' to a sweet-and-sour sauce.



## VEGETARIAN IN A MINUTE

We know that meal preparation and serving time is short and budgets limited. Many vegetarian menu items are easy to prepare and serve, and the general population often enjoys them as much as vegetarians do. Here are suggestions for fast, lower-budget vegan menu items:

### Entrées

- **Three-Bean Tamale Pie:** Alternate three types of cooked beans with salsa, top with prepared cornbread mix, and bake. If the cornbread mix calls for dairy and/or eggs, substitute seasoned mashed potatoes. (Seasonings could include dried parsley, ground black or white pepper, and garlic powder.) A vegan *Whole Grain Cornbread* recipe appears on page 24.
- **Chili Sauté:** Add chopped bell peppers, onions, and garlic to three- or four-bean chili, and either sauté or bake. Then, serve over steamed rice, vegan cornbread, or mashed potatoes.
- **Veggie Shepherd's Pie:** Top vegetable stew (a mixture of carrots, celery, onions, and mushrooms or mixed vegetables combined with cooked beans) with prepared mashed potatoes and bake. A vegan *Braised Vegetable Stew* recipe appears on page 24.
- **Lentil Stew:** Combine cooked lentils with cooked, quartered steamed potatoes; sliced cooked carrots; diced celery; and chopped tomatoes. Season with pepper and dill, and simmer until ready to serve.

- **Pasta Bake:** Combine cooked pasta with tomato sauce, chopped tomatoes, and diced mushrooms. Season with ground basil and oregano and bake.
- **Veggie Size:** Top veggie burgers with vegetarian chili and chopped veggies, and serve on a hamburger bun or toasted bread.
- **Burrito Wrap:** Fill a large tortilla with mashed beans, sliced chilies, chopped tomatoes or salsa, and sliced onions. Heat in the oven or microwave and then serve hot.

### Side Dishes

- **Herbed Potatoes:** Coat small, cooked potatoes with vegetable oil spray, toss with dried herbs, and bake until crisp.
- **Garlic Mashed Potatoes:** Prepare mashed potato mix with hot water and vegan margarine, and add granulated garlic for flavor.
- **O'Brien Potatoes:** Add diced peppers, chopped onions, and cut corn to hash browns. Then, simply bake to heat.
- **Refried Beans:** Mash cooked pinto or black beans with sautéed onions and bell peppers, and then steam or bake to heat. Many companies now offer canned, ready-to-heat vegetarian refried beans as part of their 'healthy' offerings.
- **Rice Pilaf:** Sauté rice in a small amount of vegetable oil, or steam the rice in vegetable broth or

## Easy Ways to Dress Up That Green Salad

Green salads are cool, crisp, and receptive to change. Build a basic salad with head and leaf lettuce and red and green cabbage, and then add ingredients to create fast vegetarian entrées or side dishes.

### For an entrée:

- Cold black, white, kidney, and red beans
- Cold lentils tossed with mushrooms and tomatoes
- Smoked, barbecued, baked, or grilled tofu
- Sliced vegan deli meats
- Grilled eggplant
- Grilled or marinated mushrooms
- Cold vegan ravioli or tortellini
- Bean and salsa combinations
- Hummus and olive combinations
- Chopped walnuts or peanuts

### For a side dish:

- Green and wax beans
- Chopped onions, radishes, tomatoes, garlic, olives
- Shredded carrots, beets, zucchini, crookneck squash
- Cut corn
- Chopped pickled vegetables
- Sliced marinated or fresh mushrooms
- Chopped nuts (such as walnuts, peanuts, and cashews), and pumpkin, sunflower and sesame seeds

water. (You can use water that has been drained from cooked vegetables.) Then, garnish cooked rice with cooked peas, carrots, mushrooms, and chopped nuts.

## Desserts

- **Baked Apples:** Stuff cored apples with raisins and ground cinnamon, sweeten with orange juice concentrate, and bake.
- **Apple Bread Pudding:** Combine shredded vegan sweet rolls and bread with apple pie filling, add applesauce for additional moisture, and bake.
- **Fruit Compote:** Stew dried fruit (such as raisins, prunes, apricots, and apples) with peeled, sliced fresh apples and pears. Then, season with cinnamon, mace, and lemon zest. Serve hot or chilled.
- **Peach Cobbler:** Top frozen or canned pie filling with strips of pie crust, chopped nuts, and raisins, and bake.

## A 'VILLAGE' APPROACH FOR PUTTING FOOD DAY INTO ACTION

There is a great take-away about making just about every day into Food Day with activities currently being used by All Saints' School in Carmel Valley, California. Earthbound Farm's Farm Stand, an organic farm and distributor located near the school, provides hot lunch to the school five days a week. The school had not previously had a hot lunch program. The serving trays and utensils are washed and used repeatedly, making it an almost zero-waste program. The Farm Stand is close to the school, so little fuel is used in delivering the meals.

Earthbound Farm's Farm Stand Café is now providing what may be the only 100-percent certified organic school lunch in the country, and one with almost no waste. The uneaten food and unbleached paper napkins are composted at the Farm Stand.

According to school administration, the lunch program came through "two parents speaking." Parents and students help to serve the lunches; this provides a sense of community and offers an opportunity to educate students, parents, and staff about healthful eating and environmental issues. There is a plan to incorporate these topics into the school curriculum, as well as to continue to develop the school's organic garden.

All the food produced in Earthbound Farm's Stand is certified organic, which means all the ingredients are grown without chemicals and using methods that are safe for field workers, wildlife, neighboring homes and schools, and the environment. Recipes that are as low

as possible in fat and sugar without sacrificing flavor have been developed. Although the Farm Stand offerings are not entirely vegetarian at this point, kindergarten through eighth grades students are trying (and liking) foods that are new to them, such as roasted beets ("They're sweet and pretty."), baked sweet potatoes, and organic sourdough bread.

## RECIPES

Recipes with an asterisk (\*) should be fairly easy for a community group (rather than professional food service) to produce.

### \*CHILLED BREAD AND TOMATO SOUP (Makes thirty-two 1 1/2-cup servings)

*This dish is budget-conscious—it requires day-old bread!*

- 3 Tablespoons olive oil
- 5 pounds diced onions
- 2 pounds diced carrots
- 2 pounds diced celery
- 1 pound diced fennel (if fresh fennel is not available, add an extra pound of celery.)
- 1 cup diced fresh garlic
- 2 Tablespoons white pepper
- 2 gallons chopped fresh tomatoes, or 2 gallons canned chopped tomatoes, drained
- 2 dried bay leaves
- 2 cups shredded fresh basil
- 3 pounds crustless stale or dried bread, ripped or cut into small pieces

In a stock pot, heat the oil. Add the onions, carrots, celery, and fennel. Cook, stirring occasionally, until tender, approximately 6-8 minutes. Add the garlic and pepper and cook 1 additional minute. Add the tomatoes, bay leaves, and basil. Cook on low heat for 5 more minutes. Remove the bay leaves. Stir in bread to moisten, little by little, stirring between additions. Purée in a blender or food processor or by hand, in batches if necessary.

Return the soup to the pot and cook over high heat, stirring constantly, for 2 minutes. Remove from heat, cool properly, and allow soup to chill for at least 2 hours prior to serving.

Total calories per serving: 252	Fat: 3 grams
Carbohydrates: 51 grams	Protein: 8 grams
Sodium: 62 milligrams	Fiber: 6 grams

## \*BRAISED VEGETABLE STEW

(Makes forty-five 1-cup servings, including tofu)

*This flavorful stew is versatile, using seasonal vegetables. It can be served over mashed potatoes, or the mashed potatoes can be placed on top, shepherd's pie-style.*

10 pounds potatoes, cooked until tender and then peeled  
2 cups nonhydrogenated vegan margarine  
Vegetable oil spray  
2 cups diced onions  
1/4 cup minced garlic  
2 quarts (4 pounds) large-diced fresh mushrooms  
1 quart (2 pounds) diced red bell peppers  
1 cup deseeded and chopped fresh chilies (You choose the heat!)  
4 pounds cubed extra firm tofu (optional)  
1 gallon low-sodium vegetable stock  
1 Tablespoon prepared mustard  
1/4 cup cornstarch  
2/3 cup water

In a large pot, mash the potatoes with margarine until very few lumps remain. Cover, set aside, and keep warm for service.

Spray a large stock pot with oil. Add the onions, garlic, mushrooms, peppers, chilies, and tofu and cook, tossing and stirring, until softened, for approximately 8 minutes. Add stock and bring to a fast boil. Reduce heat and simmer, covered, for 30 minutes. Stir in mustard and allow the stew to simmer for 10 minutes.

In a small bowl, whisk together the cornstarch and water until smooth. Add to stew. Bring the stew to a fast boil and boil for 2 minutes, stirring to incorporate the cornstarch. Serve hot over mashed potatoes, or serve mashed potatoes on top of the stew.

Total calories per serving: 215 Fat: 10 grams  
Carbohydrates: 24 grams Protein: 8 grams  
Sodium: 151 milligrams Fiber: 3 grams

## WHOLE GRAIN CORNBREAD

(Serves 20-30)

*This fast recipe can be served with vegan soups, stews, and chili. Also, it is a great breakfast dish, and it freezes well.*

Vegetable oil spray  
1 1/2 cups whole wheat pastry flour  
1 cup white pastry flour  
4 cups cornmeal  
2 Tablespoons baking powder  
2 teaspoons baking soda  
1 teaspoon salt  
1 1/2 cups soft silken tofu  
1 cup sugar (Use your favorite vegan variety.)  
3 1/2 cups soy milk mixed with 2 Tablespoons lemon juice  
1/2 cup melted nonhydrogenated vegan margarine

Preheat oven to 400 degrees.

Spray three full hotel pans (used on steam tables) with vegetable oil. In a large mixing bowl (large enough to hold the dry and liquid ingredients), whisk together the pastry flours, cornmeal, baking powder, baking soda, and salt.

In a separate bowl, whisk together the tofu, sugar, and soy milk. Pour the liquid ingredients into the dry ingredients and mix together just to moisten. Add the melted margarine; stir until just combined.

Pour the mixture into the oiled pans. Bake for 20-25 minutes, until the tops are golden brown and firm to the touch and a toothpick inserted into the center comes out clean. Cool for at least 20 minutes before cutting.

Total calories per serving: 262 Fat: 6 grams  
Carbohydrates: 45 grams Protein: 7 grams  
Sodium: 425 milligrams Fiber: 3 grams

## \*CHOPPED TOMATO SANDWICHES

(Makes 24 sandwiches)

*When you add the Avocado Potato Salad (below) as a side dish, you get a wonderful combination of color, texture, and taste all on one plate!*

3/4 cup white vinegar or apple cider vinegar  
1 Tablespoon minced garlic  
1-2 teaspoons ground black pepper  
1/2 cup olive oil  
2 cups chopped sweet onions  
2 cups chopped fresh tomatoes or drained canned tomatoes  
Twenty-four 6-inch pita breads  
24 leaves romaine lettuce

In a large bowl, whisk together the vinegar, garlic, pepper, and oil. Set aside.

Combine the onions and tomatoes and add them to the vinegar mixture.

When ready to assemble, split the pita breads, line each with a lettuce leaf, and spoon the tomato filling into each pita. Serve with *Avocado Potato Salad* (below).

Total calories per serving: 214 Fat: 5 grams  
Carbohydrates: 35 grams Protein: 6 grams  
Sodium: 324 milligrams Fiber: 2 grams

## \*AVOCADO POTATO SALAD

(Makes twenty-four 1/2-cup servings)

*This recipe is adapted from the California Avocado Commission.*

1/3 cup fresh lemon juice  
2 teaspoons minced garlic

**3/4 cup vegan mayonnaise**  
**1/4 cup olive oil**  
**1 1/2 pounds unpeeled, diced cooked potatoes**  
**1 cup diced celery**  
**1 cup chopped sweet onions**  
**3 cups peeled, diced ripe avocados**  
**2 Tablespoons minced fresh parsley**

In a medium bowl, mix together the lemon juice and garlic. Stir in the mayonnaise and olive oil and set aside.

In a large bowl, combine the potatoes, celery, and onions. Toss with the dressing.

Just before serving, gently fold in the avocados and parsley. Serve with *Chopped Tomato Sandwiches* (page 24).

Total calories per serving: 103    Fat: 7 grams  
 Carbohydrates: 9 grams        Protein: 1 gram  
 Sodium: 65 milligrams        Fiber: 2 grams

## \*PENNE BOLOGNESE

(Serves 30-35)

*This recipe can be assembled fairly quickly and tastes good either right from the stove or cooled overnight. You can purchase nutritional yeast in natural foods stores or online.*

**5 pounds uncooked penne pasta**  
**5 cups chopped onions**  
**3 cups chopped carrots**  
**3 cups chopped celery**  
**1 cup olive oil**  
**4 Tablespoons dried parsley**  
**2 Tablespoons dried oregano**  
**2 Tablespoons ground black pepper**  
**2 quarts vegan tomato or marinara sauce**  
**1/2 pound (1 1/2 cups) nutritional yeast**

Cook the pasta according to the package directions. Drain and set aside.

In a 10-quart pot (big enough to eventually hold the cooked penne), sauté the onions, carrots, and celery in olive oil over medium heat. Cook vegetables until softened, approximately 6-8 minutes. Add the parsley, oregano, and black pepper and cook with the vegetables for approximately 10 minutes. Add the tomato or marinara sauce and simmer for approximately 20 minutes, stirring occasionally. Toss with hot pasta, top with nutritional yeast, and serve hot.

Total calories per serving: 415    Fat: 9 grams  
 Carbohydrates: 69 grams        Protein: 15 grams  
 Sodium: 367 milligrams        Fiber: 6 grams

**Nancy Berkoff is The VRG's Food Service Advisor. She is the author of *Vegans Know How to Party and Vegan in Volume*.**

## NOTES FROM THE VRG SCIENTIFIC DEPARTMENT

### THE VEGETARIAN RESOURCE GROUP IN THE NEWS

Vegetarian Resource Group Nutrition Advisor Reed Mangels, PhD, RD, was one of the experts quoted in "Busted: Top Vegan Nutrition Myths," an article by Nil Zacharias that appeared in *The Huffington Post* (available at <[www.huffingtonpost.com/nil-zacharias/vegan-nutrition-myths\\_b\\_949288.html](http://www.huffingtonpost.com/nil-zacharias/vegan-nutrition-myths_b_949288.html)>). Reed answered questions about the safety of a vegan diet for infants and children. In addition, Reed granted interviews about vegetarian children to both *Boston Parents Paper* and the *Diets in Review* website, and she spoke to *Family Circle* about vegan teenagers.

Reed and VRG contributor Julia Driggers, RD, co-authored an article titled "The Youngest Vegetarians: Vegetarian Infants and Toddlers" for *ICAN: Infant, Child, & Adolescent Nutrition*, a pediatric nutrition journal. The article appeared online first and then in a print edition.

### VEGAN OUTREACH

Vegetarian Resource Group Food Service Advisor Nancy Berkoff, RD, EdD, CCE, worked with a team from a local Tibetan Buddhist monastery in Southern California to coordinate meals for the Dalai Lama, his staff, and approximately 1,500 audience members when he gave a public presentation in Long Beach, CA, on April 21. Also, in February, Nancy teamed with several California chefs to do a seminar on chocolate, and they incorporated vegan chocolate recipes into the demonstrations.

The Henry Ford Museum in Dearborn, Michigan, used a web capture of VRG's restaurant webpage in a display case that talks about how people use websites to find the information they need to enhance their travel experiences.



# Recipes from Souplantation and Sweet Tomatoes Restaurants

By Julie Rizio

**C**OOLOFF THIS SUMMER WITH SOME REFRESHING, nutritious, and delicious eats! Choose to indulge in a crispy, refreshing salad with succulent strawberries and caramelized walnuts, create a perfect prepared pasta salad for a summertime picnic, or even try a warm soup that's just right for a cool summer night. But no matter what you're craving this summer, Souplantation/Sweet Tomatoes restaurants (<[www.souplantation.com](http://www.souplantation.com)>) have you covered!

Throughout the year, Souplantation/Sweet Tomatoes offers guests more than 45 different vegetarian options, many of which are also vegan, along their 55-foot salad bar and among their soup, pasta, fruit, and dessert stations. The all-you-care-to-eat buffet features something for everyone and is a great opportunity to try new foods. Vegetarian and vegan offerings are marked throughout the restaurant and also highlighted within the nutritional guide, available inside the restaurant and online at <[www.souplantation.com/nutritionguide/](http://www.souplantation.com/nutritionguide/)>. This way, guests can check out options before even setting foot in the restaurant.

Healthful meals are important, whether around your own dinner table or out at your favorite restaurant. For the times when everyone's days are far too busy to prepare a healthful vegetarian or vegan meal, Souplantation/Sweet Tomatoes is a great option. And if you wish to enjoy their fresh, seasonal food at home, some of our favorite vegan recipes are below!



Strawberry Fields Salad with Caramelized Walnuts

## Notes:

- The serving size for all dressings in this article is 2 Tablespoons, and that is the amount used to calculate the nutritional analyses below each recipe.
- All recipes are copyrighted by Souplantation and Sweet Tomatoes Restaurants.

## STRAWBERRY FIELDS SALAD WITH CARAMELIZED WALNUTS (Makes eleven 1-cup servings)

### CARAMELIZED WALNUTS

2 cups water

1/2 cup diced walnuts

2 Tablespoons white sugar (Use your favorite vegan variety.)

Bring the water to a boil. Add walnuts and cook for 30 seconds. Strain the walnuts.

Preheat oven to 325 degrees. In a bowl, combine the walnuts and sugar and stir to coat. Place walnuts on a baking sheet and bake for approximately 8-10 minutes or until golden brown. Set aside.

### DRESSING

1/2 pound sweetened frozen strawberries

1/4 cup balsamic vinegar

2/3 teaspoon white sugar (Use your favorite vegan variety.)

1 1/2 teaspoons dijon mustard

1 teaspoon kosher salt

1/4 teaspoon black pepper

1/4 cup canola oil

Combine ingredients in a food processor and blend.

### SALAD

4 cups chopped romaine lettuce

4 cups mesculin mixed lettuce

1 cup thinly sliced strawberries

1/2 cup thinly sliced red onions

**1/2 cup shredded carrots**  
**1/2 cup black raisins**  
**Caramelized Walnuts**  
**Strawberry Fields Dressing**

Combine ingredients (including walnuts and dressing) in a bowl and toss until evenly coated.

Total calories per serving: 154 Fat: 9 grams  
Carbohydrates: 19 grams Protein: 2 grams  
Sodium: 262 milligrams Fiber: 2 grams

## THAI UDON & PEANUT SALAD

(Makes ten 1-cup servings)

### CHINESE UDON NOODLES

**6 cups water**  
**1/2 pound Chinese udon noodles**

In a pot, bring water to a boil. Add noodles and cook for approximately 10 minutes. Strain noodles and immediately flash cool in cold water. Drain off excess water.

### THAI PEANUT DRESSING

**3/8 cup seasoned rice vinegar**  
**1/4 cup low-sodium soy sauce**  
**1/4 cup canola oil**  
**3 Tablespoons plus 1 teaspoon white sugar**  
(Use your favorite vegan variety.)  
**3 Tablespoons plus 1 teaspoon brown sugar**  
(Use your favorite vegan variety.)  
**1/4 cup creamy peanut butter**  
**2 peeled medium garlic cloves**  
**3/4 teaspoon crushed red pepper**

Combine ingredients in a food processor and blend for 1 minute or until smooth and combined.

### TOSSED SALAD

**3 cups chopped romaine lettuce**  
**3 cups chopped napa cabbage**  
**Chinese Udon Noodles**  
**Thai Peanut Dressing**  
**1/4 cup thinly sliced red bell peppers**  
**1/4 cup shredded carrots**

**1/8 cup thinly sliced scallions**  
**1/8 cup chopped peanuts**  
**1/8 cup chopped cilantro**

Combine ingredients (including noodles and dressing) in a bowl and toss until evenly coated.

Total calories per serving: 237 Fat: 10 grams  
Carbohydrates: 32 grams Protein: 6 grams  
Sodium: 570 milligrams Fiber: 2 grams

## BAJA BEAN & CILANTRO PREPARED SALAD

(Makes twelve 1 1/4-cup servings)

### VINAIGRETTE

**3/4 cup balsamic vinegar**  
**1/2 cup canola oil**  
**1 Tablespoon diced green chilies**  
**1 1/2 teaspoons crushed red pepper flakes**  
**1 1/2 teaspoons ground cumin**  
**1 teaspoon table salt**  
**1 teaspoon white sugar** (Use your favorite vegan variety.)  
**1 teaspoon chili powder**  
**3 cloves finely minced garlic**

Combine ingredients in a bowl and whisk thoroughly.

### SALAD

**5 1/2 cups canned black beans, rinsed**  
**3 3/4 cups canned pinto beans, rinsed**  
**2 1/4 cups canned garbanzo beans, rinsed**  
**1 cup diced red onions**  
**1 cup diced carrots**  
**1 cup sliced scallions**  
**3/4 cup diced red bell peppers**  
**1/2 cup chopped cilantro**  
**1/4 cup chopped parsley**  
**Vinaigrette**  
**Salt and pepper to taste**

Combine all ingredients except for the salt and pepper and mix to evenly coat with dressing. Allow to marinate for 2 hours. Season with salt and pepper to taste.

Total calories per serving: 333 Fat: 11 grams  
Carbohydrates: 47 grams Protein: 13 grams  
Sodium: 674 milligrams Fiber: 14 grams

## ITALIAN WHITE BEAN SALAD

(Makes ten 1-cup servings)

### WHITE BEANS

**1 1/2 pounds small white beans**  
**10 cups water**

Add the ingredients to a large pot and bring to a boil. Simmer for 2 hours or until the beans are cooked but still firm. Drain water and flash cool beans in ice-cold water. Drain again.

### DRESSING

**1/2 cup canola oil**  
**1/2 cup red wine vinegar or plain vinegar**  
**2 Tablespoons finely diced garlic**  
**2 Tablespoons finely diced oregano**  
**1 1/2 teaspoons kosher salt**  
**1/2 teaspoon red pepper flakes**  
**1/2 teaspoon ground black pepper**

Combine ingredients in a bowl and whisk thoroughly.

### SALAD

**2 cups diced roma tomatoes**  
**1 cup diced green bell peppers**  
**1 cup diced carrots**  
**3/4 cup diced red onions**  
**Cooked and cooled White Beans**  
**Dressing**  
**Salt and pepper to taste**

Combine all ingredients except for the salt and pepper in a bowl and mix to thoroughly coat with dressing. Season with salt and pepper to taste.

Total calories per serving: 354 Fat: 12 grams  
Carbohydrates: 48 grams Protein: 15 grams  
Sodium: 369 milligrams Fiber: 18 grams

## MANDARIN SPINACH SALAD WITH CARAMELIZED WALNUTS

(Makes ten 1-cup servings)

### CARAMELIZED WALNUTS

2 cups water  
1 cup diced walnuts  
3 Tablespoons white sugar (Use your favorite vegan variety.)

Bring the water to a boil. Add walnuts and cook for 40 seconds. Strain the walnuts.

Preheat oven to 325 degrees. In a bowl, combine the walnuts and sugar and stir to coat. Place walnuts on a baking sheet and bake for approximately 8-10 minutes or until golden brown.

### DRESSING

1/2 cup canola oil  
5 Tablespoons fresh orange juice  
1/4 cup white sugar (Use your favorite vegan variety.)  
1 1/2 Tablespoons fresh lemon juice  
1 Tablespoon white wine vinegar or plain vinegar  
3/4 Tablespoon Spanish paprika  
3/4 Tablespoon salt

Combine ingredients and whisk to thoroughly dissolve the sugar.



Mandarin Spinach Salad with Caramelized Walnuts

### SALAD

8 cups chopped spinach  
1 1/2 cups Mandarin oranges  
Caramelized Walnuts  
Dressing  
1/4 cup sliced red onions

Combine ingredients and toss until evenly coated with dressing.

Total calories per serving: 232 Fat: 19 grams  
Carbohydrates: 15 grams Protein: 3 grams  
Sodium: 195 milligrams Fiber: 2 grams

## SPICY SOUTHWESTERN PASTA

(Makes twelve 1-cup servings)

### PASTA

10 cups water  
1 teaspoon salt  
1 pound penne rigate pasta  
1 Tablespoon canola oil

In a pot, bring the water and salt to a full boil. Add pasta and cook for approximately 10 minutes until *al dente*. Immediately strain pasta and flash cool in cold water. Drain water completely. Coat pasta with oil to prevent sticking.

### VINAIGRETTE

7 Tablespoons red wine vinegar or plain vinegar  
4 1/4 Tablespoons canola oil  
2 Tablespoons lime juice  
2 Tablespoons ground cumin  
1 1/2 Tablespoons chili garlic sauce  
1 1/2 Tablespoons dark chili powder  
1 teaspoon kosher salt  
1/2 teaspoon black pepper

Combine ingredients in a bowl and whisk thoroughly.

### SALAD

1 3/4 cups canned black beans, rinsed  
1 3/4 cups canned kidney beans, rinsed  
1 1/2 cups corn

1 cup red bell peppers cut into 1/4 x 1-inch slices  
1 cup red onions cut into 1/4 x 1-inch slices  
1/2 cup thinly sliced scallions  
1/4 cup coarsely chopped cilantro  
Cooked Pasta  
Vinaigrette  
Salt and pepper to taste

Combine all ingredients except for the salt and pepper and mix to evenly coat with dressing. Allow to marinate for 2 hours. Season with salt and pepper to taste.

Total calories per serving: 289 Fat: 8 grams  
Carbohydrates: 46 grams Protein: 10 grams  
Sodium: 594 milligrams Fiber: 6 grams

## SWEET TOMATO ONION SOUP

(Makes sixteen 1-cup servings)

3 Tablespoons nonhydrogenated vegan margarine  
2 Tablespoons minced garlic  
1 Tablespoon kosher or table salt  
1 Tablespoon dry crushed oregano  
1/3 cup white flour  
6 3/4 cups water, divided  
6-8 cups thinly sliced red onions  
4 cups canned no salt diced tomatoes  
5 cups canned ground tomatoes  
Salt and pepper to taste

In a pot, melt the margarine. Add the garlic, salt, and oregano and stir and sauté until garlic is fragrant. Add flour, mix, and cook for 5 minutes over medium heat, stirring often, to thicken.

Add 2 1/4 cups water and use a hand-held blender to blend until smooth. Add the remaining water, onions, and tomatoes. Bring to a boil and simmer for 15 minutes. Season with salt and pepper to taste.

Total calories per serving: 84 Fat: 2 grams  
Carbohydrates: 15 grams Protein: 3 grams  
Sodium: 559 milligrams Fiber: 2 grams

# VRG Member Teaches Animal Law And Ethics to Penn Students

FOR MOST LAWYERS, THE PHRASE 'ANIMAL LAW' conjures up thoughts of a grief-stricken pet owner suing a veterinarian for malpractice or maybe a divorcing couple fighting over custody of the family dog. Animal law does encompass these cases, but it is much broader and more complex than issues of liability for negligence or contracts involving companion animals.

After numerous and persistent student requests to the school's administration, VRG Member Penny Ellison started teaching the first course in Animal Law ever offered by the University of Pennsylvania Law School in 2006. Students not only wanted to learn about how animals are treated under the law but also how to assist nonprofit groups working on animal-related issues. To that end, they formed the Animal Law Project, a student-run group that provides pro bono legal research and other services to nonprofit organizations.

“Students not only wanted to learn about how animals are treated under the law but also how to assist nonprofit groups working on animal-related issues.”

The seminar course is offered every spring and explores the legal and ethical issues that arise in connection with human relationships. These issues center on companion animals but also upon the billions of animals raised for food and food production, the millions bred for and/or used in scientific research, and the countless animals exhibited for entertainment. In addition, it covers wild animals whose quality of life and indeed very existence is profoundly affected by state and federal laws.

Ms. Ellison teaches the class with the help of experienced and varied guest speakers, including lawyers and others from the Humane Society of the United States, the ASPCA, and the Physicians Committee for Respon-

sible Medicine (PCRM). In addition to law students, graduate students from a wide range of fields—such as veterinary medicine, political science, and social science—enroll in the course. Together, they explore a number of diverse areas of the law that affect the interests and 'rights,' or lack thereof, of animals.

The course's primary goals are

- (1) to learn the substance and principles of existing law as it addresses non-human animals;
- (2) to comprehend how our current legal treatment of animals is affected by historical, philosophical, and ethical traditions; and
- (3) to assess the possibilities for using various legal concepts and tools such as 'rights,' 'legal personhood,' 'standing,' and contract and tort theories to change the status of animals in our legal system.

Many of the students had had no exposure to the realities of farm animal production, and through video and discussion, they find themselves addressing ethical questions that may never have occurred to them before. A recurring theme is always, “Why do we treat different species of animals so differently?” Put another way, “What ethical principle allows us to draw the lines between animals we lovingly care for and animals we are willing to raise in intensive confinement?”

The class is usually oversubscribed, and the inclusion of students from various disciplines makes for a lively and engaging classroom experience.

The Animal Legal Defense Fund has a page on its website—[www.aldf.org/userdata\\_display.php?modin=51](http://www.aldf.org/userdata_display.php?modin=51)—that lists all of the animal law school classes currently offered in the United States and Canada. The page also gives students at other schools guidance about how to petition to have an animal law course offered at their school.

Penny Ellison is a member of the Pennsylvania Bar Association's Animal Law Section and has published articles in this developing area of the law. She can be contacted at [pellison@law.upenn.edu](mailto:pellison@law.upenn.edu).



# NUTRITION HOTLINE

(Continued from page 2)

For maximum effectiveness, exercises should involve all of the major muscle groups.

Other dietary factors that may play a role in age-related muscle loss include leucine and vitamin D.

## LEUCINE

Leucine, an essential amino acid, has a unique role. It is the most powerful amino acid in terms of its effects on promoting muscle protein synthesis and decreasing muscle protein breakdown<sup>6</sup>. While we don't know exactly how much leucine is needed to promote muscle protein synthesis, making sure that your diet contains good leucine sources seems like a reasonable strategy. Vegan foods that are rich in leucine include soybeans, lentils, black-eyed peas, peanuts, almonds, chickpeas, tahini,

**“While we don't know exactly how much leucine is needed to promote muscle protein synthesis, making sure that your diet contains good leucine sources seems like a reasonable strategy.”**

flaxseeds, and walnuts. The daily recommended intake of leucine for adults is approximately 19 milligrams per pound of body weight per day. For a 180-pound man, this is equivalent to 3,420 milligrams per day.

## VITAMIN D

Vitamin D's role in combating sarcopenia is also under investigation. Vitamin D preserves muscle strength and reduces the risk of falls<sup>7</sup>. Vitamin D supplements, ranging from 800 to 1,000 International Units (IU) per day, may help to increase muscle strength in older people<sup>8,9</sup>. You can read more about vitamin D on VRG's website at <[www.vrg.org/journal/vj2009issue2/2009\\_issue2\\_vitamin\\_d.php](http://www.vrg.org/journal/vj2009issue2/2009_issue2_vitamin_d.php)>.

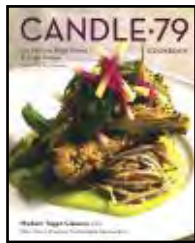
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Written by VRG Volunteer Christine Kasum Sexton, MPH.

## CANDLE 79

By Joy Pierson,  
Angel Ramos, and  
Jorge Pineda



Candle 79 is an upscale vegan restaurant in New York City, and its owners have always supported vegetarian and animal rights causes. Now, readers can prepare the establishment's delicious food in their own homes. The recipes and gorgeous photos in *Candle 79* will certainly make you hungry!

Start with Arancini (small rice croquettes) with Roasted Plum Tomato Sauce or Ginger-Seitan Dumplings as appetizers. Then, an outstanding soup option is the Butternut Squash-Chestnut Soup with Caramelized Pears. Follow that up with Beet, Fennel, and Fig Salad with Cranberry-Sage Dressing, and you'll be in heaven.

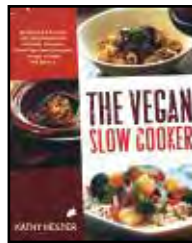
As for main dishes, sample Moroccan-Spiced Chickpea Cakes, Chile-Grilled Tofu with Avocado-Tomatillo Sauce, Panko-Crusted Seitan Milanese, or Live Lasagna. Some side dishes include Polenta Fries and Granny Smith Coleslaw.

For brunch, try the Wild Mushroom, Asparagus, and Spring Vegetable Crêpes (made from chickpea flour) or perhaps the Sourdough French Toast. For dessert, prepare the Mexican Chocolate Cake, Apple-Apricot Strudel, or Doughnuts. Finally, you'll also find a wide range of beverage recipes in this cookbook.

***Candle 79* (ISBN 978-1-60774-012-4) is 194 pages and published by Ten Speed Press. This hardcover book retails for \$30 and can be purchased from your favorite bookstore or online. Reviewed by Debra Wasserman.**

## THE VEGAN SLOW COOKER

By Kathy Hester



Do you feel your life is rushing by too fast? Then slow down for a while and enjoy a recipe from *The Vegan Slow Cooker*. All you need is a Crock-Pot® slow cooker or similar appliance. With some planning ahead of time, you can have a hot meal waiting for you when you return home from a busy day at the office or after you've taken your children to all of their afterschool activities.

Start your morning off with Citrus Rosemary Breakfast Bread or the Weekend Tofu and Hash Brown Breakfast Casserole. If you are searching for heart-warming soups, you might want to prepare the Cauliflower and Celery Root Borscht, the Tofu Bouillabaisse, or the Sweet Potato and Chard Dahl.

Some heartier dishes include Chick'n Seitan, Creamy Butternut Squash Risotto, Smoky Mac and Cheese, and Tempeh and Veggies in Spicy Peanut Sauce. And at your next party, you might want to serve Pimento Cheese Fondue or Mango Coconut Rice Pudding.

*The Vegan Slow Cooker* is beautifully designed and has lovely color photographs. Nutritional analyses are not provided; however, most recipes are not high in fat. Also, many of them are soy- and/or gluten-free.

***The Vegan Slow Cooker* (ISBN 978-1-59233-464-3) is published by Fair Winds Press. This 224-page book retails for \$19.99 and can be purchased online or in your favorite bookstore. Reviewed by Debra Wasserman.**

## GLUTEN-FREE AND VEGAN HOLIDAYS

By Jennifer  
Katzinger



It's not uncommon to meet individuals who are on a gluten-free, soy-free, and/or vegan diet these days. This new cookbook features more than 70 holiday recipes that meet their needs. (Note that honey is used in a few recipes, but a vegan alternative is also provided.)

For Thanksgiving, you can serve Acorn Squash and Sweet Potato Pie, and for Halloween, some Witch's Pumpkin Brew Stew would liven up any party. For Chanukah, try the Horseradish Beet Salad, and for Christmas, delight your guests with Holiday White Bean Spinach Tarts.

No holiday meal would be complete without some baked goods. Bring out the Irish Soda Bread on St. Patrick's Day, and be sure to try the Coconut Cream Cake around Easter. For other holidays, you might want to bake the Pear Spice Cake or Cookie-Cutter Vanilla Cookies.

The author lets readers know which recipes can be made ahead of time. Gorgeous color photos are found throughout this cookbook. Nutritional analyses are not provided; however, most recipes do not appear to be high in fat.

***Gluten-Free and Vegan Holidays* (ISBN 978-1-57061-696-9) is published by Sasquatch Books and costs \$24.95. Look for this 166-page book online or in your favorite bookstore. Reviewed by Debra Wasserman.**

# reviews

## QUICK-FIX VEGAN

By Robin Robertson



*Quick-Fix Vegan* serves up 150

homestyle recipes that can be prepared in 30 minutes or fewer. Many of the recipes are quite unique, and although nutritional analyses are not provided, most do not seem to be high in fat.

As an appetizer, try serving Moroccan Pumpkin Hummus, Easy Artichoke Puffs, or Jerk-Spiced Kale Chips. Tempting dinner options include Tofu 'Scampi' with Spinach, Spicy Smoked Portobello Tacos, and Farfelle with Sesame Cabbage.

On a cool evening, you can serve Roasted Asparagus Soup or Chard and Red Lentil Soup. Heartier dishes include Seitan Gyros with Tzatziki Sauce and Indian Shephard's Pie.

And the chapter on "(Almost) Effortless Desserts" will teach you to prepare Coconut Pistachio Cookies, Maple-Pecan Baked Pears, and Catalan-Style Crème Brûlée.

***Quick-Fix Vegan* (ISBN 978-1-4494-0785-8) is published by Andrews McMeel Publishing and retails for \$16.99. Look for this 224-page book online or in your favorite bookstore. Reviewed by Debra Wasserman.**

## NEW AMERICAN VEGAN

By Vincent J. Guihan



The author of *New American Vegan* spent some of his childhood in a small Midwestern town and at age 11 moved to the

southwest side of Chicago. The more than 120 recipes in his new book focus on the American table, and some are very easy to prepare.

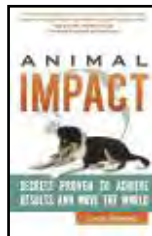
Here are some creative dishes that you can prepare with *New American Vegan*: Tangy Pumpkin, Tomato, and Jalapeño Soup; Arugula, Artichoke, and Fig Salad; Spicy, Smoky Quinoa with Collard Greens; and Roasted Portobello Mushrooms with Pears and Onions. Other intriguing choices include a Chickpea and Coconut Burger, Horchata Risotto Rice Pudding, Citrus Macadamia Gelato, and Amaranth Cheeze Grits with Roasted Collard Greens.

Nutritional analyses are not provided; however, most recipes are not high in fat. Some recipes call for alcohol. Also, many recipes require using other recipes provided in this book, which will add to your preparation time.

***New American Vegan* (ISBN 978-1-60486-079-5) is 240 pages and is published by PM Press. The book retails for \$17.95. Purchase this book in your favorite bookstore or online. Reviewed by Debra Wasserman.**

## ANIMAL IMPACT

By Caryn Ginsberg



*Animal Impact* is a terrific book for activists or those who are trying to figure out the best way to help animals. The author interviewed over 80 leaders from animal rights/welfare and vegetarian organizations (including The Vegetarian Resource Group's Co-Directors) for this book. Both strategies and success stories are shared.

According to the author, the best way to learn is through conversation and sharing ideas. Caryn promotes the use of social marketing and business principles and stresses that activists need to become less confrontational and more strategic. However, that does not mean that protests and pressure tactics are not valuable tools at times.

The contributors share many examples of what works and does not work in activism. The book emphasizes, "Developing tactics in isolation from a strategy is one of the most common mistakes activists make, and it spells death for a campaign." The book also states, "If you aren't talking to the people you are trying to reach, how do you get to know what motivates them?"

*Animal Impact* would be a terrific high school or college textbook. Targeting college students is strongly encouraged since young adults are more likely to be socially conscious and willing to work for change. Again, the book states, "To persuade them to adopt new behaviors, one must not only convey what we want them to do but also help them to believe it's in their interest."

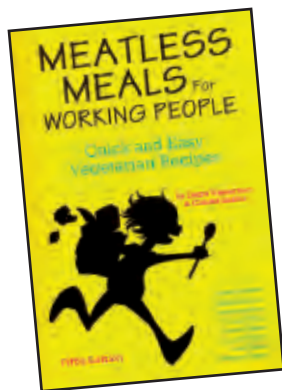
Finally, "One way to free up time and to get better results is to do less." This is often a challenge for activists, but an important point for groups and individual activists to consider.

***Animal Impact* (ISBN 978-0-9847660-7-9) is 207 pages and is published by Priority Ventures Group. The book retails for \$24.95. Purchase this book online at <[www.priority-ventures-group.com](http://www.priority-ventures-group.com)> or look for it in your favorite bookstore. Reviewed by Debra Wasserman.**

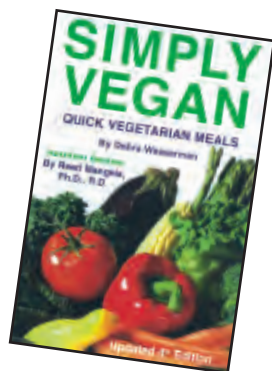


# VRG Catalog

## Books



**Meatless Meals for Working People—Quick and Easy Vegetarian Recipes** (\$12) by Debra Wasserman. We recommend using whole grains and fresh vegetables. However, for the busy working person, this isn't always possible. This 192-page book contains over 100 fast and easy recipes and tells you how to be a vegetarian within your hectic schedule using common, convenient foods. Spice chart, low-cost meal plans, party ideas, information on fast food restaurants, soy dishes, and more. Over 100,000 copies in print.



**Simply Vegan** (\$14.95) by Debra Wasserman and Reed Mangels, PhD, RD. These 224 pages contain over 160 quick and easy vegan recipes, a complete vegan nutrition section, and a list of where to mail order vegan food, clothing, cosmetics, and household products. Vegan menus and meal plans. Over 90,000 copies sold.

**Conveniently Vegan** (\$15) by Debra Wasserman. Prepare meals with all the natural foods products found in stores today, including soymilk, tempeh, tofu, veggie hot dogs, ... You'll find 150 recipes using convenience foods (including canned beans) along with grains, fresh fruits, and vegetables. Menu ideas, product sources, and food definitions included. (208 pp.)



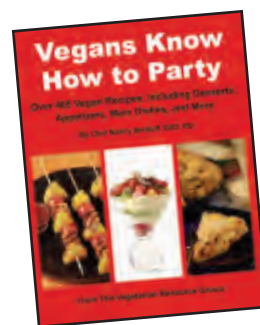
**Vegan Meals for One or Two—Your Own Personal Recipes** (\$15) by Nancy Berkoff, RD. Whether you live alone, are a couple, or are the only one in your household who is vegetarian, this 216-page book is for you. Each recipe is written to serve one or two people and is designed so that you can realistically use ingredients the way they come packaged from the store. Information on meal planning and shopping is included, as well as breakfast ideas, one-pot wonders, recipes that can be frozen for later use, grab-and-go suggestions, everyday and special occasion entrées, plus desserts and snacks. A glossary is also provided.

**Vegan Microwave Cookbook** (\$16.95) by Chef Nancy Berkoff, RD. This 288-page cookbook contains 165 recipes, some of which take less than 10 minutes to cook. It also includes information about choosing pots and pans for microwave dishes, converting traditional recipes to the microwave, making pastas and soups, microwave baking and desserts, creating casseroles, making breakfasts in a snap, and suggestions and recipes for holidays and parties.

**The Lowfat Jewish Vegetarian Cookbook—Healthy Traditions From Around the World** (\$15) by Debra Wasserman. Over 150 lowfat international vegan recipes with nutritional breakdowns, including Romanian Apricot Dumplings, Pumpernickel Bread, Russian Flat Bread, Potato Knishes, North African Barley Pudding, and much more. Menu suggestions and holiday recipes. (224 pp.)

**Vegan in Volume** (\$20) by Nancy Berkoff, RD. This 272-page quantity cookbook is loaded with terrific recipes serving 25. Suitable for catered events, college food services, restaurants, parties in your own home, weddings, and much more.

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



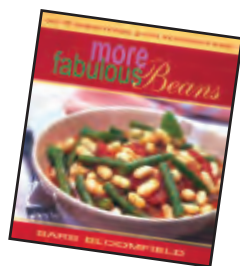
**Vegans Know How to Party** (\$25) by Chef Nancy Berkoff. This 384-page book teaches you how to put on a soiree for vegans and all who enjoy great food! It features over 465 recipes, including appetizers, soups, salads, ethnic cuisine, sandwiches, and—of course—desserts like pies, cakes, and cookies! Also inside are tips for basic party planning, kids' parties, cooking for a crowd, working with a caterer, and more!



**Vegan Menu for People with Diabetes** (\$10) by Nancy Berkoff, EdD, RD. This 96-page book gives people with (or at risk for) diabetes a four-week meal plan, exchange listings for meat substitutes and soy products, and recipes for enjoyable dishes, such as Creamy Carrot Soup, Tangy Tofu Salad, Baked Bean Quesadillas, and French Toast.



**The Indian Vegan Kitchen** (\$18.95) by Madhu Gadia, MS, RD. In this 240-page book, you will find a wide variety of dishes, such as Madras Potatoes, Creamy Mushroom Curry, Spinach Bengal Gram Dal, Tamarind Rice Pilaf, Coconut-Vegetable Sambhar, Curried Spinach Couscous, Potato-Stuffed Flatbread, and Indian Funnel Cake. Other interesting parts of this book include a section that defines Indian spices and one that explains how to make Indian spice blends.



**More Fabulous Beans** (\$14.95) by Barb Bloomfield. This book covers types of beans, basic cooking methods, and more. Recipes include Carrot Garbanzo Dip, Lentil-Lime Salad, Kidney-Yam Stew, White Bean Pasta Fagioli, Soy-Stuffed Peppers, Black Bean-Winter Squash Enchiladas, and even a few desserts like Sweet Bean Pie. (192 pp.)

**Vegan Seafood: Beyond the Fish Shtick for Vegetarians** (\$12) by Nancy Berkoff, EdD, RD. Chef Nancy Berkoff has created unique and good-tasting vegan fish and seafood dishes. Inside these 96 pages you will learn about cooking with vegan 'fish,' websites offering vegan 'seafood' products, and info about omega-3 fatty acids. Avoid fish but still enjoy the taste of the sea with 'Fish' Sticks, 'Tuna' Salad, and much more!

### Free Children's Handouts

**I Love Animals and Broccoli Coloring Book**

A coloring book that promotes healthful eating and vegetarianism for children ages 3-7.

**Vegetarian Nutrition for Teenagers** Brochure with all of the basics about veggie nutrition.

(For these items, a donation to cover printing and postage would be appreciated.)

### Bumper Stickers

**Bumper Stickers** (\$1 each, 10+ \$.50 each)

"Be Kind to Animals—Don't Eat Them"  
"Vegetarians Are Sprouting Up All Over"

### Vegetarian Journal

**Vegetarian Journal** subscriptions are \$25 per year in the U.S., \$32 in Canada/Mexico, and \$42 in other countries.

### Reprints from Vegetarian Journal

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

## Order Form

To order, mail to The Vegetarian Resource Group, P.O. Box 1463, Baltimore, MD 21203; place your order over the phone Mon-Fri 9 a.m. to 5 p.m. Eastern time at (410) 366-8343; fax your order form to (410) 366-8804; or order online at our website: <www.vrg.org>.

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# Vegetarian Action

## Tina Fox and Vegetarian for Life

By Lindsey Siferd

**M**ANY ACTIVISTS DEDICATE THEIR LIVES TO EDUCATING young people about the benefits of a vegetarian or vegan lifestyle. But what about older people? Tina Fox and the organization Vegetarian for Life aim specifically to help vegetarian and vegan senior citizens in the United Kingdom.

Tina Fox is the tireless Company Manager and Secretary of Vegetarian for Life (VfL). She is a prominent vegetarian activist in the United Kingdom, and her impressive résumé includes 11 years as the Chief Executive of the Vegetarian Society of the UK. She became involved with VfL because she saw a need for an organization that focused primarily on the UK's vegetarian senior citizens.

"I felt that many older members of the society had contributed a great deal to help animals and fellow vegetarians, but nothing was happening to help them in their later years when they needed support," Fox said. "They get the short shrift from the establishment. They are often [given] very poor food and limited choice, and their needs are not understood or respected."

Working with VfL allows Fox to more fully serve this senior population. Even though her job title is Company Manager and Secretary, she is involved with all of the aspects of Vegetarian for Life and really does anything and everything for the organization.

Fox and Vegetarian for Life are working on several projects that she thinks will benefit vegetarian senior citizens. The most important one is creating an extensive list of vegetarian-friendly facilities "so that no vegetarian has to go into a care home that is not prepared to cater properly to them," she said. VfL also produces a nutrition booklet for care homes, offers training courses, and administers grants to senior citizens who

would rather remain in their own homes than move into a care home as they age.

"I felt that [VfL] would be able to make a real difference to the lives of older vegetarians and vegans, and this has proven to be the case," she said.

Fox believes that VfL has a lot of potential to grow in the future, and she hopes that the organization can become more influential and meet more seniors' needs. Ultimately, "we would like to see all of the UK's care homes producing good vegetarian food, not only for the vegetarian residents but also the non-vegetarian ones," she said.

Fox offers simple advice for those wishing to get involved with this often overlooked aspect of the vegetarian movement.

"Other vegetarian organizations and individuals could help by being aware of the problems, perhaps by befriending an older vegetarian in a residential setting with no relatives," she said. "Also, they could just consider this area occasionally. So many

vegetarian organizations just focus on the young, and the older supporters are forgotten."

This dedication to helping the senior segment of vegetarian society is what makes Tina Fox and her work with Vegetarian for Life so important. Asked what has been the most rewarding part of her experience so far, Fox said it is "the fact that we are seen as supportive rather than critical, and we really are able to make a difference in the lives of older vegetarians and vegans, often when they are most vulnerable."

Learn more about Vegetarian for Life at the organization's website: <[www.vegetarianforlife.org.uk](http://www.vegetarianforlife.org.uk)>.



Tina Fox, Company Manager and Secretary of Vegetarian for Life

Lindsey Siferd wrote this article during a college internship with The Vegetarian Resource Group.

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# Vegetarian Video Scholarship

**Create a video relating what you want to tell others about vegetarianism and/or veganism and win up to \$500!**



Just make a video about a vegetarian or vegan topic that appeals to you, such as food, nutrition, water usage and vegetarianism, vegetarianism and animal rights, or other subjects. Then, post it online and e-mail the link to The Vegetarian Resource Group! You may submit a video you have already made or create an entirely new film.

There will be **one \$500 prize** and **two \$250 prizes** awarded each year. The deadline for this year's scholarship contest is **May 10, 2012**. The deadline for next year's contest is **April 20, 2013**.

**Visit <[www.vrg.org/videoscholarship.php](http://www.vrg.org/videoscholarship.php)> for full details!**

## Looking for inspiration for your video?

Check out VRG's video, "A Hunter's Guide to His Vegetarian Daughter and His Vegan Son," and others at <[www.vrg.org/veg\\_videos.php](http://www.vrg.org/veg_videos.php)>.

