

Vegan Journal

Celebrating 40 Years of Health, Ethics & Environment

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Nutrition Hotline

The Latest on Saturated Fat

Reed Mangels, PhD, RD



QUESTION: What's the latest on saturated fat? **C.C., via email**

ANSWER: Simply put, diets high in saturated fat can be harmful. These unhealthy fats can lead to higher blood levels of LDL cholesterol, which is associated with a greater risk of heart disease. Also, a diet high in saturated fat makes it more likely that cholesterol will build up in blood vessels, leading to an increased risk of heart disease and stroke.

Saturated fat is a kind of fat that is most often solid at room temperature, unlike oils, which are liquid. Foods like red meat, cheese, whole milk, ice cream, butter, lard, and tropical oils (palm, palm kernel, and coconut oil) all have high amounts of saturated fat. The main sources of saturated fat for Americans include hamburgers, pizza, snacks and sweets, meat, and dairy products, which together account for about 80% of the saturated fat in Americans' diets.¹

A meta-analysis of high-quality research studies in which saturated fat was replaced with unsaturated fat found that heart disease risk was reduced by about 30%, similar to the risk reduction when statin drugs are used.² Observational studies, in

which participants were studied for many years, found that diets low in saturated fat and high in unsaturated fat were associated with a lower risk of heart disease and diabetes.²

Vegan diets are often lower in saturated fat than are nonvegetarian diets. Vegans can have high intakes of saturated fat if they use a lot of tropical oils. Despite being oils, these products are very high in saturated fat.³

Dietary Guidelines for Americans, 2020-2025, recommends that those age 2 years and older get less than 10% of their calories from saturated fat.¹ For a 2,000 calorie diet, less than 10% of calories is equivalent to less than 22 grams of saturated fat daily. Some vegan foods to limit or avoid due to their saturated fat content include:

- Coconut oil, 11 grams of saturated fat per Tablespoon
- Vegan ice cream based on coconut milk, 9-11 grams of saturated fat per $\frac{2}{3}$ cup
- Vegan margarine made with avocado oil and palm kernel oil, 4 grams of saturated fat per Tablespoon
- Veggie burger made with coconut oil, 6-8 grams of saturated fat per burger

Saturated fats are associated with an increased risk of heart disease. The limited amount of saturated fat in many vegan diets could help to explain why vegans are less likely to die from heart disease than are nonvegetarians.

REFERENCES:

¹ U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans, 2020-2025*. December 2020. [DietaryGuidelines.gov](https://www.dietaryguidelines.gov)

² Sacks FM, Lichtenstein AH, Wu JHY, et al; American Heart Association. Dietary fats and cardiovascular disease: A Presidential Advisory from the American Heart Association. *Circulation*. 2017;136:e1-e23.

³ Eyres L, Eyres MF, Chisholm A, Brown RC. Coconut oil consumption and cardiovascular risk factors in humans. *Nutr Rev*. 2016;74:267-80.

Vegan Journal

(formerly *Vegetarian Journal*)

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Note from the Senior Editor

Love for VRG's Interns

Photo by Kirsten Weaver



Any publication is only as strong as its team, and a big part of the *Journal* crew is the VRG's interns. Since joining as Senior Editor in spring 2018, I've had the pleasure of working with more than a dozen interns at the magazine. Each came from a different discipline: science, nutrition, language. They bring personality and perspective to these pages, making the content more relevant and alive for more readers.

Ideally, an internship provides real-world experience to a high school or college student that will help them excel in a competitive job market. It's important to me to give interns the same opportunities to write and research pieces for the *Journal* offered to any other contributor. Nothing is vegan-sugar-coated for them. They learn to conduct article interviews for profiles, write even-handed product reviews, and polish language skills for publication. Some tackle the big jobs of researching scientific topics for in-depth review, testing new recipes in their home kitchen, or creating full recipe pieces of their own.

One thing all our interns learn is the value of being part of a team. This magazine is the work of many hands, and there are countless moving parts that must adhere before an issue is sent to press. Interns meet deadlines, find resources, or even generate original article ideas. Some assist with editing, design work, and social media. Many leave with professional connections that we hope will serve them well in future endeavors.

Internships have changed since March 2020. Before, I met my interns in real life, shared office space with them, went to lunches and coffee, even had picnics and tours at a local animal sanctuary. Those previous in-person bonding moments have been put on pause. Mostly, I now meet my interns across a screen. I've met a few, masked, at outdoor spots in and around Baltimore to hand off materials for an article or product review.

These pages would not be the same without the words and work of our interns. Too many names come to mind to thank each of my contributing interns individually. They have had varied skills, goals, and talents, and each brought their own unique gifts to the magazine. But I am grateful for each one and the heartfelt efforts—and friendship—they gave to *Vegan Journal*.

There's lots to see from interns in this issue, too. We have air fryer recipes from Chef Jay Staten on page 6; many were tested by intern Ruby Sturm. Ruby, as well as several other interns, contributed to the Veggie Bits on page 28-29. Former intern Lucia Rivera gave us her thoughts on a book review on page 33, as well as an original food photo on page 34. On page 35, check out a profile of musician Michael Harren by former intern, Amy Burger.

A handwritten signature in black ink that reads "Rissa Miller". The signature is written in a cursive, flowing style.

Rissa Miller
Senior Editor of the *Vegan Journal*

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 vegan-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 veganism.

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Thanks to Barbara Stasz for her donation in honor of VRG's upcoming 40th Anniversary.

Special thanks to Edward & Sons Trading Co. for their generous support.

A generous donation was made by Michael Spencer in memory of June Spencer (Miller).

A donation was given by Gerald Rizzer in memory of his wife Carolyn.

Comments from Dietitians Visiting VRG's Food & Nutrition Conference & Expo Virtual Booth

Do you have any hard copy materials that you are able to provide? Next month, I'll be leading a vegan store tour and would love to have some great handouts to distribute. I also work with vegetarian and vegan patients during one-on-one consultations.

Thank you for the veggie restaurant website link! I will use it!

Interested in plant-forward nutrition for nephrology nutrition, cardiac, and oncology as well. Thanks for your resources!

Glad to Share Journal

Thanks very much. We look forward to receiving the box of [previous] *Vegetarian Journals!* We have our monthly Vegan Group Dinner next Wednesday, so that will be a great opportunity to share the *Journal* with everyone. It's great that you have become the *Vegan Journal* to help get the message out about not only eating healthy but helping our world as well.

Don R; Warren, PA Vegan Group, via e-mail

Plan on Going Vegan This Year

I was planning to start this year with a better lifestyle and decided that being vegan might help with it. So, it interests me to read here [vrg.org/blog/wp-admin/post.php?post=15911] that being vegan is a secondary category of being vegetarian since this diet really abstains from dairy and eggs, unlike the regular vegetarians. I am all new to the concept so I hope that there are specialized restaurants out there that would be kind enough to educate me on what I could eat in their establishments.

Claire M., via VRG Blog

Editors' Note: The Vegetarian Resource Group maintains an online guide to veg-friendly restaurants in both Canada and the U.S. See: vrg.org/restaurant/index.php

Thanks for Loaning Journals!

Thank you again for lending us *Journals* and pamphlets to dress in our sets for our bookstore scene; everything looked great!

Jessica S., We Own This City HBO series, via e-mail

Letters to the Editors can be sent to: Vegan Journal, P.O. Box 1463, Baltimore, MD 21203. You may also e-mail letters to vrg@vrg.org or send a message to us on Facebook: facebook.com/thevegetarianresourcegroup

Coming in the next issue...

WE'RE TURNING 40!

Plus: *Hearty Dinner Salads, A Year of Vegan Brownies, What are Former VRG Interns Up To?, and More!*

Get Comfortable with the Air Fryer

by Chef Jay Staten

Air fryers are a huge culinary craze. But what *are* they? Ultimately, they're counter-top ovens that circulate hot air on all sides, like a convection oven, and can crisp foods up with little to no oil.

Veggies in the air fryer have a snappy, crunchy “fried” finish—without pan or deep frying—that no microwave can replicate. This alternative way to put a meal together can significantly lower the need for added fat.

Chef Jay's collection of from-scratch recipes showcases the strengths of the air fryer. Munch on comforting classics like Maryland Seasoned Fries (page 9), dipped in a savory batter, as a side or snack. Vegan BBQ Ribz (opposite page) are a hearty main dish with chewy, savory jackfruit taking the spotlight. Jay's Black Bean Burgers (page 8) in the air fryer bring new flavor to a vegan favorite, and everything goes well with simple, snackable Crispy Broccoli (below). To turn up the heat, try Cajun Chick'n Nuggets on page 10—a wonderful finger food for gatherings!

Air fryers come in several styles, including basket and small toaster-oven varieties. Don't have an air fryer? You can still try these recipes, as oven directions are provided as well.

Crispy Broccoli

(Serves 6 as a side)

6 cups fresh broccoli florets

Olive oil spray

1 teaspoon garlic powder

Salt and black pepper, to taste, optional

Place broccoli florets in a large mixing bowl and spritz with olive oil spray. Toss with garlic powder, and salt and pepper, if using.

Arrange broccoli in single layer in the air fryer basket, and cook for approximately 12-15 minutes (longer if necessary) at 350 degrees. Periodically shake the basket while air-frying to cook evenly. Repeat if all broccoli didn't fit in one batch.

Chef's Note: Be sure to select broccoli that is firm with a deep green color. To make the broccoli in the oven, bake in a 350-degree oven for 10-15 minutes until tender with a fork.

Total calories per serving: 31 Fat: <1 gram
Carbohydrates: 6 grams Protein: 3 grams
Sodium: 30 milligrams Fiber: 2 grams





Vegan BBQ Ribz

(Makes 4, 4-ribz servings)

Two 14-ounce cans jackfruit (young green in brine), rinsed and drained

2 cups low-sodium vegetable stock

1 large yellow onion, finely chopped

1 Tablespoon minced garlic

1 teaspoon ground cumin

1 teaspoon paprika

1 teaspoon chili powder

1 teaspoon vegan Worcestershire sauce (such as Annie's or Wizard's)

1 teaspoon liquid smoke

Salt and black pepper, to taste, optional

2 cups wheat gluten flour

1½ cups vegan BBQ sauce (divided)

Olive oil spray

In a large saucepan, add jackfruit, vegetable stock, onions, garlic, cumin, paprika, chili powder, Worcestershire sauce, liquid smoke, and salt and pepper, if using. Simmer for 20-25 minutes over medium-low heat, stirring occasionally, until onions are cooked through and vegetable stock is completely absorbed. Mixture will look dry when done.

Pour mixture into a large mixing bowl and cool completely, about 20 minutes. Add wheat gluten flour and ½ cup BBQ sauce, and using a wooden spoon, or your hands, gradually knead until mixture begins to slightly solidify. Place on a piece of parchment paper. Mixture shouldn't be very wet at this point. If so, add more wheat gluten and knead a bit more before topping with BBQ Sauce. Form into a loaf that will yield 16 ribz, and immediately pour on ½ cup of BBQ sauce.

Lightly spray air fryer with olive oil spray. Carefully remove ribz-loaf from parchment paper with a spatula and place in the air fryer's basket, BBQ sauce side upward. Cook at 300 degrees for 20-25 until ribz are firm and cooked thoroughly.

Remove ribz from air fryer using a spatula, placing sauce-side down on a medium-large serving dish. Pour on remaining BBQ sauce and slice into strips. Serve hot.

Chef's Note: To make the ribz in the oven, bake in a 350-degree oven for 20-30 minutes until cooked through and no longer soft. For less sodium, make your own low-sodium vegan BBQ sauce.

Total calories per serving: 384

Carbohydrates: 44 grams

Sodium: 770 milligrams

Fat: 2 grams

Protein: 47 grams

Fiber: 1 gram

Jay's Black Bean Burgers

(Makes 6 burgers)

½ cup raw long-grain brown rice
1 cup water
One 15-ounce can black beans, rinsed and drained
Half 15-ounce can red kidney beans, rinsed and drained
1 cup quick oats
¼ cup wheat gluten flour
½ cup diced green bell pepper
½ cup diced yellow onion
1 teaspoon black pepper
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon paprika
¼ cup vegan BBQ sauce
1 teaspoon liquid smoke
Olive oil spray

In a medium saucepan, combine rice and water, cover, and bring to a boil, stirring occasionally. Reduce heat to low, allowing rice to simmer for approximately 20-30 minutes or until all water is absorbed. Cool for 5 minutes while prepping other ingredients.

In a large mixing bowl, mash together black beans and kidney beans, until softened. Add quick oats, wheat gluten flour, green peppers, onions, black pepper, garlic powder, onion powder, paprika, BBQ sauce, and liquid smoke.

Add cooled brown rice to mixture using a wooden spoon or your hands. Knead ingredients together until fully combined, and form into six individual patties.

Place burgers on parchment paper with space between each burger to prevent sticking. For best results, freeze burgers for an hour or more until solid.

Put solid burger patties into air fryer, spritzing each lightly with olive oil spray.

Set air fryer to 350 degrees for 20-25 minutes, flipping burgers every five minutes during cooking for even browning. Serve on burger buns with your favorite veggies and toppings.

Chef's Note: To make the burgers in the oven, bake in a 350-degree oven for 20-30 minutes until cooked through and firm. Flip once during baking.

Total calories per burger: 240
Carbohydrates: 40 grams
Sodium: 139 milligrams

Fat: 2 grams
Protein: 12 grams
Fiber: 8 grams





Maryland Seasoned Fries

(Serves 6 as a side)

2 large Russet potatoes

Medium bowl filled with cold water

Cut potatoes into ¼-inch French fries shapes. Immediately add cut potatoes to the bowl of cold water to prevent browning. Allow fries to soak for 3-5 minutes to remove starch.

Rinse fries under cold water for 1-2 minutes, completely draining water from bowl before wrapping fries in a clean towel to dry.

Seasoning Blend

½ cup all-purpose flour

½ Tablespoon garlic powder

½ Tablespoon onion powder

½ Tablespoon paprika

½ Tablespoon dried parsley

½ Tablespoon Old Bay-style seasoning

¼ teaspoon ground white pepper

⅔ cup water

Place all dry Seasoning Blend ingredients in a bowl. Whisk together, then add more water (if necessary), and stir until mixture has a thick, oatmeal-type texture.

Add dried fries to Seasoning Blend and dredge until fries are completely covered. Set aside.

Working in batches, based on the size of your air fryer, place fries in single layer into air fryer basket and set to 400 degrees for 20-25 minutes, shaking fries every 5 minutes, until fries are lightly browned, crisped, and cooked through.

Serve warm fries with ketchup, apple cider vinegar, or vegan ranch dressing.

Chef's Notes: To make the fries in the oven, bake in a 350-degree oven for 20-25 minutes until crisp. Turn with tongs once during baking.

For gluten-free fries, substitute all-purpose flour with 1:1 gluten-free flour blend.

Total calories per serving: 133

Carbohydrates: 30 grams

Sodium: 148 milligrams

Fat: <1 gram

Protein: 4 grams

Fiber: 3 grams

Cajun Chick'n Nuggets

(Makes six 5-nugget servings)

Nuggets:

- 1 cup wheat gluten flour
- 1 Tablespoon active dry yeast
- 2 teaspoons vegan poultry seasoning blend
- ½ teaspoon Cajun spice blend, or to taste
- ¼ teaspoon cayenne pepper, or to taste
- Salt and pepper, to taste, optional
- ¾ cup warm low-sodium vegetable stock
- 3 cups vegan panko breadcrumbs
- 4 cups low-sodium vegetable stock or water
- Olive oil spray

In a medium bowl, whisk wheat gluten flour, yeast, spices, and salt and pepper, if using. Gradually pour warm stock into nugget mixture. Using your hands, knead mixture until a tacky ball forms. The ball shouldn't be wet or sticky; if it is, add more wheat gluten flour. If the dough ball is dry or crumbly, add a few drops of warm stock or water.

With the dough ball in the mixing bowl, place a clean, warm cloth over the bowl and set aside for 30 minutes to rise. Meanwhile, make Dry and Wet Mixes.

Dry Mix:

- 1 cup all-purpose flour
- 1 Tablespoon garlic powder
- 1 Tablespoon onion powder
- 1 Tablespoon dried parsley
- ¼ teaspoon cayenne pepper, or to taste
- ¼ teaspoon crushed red pepper flakes, or to taste
- ¼ teaspoon ground nutmeg
- Salt and black pepper, to taste, optional

In a large bowl, whisk Dry Mix ingredients. Set aside.

Wet Mix:

- ¾ cup unsweetened, plain vegan milk
- ½ cup unsweetened applesauce
- 4-5 shakes hot sauce, to taste, optional

In a small bowl, whisk together Wet Mix. Set aside.

To prepare the nuggets, pour breadcrumbs into a third bowl and set aside.

Bring 4 cups of stock or water to a boil in a large pot. Cut off small portions of the dough ball,

approximately 1 Tablespoon in size, and form nugget shapes. Drop them into the boiling water. Nuggets will expand during this boiling step. Using a slotted spoon, periodically turn the nuggets over in the pot to prevent sticking. After about 3-4 minutes, scoop nuggets out of boiling water and immediately place in the Dry Mix to cool.

One at a time, dip nuggets from Dry Mix into Wet Mix, then into breadcrumbs, rolling to make sure nuggets are completely covered.

Place coated nuggets into air fryer basket in a single layer. Spritz with olive oil spray to help with browning. Set air fryer to 350 degrees for 15-20 minutes. Flip once during cooking.

When the nuggets are firm in the middle and have a golden color, place in a serving dish and enjoy with your favorite dipping sauces, such as ketchup, mustard, vegan BBQ, vegan Bleu cheese, or vegan ranch!

Chef's Note: To make the nuggets in the oven, bake in a 350-degree oven for 20-25 minutes until cooked through and crisp, flipping once during cooking.

Total calories per serving: 306 Fat: 1 gram
Carbohydrates: 50 grams Protein: 24 grams
Sodium: 196 milligrams Fiber: 2 grams

Jay is a 42-year-old Marylander and owns The Vegan's Choice, a Black-owned, vegan catering and meal prep operation. The Vegan's Choice offers soy-free soul food, including a variety of hot breakfasts, entrées, sandwiches, and more. theveganschoice.org



Food Photos by Rissa Miller

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NOTES FROM THE VRG SCIENTIFIC DEPARTMENT IN THE NEWS

VRG's Nutrition Advisor Reed Mangels, PhD, RD, was interviewed by *The Washington Post* about childhood vegetarian and vegan diets. She was also interviewed by *Birthing* magazine on the benefits of a vegan pregnancy.

VEGAN EDUCATION

The Vegetarian Resource Group submitted comments to the USDA on Labeling of Meat or Poultry Products Comprised of or Containing Cultured Animal Cells. See more about this on page 25.

Reed Mangels, PhD, RD, virtually presented to the Second Argentina Congress on Vegetarian Nutrition (2d Congreso Argentino de Nutrición Vegetariana) on vegetarian nutrition for pregnancy, lactation, and childhood. She also spoke to the Adventist Nutrition and Dietetics International Association on *Are Vegetarian Diets Adequate for Growing Children?*

The Mayo Foundation for Medical Education and Research asked to reproduce VRG's My Vegan Plate (vrg.org/nutshell/MyVeganPlate.pdf) in print and electronic content for use with patients and health care providers.

SCIENTIFIC UPDATE *by Reed Mangels, PhD, RD, FADA*

A REVIEW OF RECENT SCIENTIFIC PAPERS RELATED TO VEGETARIANISM

Eat Your Vegetables!

Dark green leafy vegetables like kale and collards are good sources of nutrients, including calcium and iron. They can have a bitter taste that may make them less popular with young children.

Studies have shown that infants and young children like sweet tastes and dislike bitter flavors at first. This dislike can wear off with repeated exposure to foods. This initial dislike of bitter flavors may be reflected in the limited numbers of toddlers eating dark green vegetables—only 12% of 1- to 2-year-olds in the United States ate a dark green vegetable on any given day. Researchers wondered if adding a small amount of salt or sugar to puréed kale would make it more acceptable to 6- to 24-month olds.

More than 100 babies and toddlers were given steamed, puréed kale, either plain, with a small pinch of salt, with about a quarter teaspoon of sugar per cup, or with a half teaspoon per cup, in random order. The babies were observed to see which preparation of kale they preferred. The plain (unflavored) kale was most likely to be accepted suggesting that salt or sugar do not need to be added to foods for babies and toddlers. Children under a year old were more likely to accept kale than were toddlers, age 1 year and older.

There may be a time period during which infants are more likely to accept somewhat bitter foods like dark green vegetables. Perhaps this acceptance will continue as the baby gets older. Since dark green vegetables are important sources of nutrients, foods like kale and other greens should be introduced after age 6 months but before a baby's first birthday to increase the likelihood of acceptance. The strong flavor of kale and other greens, which may be off-putting to some babies, can be diluted by puréeing the greens with bland foods like avocado or tofu.

Johnson SL, Moding KJ, Grimm KJ, et al. Infant and toddler responses to bitter-tasting novel vegetables: findings from the Good Tastes Study. *J Nutr.* 2021;151(10):3240-3252.

Octopuses, Squid, Crabs, Lobsters, and Shrimp are Sentient Beings

Sentience is described as the capacity to have feelings, including feelings of pain, harm, and/or distress. Determining that a category of beings has the ability to experience pain and suffering has implications for laws related to animal welfare and may influence people's food choices.

Currently, in the United Kingdom, all vertebrates (animals with backbones) are covered under animal welfare laws. A recent report from the London School of Economics and Political Science examined more than 300 published studies evaluating sentience in invertebrates, namely cephalopod mollusks (including octopuses and squid) and decapod crustaceans (crabs, lobsters, shrimp, crayfish, and others). The report was based on eight criteria for sentience, including nervous system structure and behaviors and responses to painful situations.

Based on their review of the research literature, the authors of the report concluded that "all cephalopod mollusks and decapod crustaceans should be regarded as sentient animals for the purposes of UK animal welfare law." They also concluded that there is no slaughter method for octopuses and squid that is "humane and commercially viable on a large scale." While this report focuses on "best practices" for humane treatment of these animals, it unfortunately does not address their use as food for humans. The United States animal welfare laws do not cover these animals. Those who don't eat cows or chickens but do eat crabs, shrimp, lobsters, and similar animals may want to consider the findings of this report.

Birch J, Burn C, Schnell A, et al. Review of the evidence of sentience in cephalopod molluscs and decapod crustaceans. lse.ac.uk/News/News-Assets/PDFs/2021/Sentience-in-Cephalopod-Molluscs-and-Decapod-Crustaceans-Final-Report-November-2021.pdf

Vegan Children

The German VeChi Diet Study is a comprehensive examination of the diets of 139 vegan, 127 vegetarian (use dairy products and/or eggs), and 164 nonvegetarian children age one to three years. Parents provided information about their children's diets and this information was used to classify the children's diets and to compare nutrient intakes. Most vegan children (97%) took a supplement providing vitamin B12, while only 35% of vegetarian children took a supplement supplying vitamin B12. This supplement use was reflected in nutrient intake—vegan children's median intake met or exceeded recommendations. Vegetarian children may need vitamin B12 supplements since, in this study, their median intake was below recommendations. Vegan children had the highest intake of vitamin C, folate, potassium, unsaturated fats, and iron and the lowest intakes of saturated fat. Intakes, including diet and supplements, of vitamin D were below recommendations for the vegetarian and non-vegetarian children; supplemental vitamin D was more commonly used by vegan children. Median calcium intakes of vegan children were below recommendations. This study suggests that vegan diets can be nutritionally adequate for young children, especially with the use of supplemental vitamin B12 and vitamin D and attention to good sources of calcium.

Weder S, Keller M, Fischer M, et al. Intake of micro-nutrients and fatty acids of vegetarian, vegan, and omnivorous children (1-3 years) in Germany (VeChi Diet Study) *Eur J Nutr.* 2021

Bean Counting

Legumes is an umbrella category that includes beans, peas, and lentils. These foods have many health benefits, and most dietary recommendations call for eating more of them. The food industry is increasingly developing new products that include legumes. Researchers in Australia visited four major supermarkets in Sydney in 2019 and 2021 to determine how many products containing legumes were available. They decided not to include products containing peanuts, which are technically legumes but are usually classified as nuts. They also excluded veggie burgers made from legumes. Between 2019 and 2021, the number of legume products doubled, going from 312 to 610. The greatest

growth was in legume snacks, specifically legume chips. There were also large increases in the number of canned and dried legume products being sold. Product label information indicating that products were vegan or vegetarian increased from appearing on 81 products in 2019 to 232 products in 2021. Plant-based was not used on labels in 2019 but appeared on 27 products in 2021.

Bielefeld D, Hughes J, Grafenauer S. The changing landscape of legume products available in Australian supermarkets. *Nutrients.* 2021;13:3226.

Gestational Diabetes

Gestational diabetes is a condition in which blood sugar levels become excessively high and diabetes is diagnosed during pregnancy. It occurs in 4% to 9% of pregnancies in the United States and can have negative effects on the pregnancy and the baby's health. A group of researchers wondered if eating a healthy diet based on plant foods could affect the chances of developing gestational diabetes.

In this study, a "plant-based diet" is not a vegetarian diet but is a diet that is higher in plant foods. They studied close to 15,000 women, keeping track of what they ate before becoming pregnant and whether they developed gestational diabetes. The researchers developed a "plant-based diet index," a "healthful plant-based diet index," and an "unhealthful plant-based diet index." Healthy plant foods included whole grains, beans, fruits, vegetables, nuts, and vegetable oils. Less healthy plant foods were identified as fruit juices, sugary desserts, sugar-sweetened beverages, refined grains, and potatoes. Women eating more foods from a group (like healthy plant foods) received a higher score in that group. Compared to those eating a more animal-based diet or a diet containing fewer healthy plant-based foods, those eating more healthy plant foods had about a 25% lower risk of developing gestational diabetes. Additional research is needed to see if eating a vegan or vegetarian diet before and during pregnancy affects the risk of developing gestational diabetes.

Chen Z, Qian F, Liu G, et al. Prepregnancy plant-based diets and the risk of gestational diabetes mellitus: a prospective cohort study of 14,926 women. *Am J Clin Nutr.* 2021;114:1997-2005.



unleather:

Great minds sometimes look at a mushroom and see... a car seat. That's what's going on in the **innovative world of vegan leather**. And it's not just mushrooms. All kinds of plants are in the mix. Apples, mangoes, pineapples, cacti, grains, grapes, coconuts, bananas, and even flowers are being used to create leather-like materials. Traditionally, leather has come from animal skins, mostly cows, but also goats, sheep, and other farmed animals.

"People argue that (animal) leather is a byproduct of the meat industry, that everything from the animal is going to use. But there's a huge environmental impact. Leather is skin. It has to be tanned or it rots. Tanneries are incredibly toxic for waterways because most use chromium. You aren't just talking about a cruel product, it's also leaving a huge impact on the planet," said Roxanne Peake, founder of Dominic & Dempsey, a company creating cactus-based leather products for youth (second photo, left).

According to EPA.gov, tanning is when the collagen fibers in the animal hide react to the chemicals used in the preservation process. Chromium is the most common chemical used for this, as chrome-tanned (animal) leather tends to be more stable in water, as well as softer and more flexible than other treatments. However, chromium leaves a negative impact on waterways, as well as on the health of workers in tanneries.

As the public awareness about leather's impact and the animal suffering associated with large-scale farming increases, there's a **greater demand for vegan leather**. Until now, that meant polyurethane (PU) or plastic faux leathers. These have their own issues. PU products wear out quickly, aren't especially soft, and crack or puncture easily.

And plastics don't decompose.

The demand for cruelty-free vegan leather textiles is growing rapidly in fashion, sports, even the furniture and automotive industries.

"Fashion has a clear opportunity to act differently, creating a new value for society, and seeking growth at the same time," said Adrián López Velarde, co-creator of Desserto, a cactus leather production company in Mexico. "This comes with an urgent need to place environmental, social, and ethical improvements on the agenda. **Natural resources and the environment are under pressure**, and this industry is a considerable contributor."

It's time for this. A lot of people switch to the vegan lifestyle and they give up leather only to find the options until now were cloth or plastic... I want to make these (boots) for the world."

Roxanne Peake, shoe designer

Desserto creates their leather from nopales cacti in Mexico in a process developed by Velarde with Marte Cázarez. The cacti used, also known as prickly pears, do not require watering, and are native to the region where Desserto farms and harvests them. Each plant lives about eight years. Only mature cactus paddles are harvested so the plants live a full lifespan.



Photo credits, descending from top left: Adidas boxing glove, Mylo; children's boots, Dominic & Dempsey; Mercedes vehicle interior, Desserto; Lululemon accessories and yoga mat, Mylo; opposite page, model in gray, Stella McCartney for Mylo; on page 2, Table of Contents, wallet with cacti, Desserto.

Textiles from Plants

by Rissa Miller

Peake creates all of her brand's shoes from Desserto cactus leather. In her experience, it's strong, pliable, and stylish.

"My son has been wearing his boots about a year. There are no splits or cracks. They got caked with mud, and to clean them, I had to soak them in a bucket and scrub them. **Even I was pleasantly surprised that they held up to this kind of wear and tear,**" Peake said.

"Over time, they're getting a gorgeous patina like animal leather would, and molding to the foot."

In fact, cactus leather is so durable that Mercedes is rolling out luxury upholstery stitched from it. And mushroom leathers from Mylo are so reliable that big name companies like Adidas and lululemon are using them to make sporting apparel and equipment (photos top left and bottom left).

Mylo material is created by Bolt Threads, a U.S. material innovations company based in California. The mycelium (underground structure of mushrooms) used for Mylo is grown in indoor vertical farming facilities that are 100% powered by renewable energy. The grow process takes less than two weeks start to finish. Mylo can be used like animal or synthetic leather, and can take on any color, finish or emboss.

As a lifelong vegetarian, Stella McCartney **never uses leather, fur, skins, or feather** in her high-end fashion designs. McCartney has, however, embraced Mylo (right photo).

"Since the beginning I wanted to approach things in a different way because killing animals for the sake of fashion is quite simply not acceptable," said McCartney.

Based in Austin, Texas, Peake creates children's shoes specifically, as her journey began there.

"As a vegan mom, **I was frustrated there was nothing on the market,** and I mean literally nothing, for my son. I had no background in fashion, but I had a vision of a quality, elegant, cruelty-free children's boot. The cactus leather made so much sense. We started in 2019 and went live to the public in March 2021," said Peake.

And how are things going for Dominc and Dempsey's cactus leather shoes? The line has expanded and demand is booming—she can barely keep boots in stock.

"It's time for this," said Peake. "A lot of people switch to the vegan lifestyle and they give up leather only to find the options until now were cloth or plastic. It was a challenge. Now it's just a matter of transition and scaling (plant leathers). I want to make these (boots) for the world."

Check out our
online guide to
leather alternatives:
[vrg.org/nutshell/
leather.php](http://vrg.org/nutshell/leather.php)



Killing animals for the sake of fashion is quite simply not acceptable.
*Stella McCartney,
couture fashion
designer*

Tacos Any Day

by Hannah Kaminsky

Swaddled in tortillas big and small, soft and crunchy, corn- or wheat-based, tacos are as ubiquitous as they are diverse. However, it hasn't always been this way. A relative newcomer to the culinary landscape, the brief history of tacos begins in 19th century Mexico as an easy meal to grab and go. The original fast food, if you will. It didn't take long for the savory morsels to take off across the border, becoming wildly popular in the United States, where cooks of all stripes began putting personal touches on the handheld miniature meals. Now, you'd be hard-pressed to find a town in these 50 states without a taqueria.

Part of the taco's widespread appeal is its simplicity, which lends itself to infinite interpretations. Like sandwiches, anything can go in the middle with equal success, without demanding any greater effort to assemble. Outside conventional Mexican ingredients, a bold new world of flavor awaits those daring enough to take a fresh approach to the humble taco. "Fusion" food tends to get a bad rap, but these multicultural inspirations transcend traditional definitions. After all, there's no wrong way to make a taco. Each assembly is a unique combination of ingredients constructed according to your tastes. Take these blueprints and build your own fiesta, exactly as you like it.

Replacing buttery pastry with a crisp, pan-seared flour shell, Potato Samosa Tacos (opposite page) are stuffed with tender spuds, green peas, and chickpeas. Bold seasonings infuse the filling with warm, vibrant flavors that positively vibrate on the palate. Just like the original inspiration, these savory morsels would be fantastic paired with chutney or vegan *raita* (yogurt sauce), or simply eaten plain out of hand.

*Anything can go in
the middle
with equal success,
without demanding
any greater effort
to assemble.*

Garlicky, herbaceous, and citrusy sauce accents a Cuban-style mixture of beans, colorful peppers, and toasted coconut to create Mojo Black Bean Tacos (page 18) that could be the centerpiece of any party. Zesty, tropical notes define this effortless entrée, which can be served cold or hot, depending on the weather. Coming together in minutes, you can go from hungry to happy faster than it would take to defrost a TV dinner.

Craving seafood? Don't go fish—grab a Mushroom Ceviche Taco (page 19) instead!

Approximating the toothsome texture of fresh cured marine products, the humble mushroom is elevated to new gastronomic heights with a quick dip in garlicky marinade. Served chilled in crisp butter lettuce leaves, it's an ideal light snack or starter on a warm day.

If Japanese food is top of mind on Taco Tuesday, there's no need to compromise. By pressing out perfectly *al dente* sushi rice on snack-sized squares of toasted nori, you get all the satisfac-

tion of vegetable maki without the tiresome rolling and slicing. Sushi Tacos (page 20) are an excellent blank canvas to dress up with any of your favorite veggie fillings, though it's hard to beat the classics like shredded carrots, cucumbers, and shelled edamame. Dip into spicy wasabi avocado aioli to transform this easy weeknight meal into a hot date.

Ruby red beets are the headliners of your next Korean feast! Bathed in a fiery hot sauce, tempered by the natural sweetness of ripe pears, Beet Bulgogi Tacos (page 21) are an unexpected twist on tradition. Paired with the spicy funk of fermented vegan kimchi, thinly shaved rounds of jicama act as the tortilla for this meal, finishing each bite with a cool, crisp piquancy that lingers alongside a satisfying afterburn.



Potato Samosa Tacos

(Serves 4 as an entrée)

Samosa Filling:

- 1 pound Russet potatoes, peeled and diced
- 2 teaspoons coconut oil
- 1 large shallot, finely diced
- 2 cloves garlic, minced
- 1-inch fresh ginger, peeled and minced
- 1½ teaspoons garam masala
- 1 teaspoon Madras curry powder
- 1 Tablespoon lemon juice
- ½ cup frozen peas
- ½ cup cooked chickpeas
- Salt, optional, to taste

Fill a medium saucepan with water. Bring to a boil over medium heat and add the potatoes. Reduce the heat to a simmer and cook for another 10-15 minutes, until potatoes are fork tender. Drain and immediately rinse under cold water to stop the cooking process. Set aside.

In a medium skillet, melt the coconut oil over medium heat and add the shallots, garlic, and ginger. Sauté 5-6 minutes, until lightly browned. Add the garam masala and curry powder, stirring well, and cook only another 30-60 seconds until aromatic.

Quickly deglaze the pan with the lemon juice. Add the peas, chickpeas, and salt if using, cooking for 1 minute longer, until the peas are fully thawed. Turn

off the heat. Toss the potatoes and sautéed vegetable mixture gently, stirring to combine without breaking the potatoes into pieces.

To Assemble:

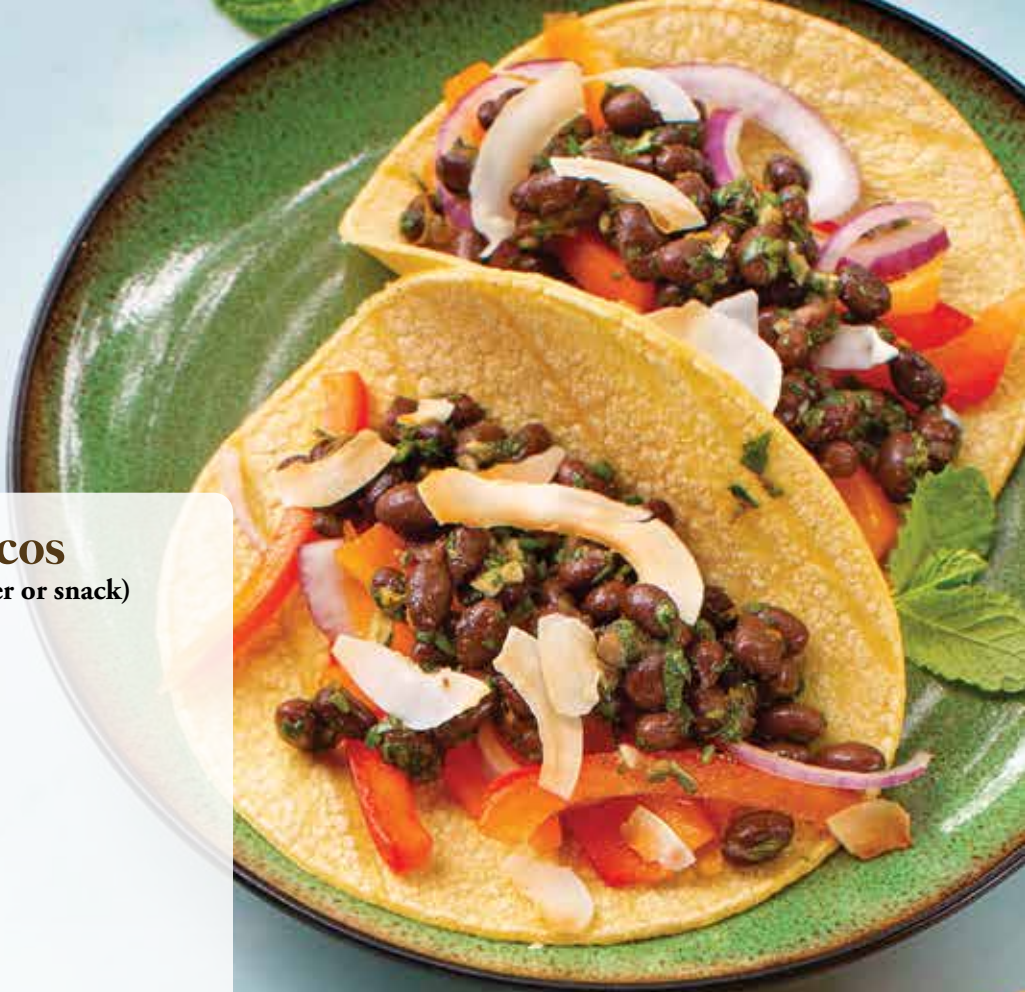
- 6-8 (6-inch) flour tortillas
- 1 cup shredded red cabbage
- ½ cup fresh cilantro

Spread about ¼ cup of the Samosa Filling across half of one of the tortillas, topped by a sprinkle of red cabbage and cilantro. Fold in half.

Working in batches, add two or three tacos at a time to a medium skillet over medium heat. Press down gently for about 10 seconds to keep the tacos' shapes. Cook for 2-3 minutes until golden and crisp. Flip and repeat. Serve immediately, while still hot.

Total calories per serving: 310
Carbohydrates: 54 grams
Sodium 302 milligrams

Fat: 6 grams
Protein 9 grams
Fiber 5 grams



Mojo Black Bean Tacos

(Serves 2 as an entrée, 4-6 as a starter or snack)

Mojo Black Beans:

- ½ cup fresh cilantro, minced
- 1 Tablespoon fresh mint, minced
- 2 cloves garlic, minced
- 1 teaspoon orange zest
- 2 Tablespoons orange juice
- 2 Tablespoons lime juice
- ¾ teaspoon ground cumin
- ½ teaspoon dried oregano
- Salt, to taste, optional
- One 14-ounce can or 1½ cups cooked black beans, rinsed and drained

In a large bowl toss all the ingredients together and coat the beans evenly. This can be served right away, at room temperature, warmed over medium-low heat on the stove, or heated in a microwave for 1-2 minutes, just until warm.

To Assemble:

- 1 medium red bell pepper, deseeded and thinly sliced
- 1 medium orange or yellow bell pepper, deseeded and thinly sliced
- ½ small red onion, thinly sliced
- 5-6 6-inch corn tortillas
- ¼ cup unsweetened coconut flakes, toasted

Place peppers and onions in a medium bowl and toss to combine. Set out the tortillas and top each with equal amounts of the pepper slaw, Mojo Black Beans, and toasted coconut. Fold in half and enjoy!

Total calories per entrée serving: 450
Carbohydrates: 72 grams
Sodium: 131 milligrams

Fat: 6 grams
Protein: 15 grams
Fiber: 18 grams



Mushroom Ceviche Tacos

(Serves 4-6 as starter or snack)

Mushroom Ceviche:

- ½ pound cremini or button mushrooms
- 3 cloves garlic, minced
- ½ jalapeño, deseeded and minced
- ¼ cup lime juice
- ½ cup low-sodium mushroom or vegetable stock

In a small saucepan, combine the mushrooms, garlic, and jalapeño. Pour in the lime juice and stock, making sure the mushrooms are fully submerged; add a splash of water if needed. Set over medium heat and bring to a boil. Cook at a steady boil for 2 minutes before removing from the stove. Let cool completely, drain, and chill 1-2 hours before proceeding.

Cucumber Pico de Gallo:

- ½ medium seedless English cucumber, peeled and diced
- ½ cup fresh parsley, minced
- ¼ cup canned crushed tomatoes, drained
- ¼ cup red onion, finely minced
- Salt, to taste, optional

In a medium bowl toss together all the ingredients. Keep refrigerated until ready to serve. This can be made ahead of time and kept in an airtight container in the fridge for up to two days.

To Assemble:

- 1 head Bibb or butter lettuce
- 1 medium avocado, pitted and thinly sliced
- 2-3 medium radishes, thinly sliced

Serve yourself and/or guests with one large lettuce leaf at a time. Top with Mushroom Ceviche, Cucumber Pico de Gallo, a few slices of avocado, and radish each. Enjoy right away, while still icy cold.

Cook's Tip: Can't stand the heat? Don't turn on the stove! This recipe can be completely raw if you allow the mushroom mixture to simply stand at room temperature for 1-2 hours, until tender and infused with the marinade.

Total calories per serving: 96
Carbohydrates: 11 grams
Sodium: 31 milligrams

Fat: 6 grams
Protein: 4 grams
Fiber: 4 grams





Sushi Tacos

(Serves 2 as an entrée, serves 4 as a starter or snack)

Wasabi-Avocado Aioli:

- 1 medium avocado, pitted and peeled**
- 2 Tablespoons rice vinegar**
- 1-2 teaspoons wasabi paste, to taste**
- 1 clove garlic**
- Salt, to taste, optional**

Prepare the Wasabi-Avocado Aioli so it's ready for dipping when you are. Place the ingredients in a blender or food processor. Purée on high speed, pausing as needed to scrape the sides of the container, until completely smooth. Add more wasabi to taste, if needed, and adjust the consistency with a splash of water if you'd like it a bit thinner. Store in an airtight container in the fridge until ready to serve. It will keep for about three days if prepared in advance, but be aware that it will turn brown over time.

Sushi Fillings and Nori Shell:

- 1 cup cooked and cooled sushi rice**
- 1 teaspoon rice vinegar**
- Salt, to taste, optional**
- One 0.35 ounce package roasted nori snacks (15-20 rectangle sheets)**
- ½ cup shredded carrots**

- ½ cup shelled edamame**
- ½ seedless English cucumber, thinly sliced**
- 1 scallion, thinly sliced**
- ½ teaspoon toasted sesame seeds**

In a small bowl combine the rice, vinegar, and salt. Press about 1 heaping Tablespoon in an even layer across the surface of one sheet of nori. Gently fold in half and fill with a small amount of the shredded carrots, edamame, and cucumbers. Finish with a pinch of sliced scallion and sesame seeds. Serve with Wasabi-Avocado Aioli.

Cook's Tip: To cook sushi rice from scratch, start with ¾ cup short-grain sushi rice and rinse until the water runs clear. Drain thoroughly and set aside. In a small saucepan bring 1 cup water to a boil before adding the cleaned rice. Cover, reduce the heat to low, and simmer gently for 15-20 minutes, until the water has absorbed. Remove from the heat and let sit for at least 15 minutes. For this recipe, it's best to use rice that's either at room temperature or chilled. You can make the rice up to three days in advance, stored in an airtight container in the fridge.

Total calories per entrée serving: 285	Fat: 15 grams
Carbohydrates: 15 grams	Protein: 6 grams
Sodium: 188 milligrams	Fiber: 9 grams

Beet Bulgogi Tacos

(Serves 6 as a snack or appetizer)

Beet Bulgogi:

- 1 medium ripe pear, peeled, cored, and diced
- 2 cloves garlic
- 1-inch fresh ginger, peeled
- 2 Tablespoons low-sodium tamari or soy sauce
- 1 Tablespoon rice vinegar
- 1½-2 teaspoons *gochugaru* (Korean hot pepper flakes) or crushed red pepper flakes
- 1 teaspoon toasted sesame oil
- 1 pound red beets, peeled and diced

Create the bulgogi marinade by simply tossing the pear, garlic, ginger, tamari or soy sauce, vinegar, *gochugaru* or pepper flakes, and oil into your blender and thoroughly purée. Pause to scrape down the sides of the container as needed to combine all the ingredients. It's fine if it's not entirely smooth; the marinade should be a well-combined sauce that coats the beets.

In a medium bowl, toss together the beets and marinade to thoroughly combine. Allow the beets to rest for 15-30 minutes.

Meanwhile, preheat oven to 375 degrees. Spread the beets out in an even layer on a parchment paper- or aluminum foil-lined baking sheet. Roast for 25-30 minutes, stirring every 10 minutes, until the beets are fork tender. Let cool for 15 minutes.

To Assemble:

- 6 jicama "tortillas"
- 1 cup store-bought vegan kimchi
- 3 scallions, thinly sliced

Lay out one jicama "tortilla" at a time and top with kimchi, Beet Bulgogi, and scallions to taste.

Cook's Tip: Jicama "tortillas" may sound exotic, but they're quite common in most well-stocked supermarkets. Check the refrigerated produce section next to cut fruits and vegetables. To make your own at home, peel a medium-sized jicama and slice it as thinly as possible. Use a mandoline for the best, most consistent results.

Total calories per serving: 71	Fat: 1 gram
Carbohydrates: 15 grams	Protein: 2 grams
Sodium: 366 milligrams	Fiber: 5 grams



Hannah is a serious food lover who would happily eat all meals in taco form. She is the author of many cookbooks, including *Real Food Really Fast*, *Super Vegan Scoops!*, and *The Student Vegan Cookbook*. Passionate about big flavors, she works in Austin, TX, developing recipes and photographing food.



The VRG's 2021 Video Contest Winners

Every Life Has Value



Eat for the Earth

by Ruby Sturm

I have been a vegetarian my entire life. I became a vegan in 2021. I care about animals and believe every life has value. The meat and dairy industries aren't good for our planet. I wish more people would think about this. I also enjoy vegan food because it's healthy.

See: vrg.org/veg_videos.php#rubysturm

Diminishing Carbon Footprints

Why I Became Vegetarian

by Belen Torres

My reasons for including a vegetarian diet into my life are to not continue involving myself with products that continuously exploit animals and their rights. I also wanted to diminish my carbon footprint as much as I could, and understood that dairy and meat products contained hormones that posed multiple health risks, resulting in me becoming a vegetarian.

See: vrg.org/veg_videos.php#belentorres



Video scholarships have been given in honor of W.M. Zahn, who was a great mentor.

View winners of the video contest at vrg.org/veg_videos.php

The deadline for the next VRG video contest is July 15, 2022.

See: vrg.org/videoscholarship.php

Tips to Help with the Switch



The Veg Survival Guide by Saisravya Bandla

I became interested in vegetarianism to increase my awareness of its impact and variety of benefits. I quickly noticed that there weren't many resources helping with the process of switching to a no-meat diet. Hence, I researched and compiled a list of tips to help with the process.

See: vrg.org/veg_videos.php#saisravvyabandla

Cruelty Free is Beautiful

Fast Fashion & Veganism by Catherine Ching

I am interested in veganism because I care about the life and well-being of animals. After learning about the factory farming process and animals being impregnated, mutilated, slaughtered, etc. and the environmental impacts like deforestation and the release of methane in the air, I went on a plant-based diet and began supporting cruelty-free brands.

See: vrg.org/veg_videos.php#catherineching

Other Animal-Derived Products to Look for in clothing

- Angora (Rabbits)
- Mohair (goats)
- Feathers (ducks and geese, sometimes other birds)
- Cashmere (goats)



BEQUESTS

The VRG depends on the generous contributions of our members and supporters to continue our educational projects. Though the world may not become vegan 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.



Lights! Camera! VRG!

by Rissa Miller

Nothing makes a vegan recipe come to life like watching someone prepare it. Seeing the color of fresh ingredients, hearing the sizzle of a pan—it breathes life into a recipe that may otherwise appear flat on the screen or printed page.

Last fall, The VRG started creating new content for our YouTube channel, youtube.com/VegResourceGrp

We're dishing up simple meals with wholesome ingredients that are easy to follow in almost any kitchen scenario, as well as guest chefs and videos with simple vegan lifestyle tips.

The channel is hosted by *Journal* Senior Editor Rissa Miller, and we're excited to introduce vegan videographer John Beck, who makes everything look and sound great with his technical expertise. That's him behind the camera in the photo to the right.

"Working with Rissa and VRG has been a great experience," said Beck. "As a vegan myself, I am excited to create content that brings more options and information to both experienced and newbie vegans."

Thus far, recipe features have included Sheet Pan Apple Crumble, Cauliflower Steaks, Tikka Masala Bowls, Blueberry French Toast, Sheet Pan Hash Brown Casserole, Low-Cost Chili Fries, Greek Bowls from GETHYPE café, and our most-viewed new video on the channel, Chef Roberto Carlos Perez's *Tacos al Pastor* and *Tofu con Rajas Poblanos*. Fifty ideas for vegan



Photo by Rissa Miller



Screenshots of Vegan Halloween Candy (above left) and Tacos Al Pastor with guest Chef Roberto Carlos Perez (above center and bottom right column); Original Video by John Beck



lunches and how to choose vegan Halloween candy are also on the channel, with many more videos in the planning, shooting, and editing phases.

If you love vegan videos, please check out The VRG's channel offerings, and remember to like, share, and subscribe to support our content. Feedback is always welcome, so reach out via the channel or email at vrg@vrg.org to let us know what kind of videos you'd like to see us create going forward!

Watch our videos at youtube.com/VegResourceGrp

The Vegetarian Resource Group's Testimony on the Labeling of Meat Products Containing Cultured Animal Cells

The Vegetarian Resource Group sent in the following testimony to USDA in October, 2021. We did not address every question they asked in the request for comments since whether or not a product is labeled pork loin containing cultured animal cells as opposed to pork containing cultured animal cells did not seem like "our" issue.

We welcome the opportunity to comment on Labeling of Meat or Poultry Products Comprised of or Containing Cultured Animal Cells. As a consumer organization, we prioritize providing clear, helpful label information that consumers can use to make an informed choice.

Response to question 1:

We believe that the name or statement of identity of meat or poultry products comprised of or containing cultured animal cells should inform consumers about how the animal cells were produced. Vegetarians do not eat meat or poultry and would want to be aware that a product contains cultured animal cells. We assume that this would also be the case for those with an allergy to meat or poultry products and for those who avoid these products due to religious beliefs. In addition, consumers may not want to purchase products comprised of or containing cultured animal cells due to concerns about the negative environmental impact of producing these products.¹

In 2020, a survey was conducted online within the United States by The Harris Poll on behalf of The Vegetarian Resource Group from June 22-24, 2020 among 2,074 U.S. adults ages 18 and older. We found that more than half of the U.S. adult population (54%) always or sometimes eats vegetarian (including vegan) meals when eating out. We asked if survey respondents would purchase a meat alternative grown

from animal cell DNA obtained 10 years ago, which does not currently involve the raising of animals. Only 12% of respondents said they would purchase such a product; 19% of vegetarians including vegans would purchase a meat alternative grown from animal cell DNA; 19% of those that sometimes or always eat vegan meals when eating out and 18% of those that sometimes or always eat vegetarian, including vegan, meals when eating out would purchase this type of meat alternative.²

Similarly a 2021 national survey was commissioned by The Vegetarian Resource Group and conducted online by YouGov, of 8- to 17-year-olds. This survey found that more than half (53%) of 8- to 17-year-olds sometimes or always eat vegetarian meals when eating out. As was done in the adult poll, we asked if survey respondents would purchase a meat alternative grown from cells (DNA) from an animal, which was collected years ago which does not currently involve the raising of animals. Only 9% of respondents said they would purchase a meat alternative grown from animal cell DNA.³

Since so many consumers would choose not to purchase a product produced using animal cell DNA, it is important that consumers be informed about the presence of cultured animal cells in products in clear, easily understood language. This should be indicated in the product name and in the ingredient list on the product label so that consumers can be aware of the product's composition.

In addition to label information, it is important for companies to have specific information about the source of these cells in their products on their websites since many people look on product websites for information. This information should also be presented in clear, easily understood language.

It is important that consumers be informed about the presence of cultured animal cells in products in clear, easily understood language.

Response to question 2a:

Use of a term such as “engineered using cultured animal cells” would help consumers understand that the product is based on animal products and that animal cells are used in production. An educational program would need to be developed to inform consumers about the meaning of “cultured” in this context. This terminology should be prominently displayed on the product’s label so that consumers are aware of the product’s composition.

Response to question 3:

Meat and poultry products that are comprised of both slaughtered meat and cultured animal cells should be required to be labeled in a way that clearly informs consumers that the product contains both slaughtered meat and cultured animal cells. It is important to specify that the cultured cells are animal cells so that consumers can decide whether or not they want to purchase a product containing animal cells. As discussed in our response to question 1 above, consumers are reluctant to purchase a product derived from animal cell DNA. Information about product composition should appear on the label.

Response to question 4:

The terms “vegetarian,” “vegan,” and “plant-based” should never now or in the future be used in the product name or on the product label of a food comprised of or containing cultured animal cells. This terminology would be a misrepresentation of the food product. Although the FDA does not currently define “vegetarian,” “vegan,” or “plant-based,” these terms are commonly used to imply that products do not contain ingredients from meat/fish/poultry (vegetarian) or from all animal products and by-products (vegan). “Plant-based” has a variety of meanings but it is commonly used to indicate that a product is vegetarian or vegan.⁴ Having “vegetarian,” “vegan,” or “plant-

based” on a label of a product containing cultured animal cells would be misleading to consumers.

A survey of vegetarian and vegan groups conducted in 2013 found that the majority did not believe that a meat alternative grown from animal cell DNA, obtained 10 years ago, which does not currently involve the raising of animals should be labeled as “vegan.”⁵ This survey, although informal in nature, suggests that advocacy groups would not support having terms such as “vegan” used on the label of foods comprised of or containing cultured animal cells.

Additionally, terms such as “non-animal” or “animal-free” should never now or in the future be used in the product name or on the product label of a food

comprised of or containing cultured animal cells. Use of these terms would be misleading for consumers who, for religious, ethical, philosophical, environmental, or other reasons do not want to purchase products in which animal products were used at some point in production.

Response to question 8:

FSIS should not establish a regulatory standard of identity for foods comprised of or containing cultured animal cells unless this standard of identity clearly states that the food is comprised of or contains animal cells and that this information is required to be included on the product label in both the name of the product and in the ingredient list.

Response to question 12:

FSIS-regulated broths, bases, and reaction flavors produced from animal cells should be required to declare the source material in the product name and in the ingredient listing. This information will allow consumers to choose whether they want to purchase these products. Additionally, the terms “vegetarian,” “vegan,” and “plant-based” should never now or in the future be used in the product name or on the product label of broths, bases, and reaction flavors comprised of or containing cultured animal cells for the reasons discussed in the response to question 4.

*The terms
“vegetarian,”
“vegan,” and “plant-
based” should never
now or in the future
be used in the
product name or
on the product
label of a food
comprised of or
containing
cultured animal cells.*

Response to question 13:

The presence of cultured animal cells in further processed products regulated by FSIS should be identified on the product label, both in the product name and in the ingredient listing. This information will allow consumers to choose whether they want to purchase these products. Additionally, the terms “vegetarian,” “vegan,” and “plant-based” should never now or in the future be used in the product name or on the product label of further processed products comprised of or containing cultured animal cells for the reasons discussed in the response to question 4.

Thank you for the opportunity to comment on this issue.

REFERENCES:

- ¹ *Meat Atlas*. eu.boell.org/en/MeatAtlas 2021; pp. 60-61.
- ² What vegetarian and vegan products will American adults purchase? Questions asked by The Vegetarian Resource Group in a national poll. vrg.org/nutshell/harris2020veganadultwriteup2blog.pdf 2020.
- ³ How many youth in the U.S are vegan? How many teens eat vegetarian when eating out? vrg.org/nutshell/Yougov2021youthteenwriteup.pdf 2021.
- ⁴ What does plant-based actually mean? vrg.org/journal/vj2018issue4/2018_issue4_plant_based.php 2018.
- ⁵ What do vegetarian groups consider vegetarian and vegan? vrg.org/journal/vj2014issue2/2014_issue2_what_do_consider.php 2014.

But What Is Tempeh?

by Reed Mangels, PhD, RD

Tempeh (also known as tempe) is a traditional fermented product that originated in Indonesia. It is made by hulling, soaking, and partially cooking whole soybeans or other legumes, grains, or seeds. The beans are then inoculated with a tempeh starter (most commonly rhizopus spores) and incubated. The final product, tempeh, is a solid cake that has a mat of white mycelium (fine filaments) holding together the beans, grains, or seeds. Tempeh’s taste has been described as “nutty,” “cheesy,” “yeasty,” or “like mushrooms.”

Commercial varieties of tempeh, in addition to soy tempeh, include Tofurky’s Five Grain Tempeh made with soybeans, brown rice, sesame seeds, sunflower seeds, and millet; Lightlife’s Three Grain Tempeh made with soybeans, brown rice, barley, and millet; and SoyBoy’s 5-Grain Tempeh made with soybeans, brown rice, millet, kasha, and quinoa. Soy-free tempeh products include those made with azuki beans, black beans, chickpeas, lentils, and split peas.

Nutritionally speaking, tempeh has a lot going for it. A 3-ounce serving of soy-based tempeh has 150-190 calories; tempeh made from other legumes may be somewhat lower in calories. Tempeh made with soybeans has more protein than a similar amount of tofu with a 3-ounce serving of tempeh containing 11-20 grams of protein. Tempeh made with other legumes and/or grains is lower in protein. Tempeh is a good source of fiber with two to five times more fiber than a similar amount of tofu.

Tempeh is a reasonably good source of iron, with 2 milligrams in a 3-ounce serving, and of calcium. A 3-ounce serving of soy-based tempeh has 70-100 mg of calcium. Tempeh is not a reliable source of vitamin B12 unless vitamin B12 or a vitamin B12-producing bacteria are added during processing. Tempeh is low in sodium, although it may be used to make higher sodium foods like tempeh bacon and tempeh burgers.

Tempeh can be marinated and broiled or grilled, sautéed, added to stir-fries or soups, used to top pizza, and used to fill tacos or burritos.

For tempeh recipes see:

- vrg.org/journal/vj2016issue1/2016_issue1_cooking_tempeh.php (Tempeh Toast shown below)
- vrg.org/journal/vj93may/1993_may_tempeh_temptations.php

To read about soy-based tempeh being approved for use in school meals see:

- vrg.org/blog/2019/11/07/soy-based-tempeh-options-in-school-lunches

Veggie Bits

Cheesy Bread at Home

Through some miraculous chemistry, this quick mix inspired by Brazilian cheese bread replicates the gooey-cheesy inside and crusty outside of animal-based cheese bread. RioGood mixes are available in Hot & Smoky, Kids' Style, Original, Spicy Jalapeño, and Tuscan Rosemary. The two spicy options definitely have some kick, but the Kids' Style has no black pepper and is very mild. I was surprised at the chewy consistency. They were so yummy, I found myself eating lots of them! However, following the directions is critical to get the texture just right. I followed the suggestion on the bag and added a pinch of extra shredded vegan cheese in my second batch, and the result was absolutely delicious. The bread bites bake in about 30 minutes. All varieties are gluten-free. Buy online at riogood.com

Ruby Sturm/VRG Intern



Powdered Elixirs

Joya Elixir Beverage mixes are much more than just a drink. Each is loaded with complex flavors, as well as a variety of herbs and mushrooms. The varieties include Bliss, which is a cacao-based mix; Focus, which is a matcha tea-based mix; and Glow, which is a turmeric-based mix. Though all three dissolved smoothly into hot drinks, that was just the beginning. Each was a tasty stir-in for oatmeal or fruit/veggie smoothies, adding a layer of savory flavor. Focus was a nice add-in to a vegan matcha cookie, and the Bliss variety folded into vegan brownies really well. These elixir powders are sophisticated and multi-use, and can step beyond your morning latte into other foods and recipes. All varieties are gluten-free. Shop online and get recipe ideas for the powders at us.joya.ca

Rissa Miller/Senior Editor



Crunch-Crunch-Crunch

Plant Snacks is a chip made from cassava root—a tropical root vegetable from Brazil—that has been sustainably grown, harvested, cooked, dried, and sifted into flour to form tasty little squares. Plant Snacks comes in eight different flavors: Beet with Vegan Goat Cheese, Jalapeño, Lime, Ranch, Salt & Vinegar, Sea Salt, Super Seed Mix, and Vegan Cheddar. Sea Salt is enhanced with sesame seeds, and Ranch is seasoned with onion, garlic, and spices. Jalapeño has a nice slight kick. Once you open a bag of Plant Snacks, you will find it very hard to stop eating and close it up before the entire package is gone. Available at Sprouts Market, Walmart, Wegmans, and Whole Foods or online. plantsnacks.com *Katelynn Budzich/VRG Intern*



Lupini Bean Bars

The humble lupini bean is now in a snack bar, Lupii.

Available in four flavors—Almond Butter Cinnamon Raisin, Cashew Ginger Pumpkin Seed, Peanut Butter Cacao Nib, and Tahini Lemon Cranberry—Lupii bars offer up snacks that fit in a pocket or purse. Lupii was designed to harness more environmentally sustainable proteins without sacrificing value or taste. Testers found the bars well-balanced and easy to eat—not too sweet but not too starchy. The flavors all smell tempting right out of the packet and are ideal for travel, workouts, or simple snacks. The Peanut Butter Cacao Nib was a group favorite, with a familiar taste that wasn't cloying like candy. Cashew Ginger Pumpkin Seed had a fantastic gingery bite, with an even taste from the creamy cashew and naturally smooth pumpkin—it's like a fall day, anytime! All varieties are gluten-free. Available at independent stores and online, getlupii.com

Rissa Miller/Senior Editor



Veggie Bits

Curry in a Hurry

Maya Kaimal's Indian Simmer Sauces are ideal for anyone who wants convenience and ease with complex, well-balanced Indian flavors. The Coconut Korma, Jalfrezi, Madras, and Spicy Vindaloo sauces are vegan. Traditional curries require an extensive spice rack, as well as ingredients like tamarind and curry leaves, which can be hard to source. Instead, you can simply sauté vegetables, then add one of Maya Kaimal's sauces and simmer for 10-15 minutes. The only decisions that need to be made are which sauce to use and which vegetables or vegan foods to add. All this can happen in one pot in less than 30 minutes. I had the Jalfrezi with cubed tofu I coated in cornstarch to mimic paneer and highly recommend it, as the tofu soaks up the flavors excellently. Even better, they are shelf-stable! Gluten-free, non-GMO, peanut-free, and soy-free. Stores nationwide or online: mayakaimal.com

Simon Brown/VRG Volunteer



Porkless and Chick'n Crumbles

Jada's mixes are unique plant-based meats—soy-free and easy to prepare. These mixes make it fast to re-create your favorite comfort foods without animal products. Open the box to find a powder, and just add water and oil! After resting the mixture for a few minutes, you can form cutlets, meatballs, nuggets, and more. Jada offers the mixes in Lightly Seasoned Porkless, Mediterranean Chick'n, and Unseasoned Chick'n flavors. Because the dry mix can be stored without refrigeration, it's perfect for dorm-style living, travel, and on-the-go busy professionals or families. Versatile and kid-friendly, the mixes are great for pasta dishes, for meaty pizza sauces, and for homemade breakfast sausages. You can customize the mix with seasonings of your own, too. Available from Amazon, Sprouts Market, and Whole Foods or online, jadabrands.com

Callie Showalter/VRG Intern



Sweet as Honey

Vegan honey has been a long-time wish for many people. Vegan honey that melts in hot tea, or bakes into treats or even just tastes sweetly complex drizzled on toast. Single Origins Food Co. seriously hit the mark with their Un-Honey, available in Amber, Blonde, and Copper flavors. No bees are part of this product in any way; it was developed by organic farmers to re-create the useability and texture of honey. The Blonde Un-Honey, made from coconut nectar, is your teatime companion, ideal to sweeten steamy beverages or pour into a smoothie with lots of bitter greens. Testers loved the flavor and viscosity of the Blonde right out of the bottle! The Copper flavor was fuller, with a more robust caramel taste, and is made from date nectar. It performed beautifully in vegan cookie and quick bread recipes, both sweetening and adding depth. Shop online: thesofco.com/our-products

Rissa Miller/Senior Editor



Bubbly, Elegant Beverages

The fruit flavor of Sovany sparkling waters isn't artificial, it's from real fruit. Sovany offers four variations: Brilliant Orange, Ingenious Apple, Original, and Remarkable Raspberry. Sovany prides itself on having "just the right amount of bubbles," which, after my own tasting, proved to be true. The bubbles are not uncomfortably overpowering, and the slight fizz does not distract from the delicate fruity taste. The balance of fresh flavor and sparkling water is just right, with nothing too strong, too sweet, or overwhelming in any way. Sovany flavors were classic. Whether consumed alone, mixed into another drink or mocktail, or served with a meal, these sparkling waters are refreshing and delicious. They complement other tastes without stealing the show and are packaged in aesthetically pleasing white, BPA-free aluminum cans. Use the store locator or shop online, sovany.com

Clarissa Hauber/VRG Intern



“Animal-Free” Cream Cheese: Is It Vegan?

by Jeanne Yacoubou, MS

In 2021, The Vegetarian Resource Group reported on “animal-free” whey protein developed by Perfect Day. See: vrg.org/blog/2021/10/07/whey-produced-from-a-genetic-code-is-it-animal-free/amp/

Perfect Day’s whey protein is not taken directly from cow’s milk. It is produced by microorganisms possessing bovine-derived genetic material coding for whey. The bovine genetic information was taken from a virtual DNA library and based on actual genetic material “... taken from the blood of 8-year-old L1 Dominette 01449, a cow living in Montana, in 2009.” The resulting whey protein is functionally identical to cow’s whey. This means it performs the same roles just like cow’s whey in foods and beverages. For example, it could be used as a fat replacer, emulsifier, or texturizer.

Because “animal-free” whey is genetically identical to cow’s milk whey, people with cow’s milk allergies should avoid the “animal-free” whey protein as well as stay away from cow’s milk and ingredients derived from it.

In our previous article, we listed a few seemingly non-dairy ice cream brands that already use this whey protein. We also predicted that Perfect Day’s “animal-free” whey—as well as “animal-free” caseins that are proteins also found in cow’s milk—would soon become widely used in a large number of other food and beverage products. So, it was no surprise to read about the launch in November 2021 of an “animal-free” cream cheese alternative by General Mills.

Called BoldCultr, this cream cheese product is labeled with the phrase “contains milk allergens” on the front and back of the container. This statement alerts consumers with dairy sensitivities or allergies as well as people who steer clear of dairy for other reasons.

The bovine gene-derived whey appears on the ingredients label of this product as “non-animal whey protein (contains milk allergens).” Interested readers should note the second ingredient on the label (after water) is “oil blend (palm oil and palm kernel oil).”

Are “animal-free” proteins, including lab-based meat, vegan? Some vegans we know would probably say that proteins manufactured by genetically engineered microbes containing animal-derived genetic blueprints are not vegan. There is still an animal substance involved in making such proteins. However, companies producing these “animal-free” proteins may interpret otherwise. (See poll on this topic later in the year in Volume 41, Issue 4.)

If you’re vegan, make your views known. Encourage regulators and companies to make sure that foods produced from animal cells or descendants of animal cells are clearly labeled so that consumers can make their own decisions. Let us know what you think.



Vegetarian Resource Group Catalog

Vegan in Volume (\$20) by Chef Nancy Berkoff. This 272-page quantity cookbook is loaded with terrific recipes serving 25. Try Curried Vegetables with Polenta, Eggplant Lasagna, Mushroom-Asparagus Risotto, Spicy Bean Cakes with Fruit Salsa, Veggie Spring Rolls, Homestyle Molasses Cookies, Sophisticated Poached Pears, and more.

Suitable for parties in your own home, catered events, college food services, restaurants, weddings, and much more.

Wok Wisely (\$10) by Dharma Realm Cookbook Team of Taiwan. Enjoy a wide variety of traditional Chinese vegan dishes, as well as beautiful photos, in this 184-page book. Some of the recipes include four types of veggie broth, Cellophane Noodle Salad with Ginger Sauce, Sesame Spinach, Sweet and Sour Nuggets, Shanghai Bok Choy with Enoki Mushrooms and Ginger, Corn Chowder, Fragrant Noodle Soup, Hot and Sour Soup, and Rice Balls.

The Lowfat Jewish Vegetarian Cookbook (\$15) by Debra Wasserman. This 224-page vegan cookbook features over 150 lowfat traditional Jewish recipes from around the world. Enjoy Cake-Like Rye Bread, Russian Flat Bread, Lebanese Walnut Spread, Mock Chopped Liver, Armenian Tomato Soup, Polish Plum and Rhubarb Soup, Bulgur and Grape Salad, Polish Dilled Cucumbers, Russian Eggplant and Pomegranate Salad, Potato Knishes, Romanian Sweet Pasta, Moroccan Couscous, Hamentashen, Sweet Fruit Kugel, etc. Also find 33 Passover dishes and many Rosh Hashanah dinner suggestions.

Plant-Powered Families (\$19.95) by Dreena Burton. This 308-page cookbook features over 100 family-friendly, whole-food vegan recipes and photos. Start your morning with Creamy Breakfast Rice Pudding or

French Toast. For lunch try Red Lentil Hummus, Chickpea Nibbles, or Artichoke Spinach Dip, and for dinner try Creamy Fettuccine, Smoky Bean Chili, and Ultimate Teriyaki Stir-Fry. Desserts include Almond Butter Fudge or “Nicer” Krispie Squares.

Vegan Meals for One or Two—Your Own Personal Recipes (\$15) by Nancy Berkoff, EdD, RD. Whether you live alone, are a couple, or are the only one in your household who is vegan, 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.

Simply Vegan (\$15.95) by Debra Wasserman and Reed Mangels, PhD, RD. These 224 pages contain more than 160 quick-and-easy vegan recipes, a complete vegan nutrition section, and a list of where to order vegan food, clothing, cosmetics, and household products. Vegan menus and meal plans. Over 100,000 copies have been sold.

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 dishes such as Creamy Carrot Soup, Tangy Tofu Salad, Baked Bean Quesadillas, Lentil Chili, Asian Noodle Bowl, and French Toast.



Crafting Seitan (\$24.95) by Skye Michael Conroy. This 208-page cookbook contains detailed instructions on how to prepare seitan-based dishes in your home. Colorful photos will entice you to make Chikun Piccata, Seasoned Breaded Fried Chikun, Beef Brisket, Spicy Thai Beef Salad, Classic Pot Roast, Deli-Style Pastrami, Schnitzel, Pulled Porq, Country-Style and Raack Ribz, plus more.

Teff Love (\$21.95) by Kittee Berns. Enjoy creative vegan Ethiopian recipes such as Injera bread, Ye'atakilt Wot (potatoes, carrots, and cauliflower in a spicy sauce), Ye'ater Kik Alichia (split peas in a mild sauce), Ye'dubba Alichia (roasted butternut squash in a mild sauce), Garlic Jojos (crispy, garlicky potato wedges baked with Ethiopian spices), or desserts like Mocha Teff Brownies and Spiced Teff Snickerdoodles.

Kick Diabetes Cookbook (\$19.95) by Brenda Davis, RD, and Vesanto Melina, MS, RD. If you or someone you know has diabetes and wants to follow a vegan diet, this book is for you. The first section features information on foods that help regulate blood glucose levels, along with several helpful charts indicating which nutrients decrease diabetes risk and which increase the risk. Next, the reader is provided with useful tips on cooking vegan cuisine, including 100 quick-and-easy recipes such

as Banana-Walnut Pancakes, Carrot Spice Muffins, Navy Bean and Mushroom Soup, Mango and Black Bean Salad, Red Cabbage with Apples, and Vanilla Chai Pudding. Nutritional analyses and beautiful photos appear throughout the cookbook. *The Kick Diabetes Cookbook* has 192 pages.

For these three handouts, a donation to cover printing and postage would be appreciated.

I Love Animals and Broccoli Coloring Book

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

Vegan Nutrition in Pregnancy and Childhood

Brochure with essential nutrition info and meal plans.

Vegan Nutrition for Teenagers

Brochure with all of the basics about veggie nutrition.

Bumper Stickers “Be Kind to Animals—Don’t Eat Them,” or “Vegans Have Good Hearts”

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per year in the U.S., \$35 in Canada/Mexico, and \$45 in other countries.



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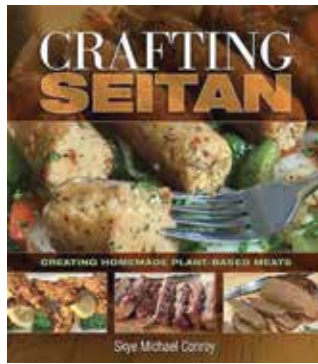
Book Reviews

Crafting Seitan by Skye Michael Conroy

Save money and learn how to make delicious seitan-based dishes. Sample dishes include Kung Pao Chikun, Beef Brisket, Spicy Thai Beef Salad, Classic Pot Roast, Schnitzel, Polska Kielbasa, Pepperoni, Deli-Style Pastrami, and more! Also find a variety of sauces and gravies, as well as seasoning blends and rubs.

The book is full of beautiful photos and many useful cooking tips.

Crafting Seitan (ISBN: 978-1-57067-396-2) is published by Book Publishing Co. It has 208 pages and retails for \$24.95. *Debra Wasserman/VRG Co-Coordinator*



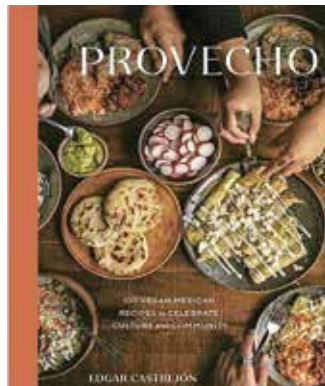
Provecho by Edgar Castrejón

For Mexican chefs or any interested cook, *Provecho* offers dozens of new and tasty ways to mix-up your diet or experiment with vegan cuisine! Edgar Castrejón accurately describes his latest cookbook as “100 vegan Mexican recipes to celebrate culture and community.”

The book quickly moves into six chapters of Latin American recipes. As readers progress through the pages, they will explore the author’s own experiences with traditional Mexican dishes while growing up. Beginning with main dishes and ending with desserts, readers can learn the context behind different items. *Provecho*’s middle chapters feature appetizers, casual meals, breakfast dishes, snacks, and drinks.

Castrejón’s recipes range from incredibly detailed and complex to simple and made from two ingredients. This variety can be seen when comparing the multi-faceted *pipian* recipe to the straightforward *plátano maduro* recipe.

The rest of the text encompasses vegan dishes like *pozole rojo*, adobo mushroom tacos, *chilaquiles verdes*, vegan chipotle *crema*, *margarita fuerte*, *galletas de*



almendras, and a family recipe for cauliflower ceviche.

Provecho (ISBN: 978-1-9848-5911-2) is a 256-page book. It is published by Ten Speed Press of Penguin Random House LLC. You can purchase this book online or from your local bookstore. \$32.50. *Lucia Rivera/VRG Intern*

Feeding Your Vegan Child by Sandra Hood, RD

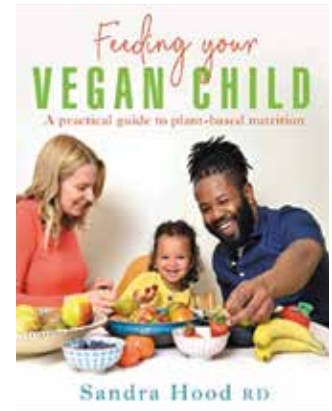
Feeding Your Vegan Child: A Practical Guide to Plant-Based Nutrition is a thorough guide to nutritional needs for vegan children. The author has been vegan for more than 40 years and is an Honorary Nutrition Advisor to the Vegan Society of U.K. Hood’s

knowledge and experience make this book a source of reliable practical information.

The first chapter explains terms such as “vegan diet,” “organic food,” and “raw food.” The next six chapters are on different stages of life—preconception, pregnancy, early infancy, later infancy, childhood, and teenagers. Each of these chapters examines nutrient needs and issues relevant to that stage. For example, the chapter on later infancy includes ideas for first foods, suggestions for determining when a baby is ready for solid foods, and guidelines for preventing choking. Another chapter tells about real vegan children ranging in age from 11 months to 20 years. Vegan recipes, along with tips on veganizing recipes, are included. Appendices provide nutrient recommendations, sources of nutrients, meal plans, and references.

Feeding Your Vegan Child is published in the U.K., so readers in the U.S. will notice some small differences in nutrient recommendations and some less familiar words. (I enjoyed terms like jacket potatoes, vanilla essence, and tinned foods.) These differences in no way diminish this book’s usefulness. Its friendly, reassuring tone makes it a valuable resource for anyone interested in vegan diets for babies, children, and teens.

Feeding Your Vegan Child (ISBN: 978-1-78161-196-8) is published by Hammersmith Health Books. It has 160 pages and retails for approximately \$21. *Reed Mangels, PhD, RD/VRG Nutrition Advisor*



Vegan Cooking Tips

Quick and Easy Ideas for

Mangoes

by Chef Nancy Berkoff, EdD, RD



What's the most widely eaten fruit in the world? That's right! Mangoes. The mango outdoes the apple, orange, and banana in yearly sales and possibly in available nutrition. Fresh and frozen mangoes, and mango nectar are excellent sources of both vitamin A and vitamin C, as well as a good source of potassium.

The mango is a close cousin of the pistachio and the cashew, grows in tropical climates, and is very prolific. One 50-foot tree can have an annual yield of 100 mangoes.

There are many varieties of mangoes, ranging from tart green to sugary gold. The majority of fresh mangoes sold in the United States are plump and mild-flavored. You may also be able to find Ataulfo mangoes, slender and a bit acidic in taste.

There is a technique to master for peeling fresh mangoes. The National Mango Board has detailed peeling information, as well as recipes, for getting the most from your mango. See: mango.org

Fresh, ripe mangoes can be peeled and eaten right

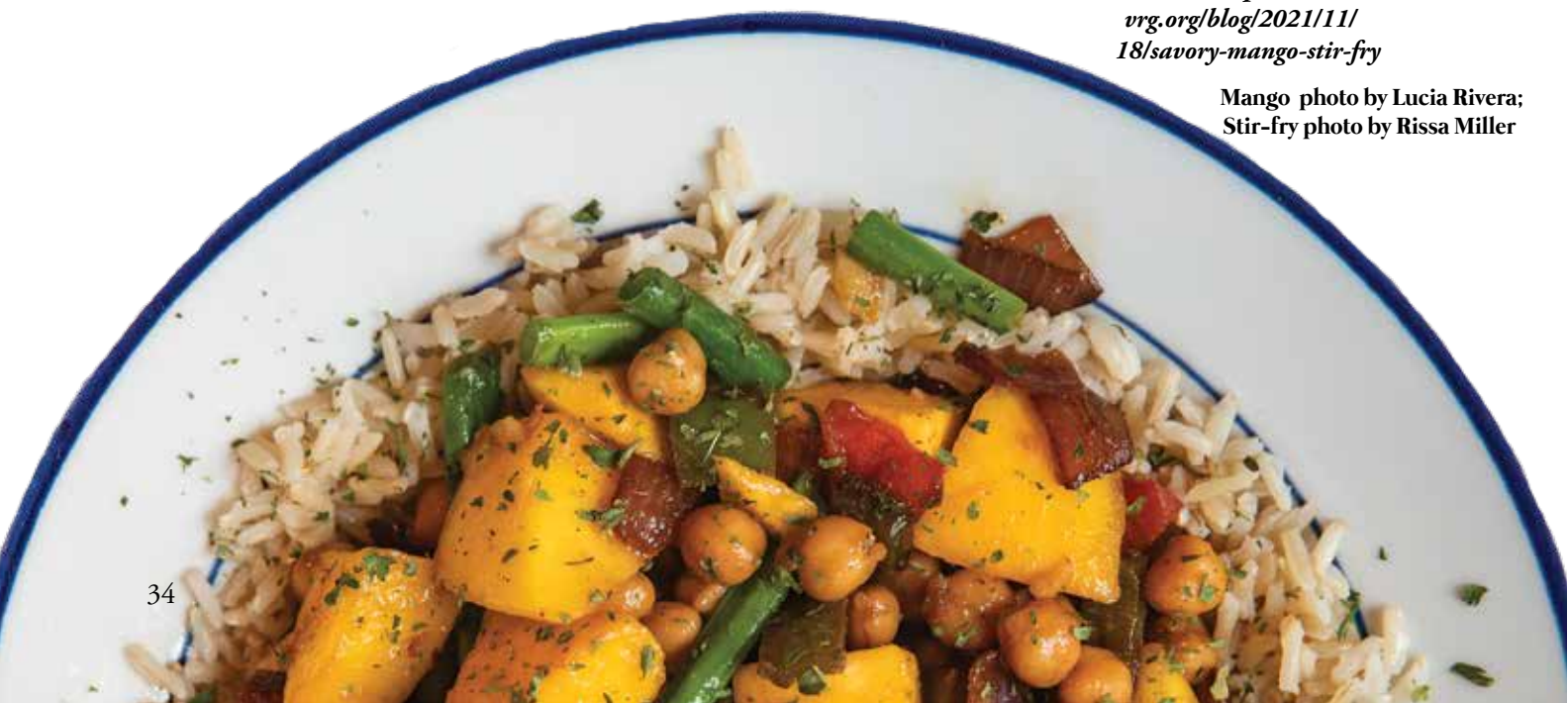
on the spot. Some people jazz up fresh mango with a coating of chili powder and/or a squeeze of lemon. Fresh mango can be added to salsas or used to create a condiment of minced mangoes, onion, and fresh corn. Very ripe mango can be puréed with silken tofu, poured into a prepared pie shell, and frozen for a vegan mango mousse pie. Mango pieces can be tossed on top of hot or cold cereal or yogurt or added to smoothies.

When mangoes are plentiful in the market, purchase extra, allow to ripen, peel, cut into chunks, and freeze. Frozen mangoes can be puréed into a mango sorbet that tastes rich and creamy; diced and used as a garnish in beverages; or eaten as a cool, quick snack.

Mango works well in savory dishes, such as stir-fried with rice or pasta, tossed with chopped sweet onions, red and green bell peppers, and garlic. Create your own mango rice by adding chopped mangoes to cooked rice, along with your favorite fiery spices, chopped fresh chiles, and a sprinkling of peanuts or soy nuts.

*Get this recipe at
[vrg.org/blog/2021/11/
18/savory-mango-stir-fry](http://vrg.org/blog/2021/11/18/savory-mango-stir-fry)*

**Mango photo by Lucia Rivera;
Stir-fry photo by Rissa Miller**



Michael Harren

Art & Advocacy

by Amy Burger



Photo by Diana Bezansk

Subsequently he added *Their Eyes* to the album, which he has since posted on his website and also turned into a book, *The Animal Book*. In the introduction to *The Animal Book*, Harren describes how a Thanksgiving visit to Woodstock Farm Animal Sanctuary with friends was the impetus for his reaching out to Tamerlaine.

He said he'd already been an ethical vegan "for years," but had "little experience with the animals [he used] to regard as food." The book includes lyrics to songs inspired by animals, alongside their pictures; reflective mini-essays and photographs from Harren's life and relationships with animals, like a childhood companion dog named Corky; and photos from his performances.

Harren said that sharing stories about farmed animals during performances or in conversation is an effective way to advocate for veganism on an everyday basis. He has participated in panel discussions about his unique approach of using music to advocate for farmed animals for several organizations, including New England VegFest, Compassion Arts, and Peace Advocacy Network. He lives in Brooklyn with his cat Tigger.

Find Harren on social media as follows: Twitter, @MichaelHarren; Instagram, @michaelharren; Patreon, michaelharren; YouTube, @michaelharrenmusic. Find his music on Vimeo, SoundCloud, and Spotify. Harren's website is michaelharren.com

Michael Harren, a multimedia performer, musician, and composer, combines art and vegan advocacy through music. Harren says that while he'd long mentioned that he's vegan during performances, he decided in 2015 to volunteer as the first-ever Artist-in-Residence at Tamerlaine Farm Animal Sanctuary in Montague, New Jersey, hoping that spending time with the animals there would allow him to use music as a way to advocate for veganism.

Tamerlaine, founded in 2013, is home to over 250 farm animals rescued from neglect and abuse. In his role there, Harren visited frequently, volunteering and getting to know the animals. He documented his time there using video and audio equipment. This work led Harren to write a show that debuted in 2016, which he turned into an album, both called *The Animal Show*.

Harren describes *The Animal Show* as "[blending] humor with candor to convey the importance of keeping all animals safe from harm." Harren took the album on a summer tour in 2017. When the tour stopped in Los Angeles, Harren attended a slaughterhouse vigil, an experience that gave rise to his song *Their Eyes*.

Amy Burger is a former VRG intern. She has been vegan for four years and lives in the Southeast with her husband and their companion animals. Her interests include reading, cooking (especially baking), and traveling.





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From The VRG Blog

Are Potatoes Good, Bad, or Somewhere in the Middle?
See: vrg.org/blog/2021/12/27/potatoes-good-bad-or-somewhere-in-between

Older Adults and Vitamin B12
See: vrg.org/blog/2022/01/12/older-adults-and-vitamin-b12

Academy of Nutrition and Dietetics Nutrition Care Manual Includes Vegan Meal Options
See: vrg.org/blog/2021/12/07/academy-of-nutrition-and-dietetics-nutrition-care-manual-includes-vegan-menu-options

Vegan at Blaze Pizza

A reader highly recommended Blaze Pizza, which they said is a national build-your-own pizza chain. You can design your own pizza with vegan cheese and crust along with lots of veggies. For example, see: blazepizza.com/location/blaze-pizza-college-park/menu/11-inch-pizzas/build-your-own-pizza-11-inch

They indicate which dough is vegan and give choices of vegan or no cheese. See: hq.blazepizza.com/menu

For information on other quick service chains, see: vrg.org/fastfoodinfo.php

Photo courtesy Blaze Pizza



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