



Why, What, and How

People are interested in veganism for the same reasons as vegetarianism – to abstain from practices that cause suffering, to support more sustainable and environmentally-friendly agricultural practices, and to improve their health.

With such a diversity of reasons, it is not surprising that there are many definitions of veganism. Like other philosophies, the specific meaning of “vegan” varies from person to person. An ethical vegan realizes that not only can animals suffer, but they also value their lives in many of the same ways as do humans. Thus, animals are neither tools nor objects for our use, but rather individuals with inherent worth. From this follows the specific actions of choosing products that do not support the exploitation of animals. In other words, not eating meat, dairy, or eggs; not buying leather or wool; trying to avoid products made by companies that test on animals. Beyond this basic definition, each individual has different opinions about and experiences with being vegan; there is no set list of rules to follow.

By not consuming the products that come from animal exploitation, each individual is making a statement against inhumane practices, undertaking an economic boycott, and supporting the production of vegan products with their subsequent choices. These decisions, and the message they send to others, help to move society away from industries that use animals as a means to human ends.

The path each individual takes towards veganism is a unique one. Some people follow a methodical process of cutting out foods in the order that they consider to be the most cruel, or the foods they find the most easy to avoid. Others, initially concerned with health, eventually cut out all animal products as they become more aware of the suffering involved in the production of these foods. Others go “cold-tofu,” giving up all animal foods, donating their leather goods to charity, returning their Procter & Gamble products to the company, etc.



The Vegan Police

When first becoming aware of what really goes on in the production of meat, eggs, and dairy, many people try to root out every single product associated with animal exploitation, both to remove their support of these practices and so as not to seem hypocritical.

Unfortunately, the quest for personal purity is practically impossible. All around us are items connected in some way to animal suffering: some brands of white sugar (bone char used in some processing), monoglycerides (might come from an animal), non-dairy chocolate (made on machines that also make milk chocolate), beer and wine (animal products used in some processing),

photographs and reel-to-reel movies (gelatin), bicycles (animal fat used in the vulcanization of tires), books (hooves and bones in binding glue), roads and buildings (animal products used in curing concrete), medicine (tested on animals), etc. Some non-vegans imply that you shouldn't take any action unless you can avoid everything. However, any steps you take to remove your support from animal exploitation is valuable. It is not hypocritical to reduce as much suffering as you can, if reducing suffering is your goal.

Although completely understandable, the “perfect vegan” crusade distracts from helping bring about the ethical evolution of society. Given that civilization has, for many centuries, been built on exploitation, no product or activity is free of any connection to suffering or exploitation if you look hard enough. You don't have to avoid everything, just the obvious animal products. Some vegans avoid all they can, but to withdraw yourself from the major support of animal suffering and consider yourself vegan, you don't have to worry about miniscule amounts of animal products. They'll fade away as the meat, dairy, and egg industries fade.

Is A Vegan World Possible?

Many people agree that animal agribusiness is cruel, yet feel their efforts will never make any significant difference. But consider the following scenario:

Suppose each of the current 2,000 members of Vegan Outreach influenced one person to become vegan every five years on average; and each new vegan, in turn, also influenced one new person every five years. Although the change would be imperceptible at first, by 2057 more than 15 percent of the U.S. population would be vegan, and far more suffering would have been prevented than if we abolished every other form of animal exploitation in the country. With more people accepting and living the principles of animal liberation, there would be many more vegan options for everyone (e.g., vegan burgers would be cheaper and more readily available), making it much easier for people to become vegan or vegetarian. At this pace, by 2068, the entire U.S. population would be vegan.

Difficulties New Vegans Face

After being vegan for several years, many people tend to find the lifestyle second nature, forgetting what it was like in their early days. For people just becoming aware of the issues of veganism, the path is neither clear nor easy.

Even when they realize the cruelty of animal agriculture, many people see veganism as a deprivation of their favorite foods – the foods they think they need to feel satisfied and healthy. They have been told all their lives that eating animals and animal products is necessary and good.

Another barrier to acting upon the tenets of veganism is the fear of facing the moral implications of one's choices. Choosing to stop eating animals not only says that what one did in the past was “wrong,” but it also implicitly communicates to family, friends, and colleagues that their continued eating of animals is wrong.

Surviving the Long Haul: Great Expectations

When a new vegan tries to share their newfound information, they are often surprised that their family and friends not only show resistance to the idea, but often react with ridicule or anger. Combine this with the fact that ethical vegans view meat-eaters as supporting cruelty, and vegans can easily develop a near-hatred of meat-eaters. In fact, it can almost seem like it is a vegan's duty to avoid meat-eaters and boycott any event having meat as a protest.

However, in order to change the world for the animals, we must let the empathy and compassion we feel for animals shine through the pain and anger we feel about their exploitation. Unless non-vegans respect and admire us (as opposed to finding us cold and judgmental), they will have little interest in veganism.

The main difficulty in staying friendly and respectful is our expectations – we expect that people will react the same way we do. We need to understand others and give them time to deal with their unique situations, rather than burning bridges, creating enemies, and feeding the stereotype of vegans as being hostile extremists.

Although difficult, it is probably best – for our dealings with others and our long-term mental health – to have no expectations of others.

This does not mean that animal suffering should not be taken seriously. Honestly stating how you feel is important. As long as you remain respectful, your continued example of veganism, as well as the resources you provide, will ultimately be a positive force for others.

Although much of the pro-veg literature available is old and outdated (or skewed and poorly documented), there is a lot of solid information available



Inside

Speciesism vs. Inalienable Rights ■ Product Testing ■ Vegan Foods Glossary
Vegan Recipes ■ ADA's Position on Vegetarian Diets ■ Vegan Resources
Meat vs. Dairy & Eggs: The False Dichotomy ■ Wool ■ Questions & Answers

Speciesism vs. Inalienable Rights

Speciesism

Speciesism is the act of treating an individual, not according to its characteristics (such as the ability to suffer), but according to the species to which the individual belongs.

In the past, there have been a number of definitions of what constitutes a different species. Today, it is defined genetically. To defenders of speciesism, this raises the following questions:

- Why should rights be granted on the basis of genes?
- If rights should be based on genes, why should the line be drawn at species rather than race, order, phylum, or kingdom?
- Like genes that determine one's eye color, skin color, etc., which gene determines rights?

I look at the term 'species,' as one arbitrarily given for the sake of convenience to a set of individuals closely resembling each other...

CHARLES DARWIN
The Origin of Species

Basing rights on species is arbitrary. It is no more rational than basing rights on the pigmentation of skin or on gender, which are also determined genetically.

Inalienable Rights

As a society, we recognize basic rights of humans to their lives and bodies. We consider these rights "inalienable," meaning that no one can take them away.

Humans are granted rights to their lives because most have a strong desire to avoid death and suffer fear when their lives are threatened. Humans are granted control over their own bodies because they suffer pain when their bodies are mutilated, and boredom and frustration when caged for long periods of time. Since we, as a society, understand how horrible these sorts of sufferings are, we try to protect humans from those who might kill, mutilate, or cage them, regardless of the benefits to others that such sufferings might bring.

Based on common physiology and behavior, it is safe to say that vertebrate animals suffer fear when their lives are threatened, pain when their bodies are mutilated, and boredom and frustration when caged for long periods of time.

Animals whom we have made our slaves, we do not like to consider our equals.

CHARLES DARWIN
Metaphysics, Materialism, and the Evolution of Mind

In speaking about whether animals should be granted rights, Jeremy Bentham (Oxford University Professor of Jurisprudence) said, "The question is not, Can they reason? nor, Can they talk? But rather, Can they suffer?"

(AN INTRODUCTION TO THE PRINCIPLES OF MORALS & LEGISLATION, 1789) For those who can suffer, the degree of suffering, not the species of the sufferer, is what should count. Similarly, if an individual desires to live, then its life should be respected.

Animals show they value their lives and freedom by their struggles against being caged and killed. The act of depriving them of life or freedom harms them in many of the same ways a human is harmed when deprived of life or freedom.

Since animals can feel pain and desire to live, should they not be granted basic rights to their lives and bodies? As individuals capable of acting morally, how can we justify their continued exploitation and slaughter?

All the arguments to prove human superiority cannot shatter this hard fact: in suffering, the animals are our equals.

PETER SINGER
author of *Animal Liberation*

BEYOND MIGHT MAKES RIGHT, a longer essay on animal rights, is available as part of our Vegan Advocacy booklet. *ANIMAL LIBERATION*, the classic book by Peter Singer is also available from Vegan Outreach; Singer's *PRACTICAL ETHICS* (2nd Edition) is also an excellent resource.

PRODUCT TESTING

More than 500 companies do not test their personal care or household products on animals. Instead, these products are verified to be safe via computer models, in vitro (test tube) testing, cloned human skin testing, or by using ingredients already listed on the FDA's Generally Recognized as Safe (GRAS) register.

Many companies, such as Avon, Estée Lauder, and Revlon, have discontinued testing their personal care and household products on animals, although their products often contain animal ingredients. Some companies, including Procter & Gamble and Colgate-Palmolive, continue to use inhumane tests such as:

Draize Eye Irritancy
substances dripped into rabbits' eyes, often causing painful ulcerations

Dermal Irritancy
substances applied to the animals' shaved skin, often causing painful ulcerations

Lethal Dose
substances force-fed to a group of animals until a certain percentage die

Please join in the campaigns to get these companies to stop testing products on animals by calling or writing:

Procter & Gamble*
P.O. Box 599, Cincinnati, OH 45201
800-543-1745

Colgate-Palmolive
300 Park Avenue, New York, NY 10022
800-221-4607

*P&G no longer uses animals to test most of their household products currently on the market, but they continue to kill thousands of animals every year to develop new products, as well as to test their food and oral care items.

We encourage people to buy cruelty-free, biodegradable, products which can be found at health / natural food stores. Some of these products, such as Tom's of Maine toothpaste, can be found in grocery or drug store chains.




continued from page 1

to help educate ourselves about the issues. We encourage vegans to read *THE VEGETARIAN WAY* for nutritional information. For more information on animal treatment and the environment than provided in *WHY VEGAN*, we recommend *BATTERED BIRDS CRATED HERDS* and / or *VEGAN: THE NEW ETHICS OF EATING*. These will enable you to discuss the issues more knowledgeably.

However, we needn't be encyclopedias of facts. The simplest reason for being vegan can be the most powerful: "I know that I don't want to suffer, and for this reason, I don't want to cause suffering."

On Being Vegan

The most important tool we have in the journey toward justice is our positive and sincere example. Looking at the long-term changes in society, it should be clear that each of us, in our example, actions, attitudes – our entire existence – is changing the world. If we could focus all our energies on understanding and outreach, rather than on anger, the world would be significantly better off – as would we as individuals. Living consistently and compassionately as a vegan is an affirmation of life, a means to fulfillment and joy; these positive aspects of veganism are what we must embrace for ourselves and communicate to others. 



What do vegans eat?

Many people believe that eliminating all animal products will greatly narrow their menus. However, according to virtually any vegan that you ask, quite the opposite happens. Once you start frequenting your local health/natural food stores and co-ops, and start reading vegan literature and cookbooks, you will soon become familiar with the wide variety of options that were missing from your previous diet. Over time, you will also discover that it is possible to follow almost any recipe by using substitute ingredients.

For those who prefer not to cook, there's plenty of packaged foods from which to choose: frozen dinners; canned and dehydrated soups, stews, and chilis; and items of all sorts for quick and easy sandwiches, like dogs and burgers, deli slices, mock bacons and sausages, un-tuna / un-chicken salads, soy and rice cheeses,

and tofu mayo, too! You may even find that your local health food store has its own deli counter, stocked with already prepared foods.

And fortunately, more and more supermarkets are starting to carry the same products found in the health food stores. After checking out the vegan offerings in your area, you may want to contact *The Mail Order Catalog* (800-695-2241), a great source for ordering meat and dairy substitutes like soy products, seitan, TVP, nutritional yeast – even vegan broth mixes. They also sell a wide selection of veg*an (vegetarian / vegan) cookbooks – many at reduced prices.



Vegan Foods Glossary

Egg Replacer is ideal for baking and can be used in any recipe which calls for eggs as a binding agent. Try *Ener-G® Egg Replacer*, a blend of raising ingredients and stabilizers including potato starch and tapioca flour.

Miso is made from fermented soybeans, rice, barley, and other grains. Different types of miso vary in flavor, aroma, and color. Light miso is a good dairy substitute in soups, dips, spreads, sauces, and dressings. Dark miso is saltier and is used for hearty soups, stews, and brown gravy.

Tamari and **shoyu** are sauces that can be used in place of dark miso for flavoring. These sauces are superior to most commercial soy sauces, which are unfermented. Add them to a dish during the last few minutes of cooking or at the table. When using as a substitute for salt, use 1 T tamari / shoyu for 1 t of salt.

Nutritional Yeast is a primary grown yeast, cultivated specifically for its nutritive value. Red Star brand's *Vegetarian Support Formula (T6635+)*, fortified with B-12) is pure nutritional yeast grown on beet and cane molasses. It is an inactive yeast having no fermenting power, as do the live yeasts used in baking and brewing.

Available as flakes or powder, nutritional yeast adds a delicious, toasted, nutty-cheesy flavor to all sorts of foods. Although it's ideal for making uncheeses, the possibilities are endless – from soups and salads to desserts. *Try it sprinkled on popcorn!*

Seitan (say-TAN), also called **wheat meat**. Most of what people like about meat is the texture and the seasonings. The latter is easy; for texture, seitan comes closest.

Seitan is versatile, succulent, hearty, and chewy. It is available already prepared or as

ready-to-make mixes. Seitan is also relatively easy to make yourself (see page 4). And, given that it keeps well, it's good to make a lot to have on hand.

The main ingredient is vital wheat gluten, also called instant gluten flour. This can generally be found in the baking aisle at larger grocery stores. Be sure not to substitute any other flour – high gluten flour is not the same.

Seitan can be prepared several different ways, each of which has variations limited only by one's spice cabinet and imagination. *Vegan Vittles* (see page 10) has an excellent section on seitan, including recipes for ground seitan, sausage-style seitan, and seitan salami, pepperoni, and pastrami.

Soy margarine is a great substitute for butter when baking cakes and other desserts.

Tahini, a staple in Middle Eastern cooking, is a versatile paste made from ground, hulled sesame seeds. (**Sesame butter**, from unhulled seeds, is thicker and more bitter.) Tahini made from roasted seeds has a stronger flavor than the variety made from raw seeds. Tahini is calcium-rich, and its nutty taste and creamy consistency are great for sauces, dips, spreads, and creamy dressings.

Tempeh is traditionally made from fermented whole soybeans, although some commercially available varieties are made from soybeans combined with grains or other beans. Tempeh is richer in nutrients and more flavorful than tofu.

Tofu or **bean curd** is made by curdling the mild white milk of the soybean. Inexpensive and easy to find, tofu is a great source of protein.

Tofu comes in a variety of textures ranging from the softest, known as **silken tofu**, to hard pressed tofu – a very dense

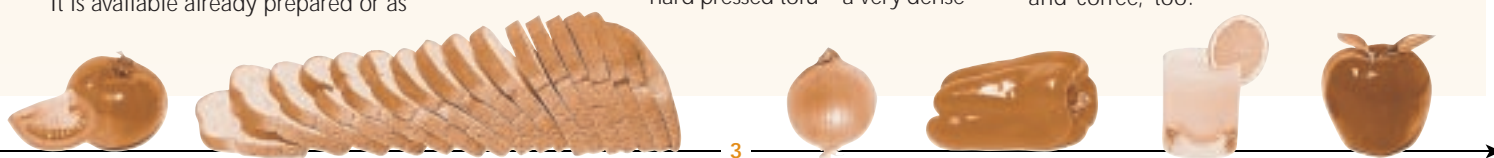
and firm cheese. The soft tofus are best for blending, mashing, and crumbling. The firmer types are best for slicing, cubing, and sometimes crumbling. You can also freeze and thaw firm tofu to produce a chewy texture.

Tofu's neutral taste makes it extremely versatile, allowing it to pick up flavors from herbs, spices, and other ingredients. Tofu can be stir-fried, baked, broiled, grilled, marinated, scrambled, steamed, or crumbled into salads. It is a wonderful substitute for dairy products (mix it with lemon, sugar, salt, oil, basil, and garlic to make ricotta-style filling for veggie lasagna). It can be used as the basis for dressings, spreads, soups, main dishes, and desserts. Louise Hagler's *Tofu Cookery* (see page 10) is a great place to start.

TVP or **texturized vegetable protein** is made from soy flour that has been cooked under pressure, extruded, and dried. Since the oil has been extracted, it has a long shelf-life. TVP is high in protein, iron, calcium, fiber, and zinc. It can be used in recipes instead of ground meat.

Vegan Milks replace dairy milk. Made from nuts and seeds, rice, or soy. Taste and richness vary strongly from brand to brand – so experiment to find your favorite. Some are fortified with calcium, vitamins D and B-12, etc. Others contain sweeteners and come in flavored varieties – like cocoa, carob, or vanilla. You'll find some are delicious to drink straight from the carton. (Note: Milks often come in 8-oz and quart-size shelf-stable, recyclable, aseptic packages. Refrigerate after opening.)

Vegan milks are indispensable for making creamed soups and sauces, milk shakes, frozen desserts, and baked goods (in recipes calling for buttermilk, add 1 T vinegar to each cup of soymilk). Use soymilk for your cereal and coffee, too.



VEGAN RECIPES



- 1/3 t chili powder, or to taste (or cumin, to taste)
- 12 oz uncooked spiral pasta (or elbow pasta)
- 1 1/2 C frozen green peas

Combine first eight ingredients, mix well (food processor or blender works best). Cook pasta and peas according to instructions on package. Combine. Variations: Cool pasta and peas (or just thaw) and serve cold. Sauce is also delicious over rice and steamed vegetables.

the corn.) Pour the blended mixture into a medium saucepan and stir in the beans. Warm over medium-low until the beans are heated through, stirring often.

While sauce is heating, cook fettuccine in a large pot of boiling water until tender. Drain well and return to pot. Add the hot sauce and toss until noodles are evenly coated. Serve immediately, topping portions with a generous amount of cracked pepper.

POLENTA

- 8 C water
- 2 1/2 C yellow cornmeal
- 1 t salt

Mix 3 C of water and the cornmeal in a bowl. In a large saucepan, bring remaining 5 C water and the salt to a boil. Add cornmeal batter while stirring vigorously. Reduce heat, stir and simmer for about 30 min. — until thick and thoroughly cooked.

Variations: Serve as side dish, or as a base for vegetable pie or polenta pizza; pour into dish hot, cool / allow to set, cut into slices and serve at room temperature, pan-fry in olive oil, or brush with oil and bake or broil until slightly crisp.

SEITAN (Basic Boiling Recipe)

from *Vegan Vittles*, © J. Stepaniak 1997

Dry ingredients

- 1 1/2 C instant gluten flour (vital wheat gluten)
- 1/4 C nutritional yeast flakes (optional; adds a deeper flavor and vitamin B-12)
- 1/2 t garlic granules (optional; can vary amount)
- 1/2 t onion granules (optional; can vary amount)
- Desired herbs & spices (optional)

Liquid ingredients

- 1 C water, vegetable broth, tomato juice, or a combination (the juice adds a "beefier" flavor)
- 3 T soy sauce
- 1 T olive oil (optional)

Simmering broth

- 10 C water or vegetable broth
- 1/2 C soy sauce

Combine dry ingredients in a medium mixing bowl. Combine liquid ingredients in a small mixing bowl. Pour into dry ingredients, mix well. If there is still flour around the edges, add a small amount of additional water.

Knead the gluten directly in the mixing bowl for about a minute. Slice the gluten into 3 relatively equal pieces, and set aside.

Place the ingredients for the simmering broth into a 4 1/2 quart saucepan or Dutch oven, add the gluten pieces, and bring to a gentle boil. Reduce the heat to medium-low. Simmer with pot partially covered for 1 hr. Maintain the heat so that the liquid barely simmers, and turn the gluten over during cooking. Let cool in broth uncovered.

Transfer to storage containers, adding enough of the broth to keep seitan immersed. Seal containers tightly and store in the refrigerator up to ten days or in the freezer for up to six months. To extend the life of fresh or defrosted seitan, boil it in its soy sauce broth for 10 min., 2 times a week.

more recipes on page 9

HUMMUS

- 3 T tahini
- 1 T sesame oil (or olive oil)
- 1/2 lemon, juiced
- 1/2 C water (use a bit less for a stiffer texture)
- 1 large garlic clove, mashed
- 1 15-oz can chick peas
- salt & pepper, to taste

Slowly add water to tahini, oil, garlic, and lemon juice. Combine sauce, chick peas, and salt & pepper in a blender. Blend to desired consistency.

Serve with raw vegetables or chips as a dip; on crackers as a spread; or stuff into warmed pita bread halves with grated carrots, shredded lettuce, or fresh alfalfa sprouts on top.

Variations: Add spices such as cumin and coriander; blend in vegetables such as red pepper; or stir in chopped olives, sun-dried tomatoes, etc.

MEDITERRANEAN CHICKPEAS

from *The Vegetarian Way*

- 2 medium onions, chopped
- 3 cloves garlic, minced
- 1 T olive oil
- 3 C cooked chickpeas
- 1 10-oz package frozen chopped spinach, defrosted
- 1 28-oz can crushed tomatoes
- 1 C chopped fresh tomatoes
- 1 t crushed red pepper flakes
- 1 t dried oregano
- juice of 2 lemons
- salt & black pepper, to taste

Sauté the onions and garlic in the olive oil in a large saucepan over medium heat until the onions are tender. Add chickpeas, spinach, tomatoes, pepper flakes, and oregano. Cover and simmer for 30 min. Add lemon juice, salt, and pepper.

PEANUT BUTTER SPIRALS

- 2/3 C peanut butter (or tahini)
- 3/4 C water
- 3–4 T soy sauce
- 2 T mild vinegar (or lemon juice)
- 1 scallion, coarsely chopped (optional)
- 1 T sweetener
- 1/2 t ground ginger

PAD THAI

modified from *The Most Noble Diet*

Noodles and Sauce

- 1 lb soba, rice, or other noodles
- 1/3 C tamari or soy sauce
- 1/3 C lemon or lime juice
- 1–2 T peanut butter
- 1 T tahini (or omit and use more peanut butter)
- 1/4 C sugar or other sweetener
- 2 T sesame (or other) oil
- 1/2 lb tofu (optional)
- 1 large onion, chopped
- 4–8 cloves garlic, minced
- 2" piece of fresh ginger, minced (optional)
- 2 green chillies, seeded and minced, or 1/2 t red pepper flakes, or Thai pepper sauce, to taste

Veggies (mix and match)

- 1 can water chestnuts
- 2 C bean sprouts
- 1 stalk broccoli, steamed
- 2 C chopped carrots

Prepare noodles, drain, and set aside. Mix tamari, lemon / lime juice, peanut butter, tahini, chillies, and sugar. Set aside. In a wok, stir-fry onion, garlic, tofu, and ginger in sesame oil. Add carrots, water chestnuts, and a little water and stir-fry for a few minutes. Add tamari mixture, bean sprouts, and noodles, stir and cook until sauce thickens (about 5 min.). Serve with limes, chopped peanuts and / or sliced green onion.

FETTUCCINE ALFONSO (Vegan Alfredo)

from *The UnCheese Cookbook*, © J. Stepaniak 1997

- 1 1/2 C corn kernels (fresh, frozen, or canned)
- 1 1/2 C soy or rice milk
- 2 T tahini (optional)
- 1 T onion granules
- 1 t salt
- 1 15 1/2-oz can Great Northern beans, rinsed and drained well
- 1 lb fettuccine
- cracked black pepper

If using frozen corn, thaw and drain it well. Place corn, milk, tahini, and seasonings in a blender and process until completely smooth. (This may take several minutes to completely pulverize



Position of the American Dietetic Association: *Vegetarian Diets*

Scientific data suggest positive relationships between a vegetarian diet and reduced risk for several chronic degenerative diseases and conditions, including obesity, coronary artery disease, hypertension, diabetes mellitus, and some types of cancer. Vegetarian diets, like all diets, need to be planned appropriately to be nutritionally adequate.

Vegetarianism in Perspective

The eating patterns of vegetarians vary considerably. The lacto-ovo-vegetarian eating pattern is based on grains, vegetables, fruits, legumes, seeds, nuts, dairy products, and eggs, and excludes meat, fish, and fowl. The vegan, or total vegetarian, eating pattern is similar to the lacto-ovo-vegetarian pattern except for the additional exclusion of eggs, dairy, and other animal products. Even within these patterns, considerable variation may exist in the extent to which animal products are avoided. Therefore, individual assessment is required to accurately evaluate the nutritional quality of a vegetarian's dietary intake.

Studies indicate that vegetarians often have lower morbidity (1) and mortality (2) rates from several chronic degenerative diseases than do nonvegetarians. Although nondietary factors, including physical activity and abstinence from smoking and alcohol, may play a role, diet is clearly a contributing factor.

In addition to the health advantages, other considerations that may lead a person to adopt a vegetarian diet pattern include concern for the environment, ecology, and world hunger issues. Vegetarians also cite economic reasons, ethical considerations, and religious beliefs as their reasons for following this type of diet pattern. Consumer demand for vegetarian options has resulted in increasing numbers of food services that offer vegetarian options. Presently, most university food services offer vegetarian options.

Health Implications of Vegetarianism

Vegetarian diets low in fat or saturated fat have been used successfully as part of comprehensive health programs to reverse severe coronary artery disease (3,4). Vegetarian diets offer disease protection benefits because of their lower saturated fat, cholesterol, and animal protein content and often higher concentration of folate (which reduces serum homocysteine levels) (5), antioxidants such as vitamins C and E, carotenoids, and phytochemicals (6). Not only is mortality from coronary artery disease lower in vegetarians than in nonvegetarians (7), but vegetarian diets have also been successful in arresting coronary artery disease (8,9). Total serum cholesterol and low-density lipoprotein cholesterol levels are usually lower in vegetarians, but high-density lipoprotein cholesterol and triglyceride levels vary depending on the type of vegetarian diet followed (10).

Vegetarians tend to have a lower incidence of hypertension than nonvegetarians (11). This effect appears to be independent of both body weight and sodium intake. Type 2 diabetes mellitus is much less likely to be a cause of death in vegetarians than nonvegetarians, perhaps because of their

higher intake of complex carbohydrates and lower body mass index (12).

Incidence of lung and colorectal cancer is lower in vegetarians than in nonvegetarians (2,13). Reduced colorectal cancer risk is associated with increased consumption of fiber, vegetables, and fruit (14,15). The environment of the colon differs notably in vegetarians compared with nonvegetarians in ways that could favorably affect colon cancer risk (16,17). Lower breast cancer rates have not been observed in Western vegetarians, but cross-cultural data indicate that breast cancer rates are lower in populations that consume plant-based diets (18). The lower estrogen levels in vegetarian women may be protective (19).

A well-planned vegetarian diet may be useful in the prevention and treatment of renal disease. Studies using human being and animal models suggest that some plant proteins may increase survival rates and decrease proteinuria, glomerular filtration rate, renal blood flow, and histologic renal damage compared with a nonvegetarian diet (20,21).

Nutrition Considerations for Vegetarians

Plant sources of protein alone can provide adequate amounts of essential amino acids if a variety of plant foods are consumed and energy needs are met. Research suggests that complementary proteins do not need to be consumed at the same time and that consumption of various sources of amino acids over the course of the day should ensure adequate nitrogen retention and use in healthy persons (22). Although vegetarian diets are lower in total protein and a vegetarian's protein needs may be somewhat elevated because of the lower quality of some plant proteins, protein intake in both lacto-ovo-vegetarians and vegans appears to be adequate (16).

Plant foods contain only nonheme iron, which is more sensitive than heme iron to both inhibitors and enhancers of iron absorption. Although vegetarian diets are higher in total iron content than nonvegetarian diets, iron stores are lower in vegetarians because the iron from plant foods is more poorly absorbed (23). The clinical importance of this, if any, is unclear because iron deficiency anemia rates are similar in vegetarians and nonvegetarians (23). The higher vitamin C content of vegetarian diets may improve iron absorption.



POSITION STATEMENT

It is the position of The American Dietetic Association (ADA) that appropriately planned vegetarian diets are healthful, are nutritionally adequate, and provide health benefits in the prevention and treatment of certain diseases.



Although plant foods can contain vitamin B-12 on their surface from soil residues, this is not a reliable source of B-12 for vegetarians. Much of the vitamin B-12 present in spirulina, sea vegetables, tempeh, and miso has been shown to be inactive B-12 analog rather than the active vitamin. Although dairy products and eggs contain vitamin B-12, research suggests that lacto-ovo-vegetarians have low blood levels of vitamin B-12. Supplementation or use of fortified foods is advised for vegetarians who avoid or limit animal foods (24).

Because vitamin B-12 requirements are small, and it is both stored and recycled in the body, symptoms of deficiency may be delayed for years. Absorption of vitamin B-12 becomes less efficient as the body ages, so supplements may be advised for all older vegetarians.

Lacto-ovo-vegetarians have calcium intakes that are comparable to or higher than those of nonvegetarians (25,26). Calcium intakes of vegans, however, are generally lower than those of both lacto-ovo-vegetarians and omnivores (26). It should be noted that vegans may have lower calcium needs than nonvegetarians because diets that are low in total protein and more alkaline have been shown to have a calcium-sparing effect (27). Furthermore, when a person's diet is low in both protein and sodium and regular weight-bearing physical activity is engaged in, his or her calcium requirements may be lower than those of a sedentary person who eats a standard Western diet. These factors, and genetic influences, may help explain variations in bone health that are independent of calcium intake.

Because calcium requirements of vegans have not been established and inadequate calcium intakes are linked to risk for osteoporosis in all women, vegans should meet the calcium requirements

Position of the American Dietetic Association: *Vegetarian Diets*

FIGURE 1: FOOD SOURCES OF NUTRIENTS

IRON		mg/serving		
Breads, cereals, and grains			Vegetables (½ C cooked)	
Whole wheat bread, slice		0.9	Bok choy	79
White bread, slice		0.7	Broccoli	89
Bran flakes, 1 C		11.0	Collard greens	178
Cream of wheat, ½ C		5.5	Kale	90
Oatmeal, instant		6.3	Mustard greens	75
Wheat germ, 2 T		1.2	Turnip greens	125
Vegetables (½ C cooked)			Fruits	
Beet greens		1.4	Dried figs, 5	258
Sea vegetables		18–42	Calcium-fortified OJ, 1 C	300
Swiss chard		1.9	Other Foods	
Tomato juice, 1 C		1.3	Blackstrap molasses, 1 T	187
Turnip greens		1.5	Cow's milk, 1 C	300
Legumes (½ C cooked)			Yogurt, 1 C	275–400
Baked beans, vegetarian		0.74	ZINC	
Black beans		1.8	mg/serving	
Garbanzo beans		3.4	Breads, grains, and cereals	
Kidney beans		1.5	Bran flakes, 1 C	5.0
Lentils		3.2	Wheat germ, 2 T	2.3
Lima beans		2.2	Legumes (½ C cooked)	
Navy beans		2.5	Adzuki beans	2.0
Soyfoods (½ C cooked)			Chickpeas	1.3
Soybeans		4.4	Lima beans	1.0
Tempeh		1.8	Lentils	1.2
Tofu		6.6	Soyfoods (½ C cooked)	
Soymilk, 1 C		1.8	Soybeans	1.0
Nuts and seeds (2 T)			Tempeh	1.5
Cashews		1.0	Tofu	1.0
Pumpkin seeds		2.5	Textured vegetable protein	1.4
Tahini		1.2	Vegetables (½ C cooked)	
Sunflower seeds		1.2	Corn	0.9
Other foods			Peas	1.0
Blackstrap molasses, 1 T		3.3	Dairy foods	
CALCIUM			Cow's milk, 1 C	1.0
mg/serving			Cheddar cheese, 1-oz	0.9
Legumes (1 C cooked)			VITAMIN D	
Chickpeas		78	µg/serving	
Great northern beans		121	Fortified cereals, ¾ C	1.0–2.5
Navy beans		128	Fortified non-dairy milk, 1 C	1.0–2.5
Pinto beans		82	VITAMIN B-12	
Black beans		103	µg/serving	
Vegetarian baked beans		128	Breakfast cereals, ¾ C	1.5–6.0
Soyfoods			Meat analogs	2.0–7.0
Soybeans, 1 C cooked		175	Fortified non-dairy milks	0.2–5.0
Tofu, ½ C		120–350	Nutritional yeast	
Tempeh, ½ C		77	(Red Star Vegetarian Support [®]) 1 T	4.0
Textured veg. protein, ½ C		85	LINOLENIC ACID	
Soymilk, 1 C		84	g/serving	
Soymilk, fortified, 1 C		250–300	Flax seed, 2 T	4.3
Soynuts, ½ C		252	Walnuts, 1-oz	1.9
Nuts and seeds (2 T)			Walnut oil, 1 T	1.5
Almonds		50	Canola oil, 1 T	1.6
Almond butter		86	Linseed oil, 1 T	7.6
			Soybean oil, 1 T	0.9
			Soybeans, ½ C cooked	0.5
			Tofu, ½ C	0.4

established for their age group by the Institute of Medicine (28). Calcium is well absorbed from many plant foods, and vegan diets can provide adequate calcium if the diet regularly includes foods rich in calcium (29). In addition, many new vegetarian foods are calcium-fortified. Dietary supplements are advised for vegans only if they do not meet calcium requirements from food.

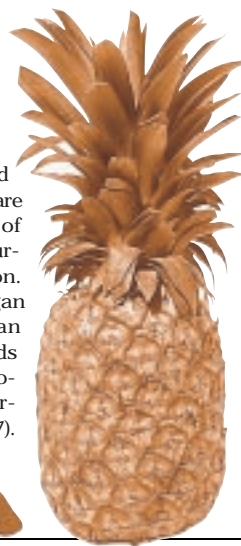
Vitamin D is poorly supplied in all diets unless vitamin D-fortified foods are consumed. Vegan diets may lack this nutrient because fortified cow's milk is its most common dietary source. However, vegan foods supplemented with vitamin D, such as soy milk and some cereals, are available. Furthermore, findings indicate that sunlight exposure is a major factor affecting vitamin D status and that dietary intake is important only when sun exposure is inadequate (30). Sun exposure to hands, arms, and face for 5 to 15 minutes per day is believed to be adequate to provide sufficient amounts of vitamin D (31). People with dark skin or those who live at northern latitudes or in cloudy or smoggy areas may need increased exposure. Use of sunscreen interferes with vitamin D synthesis. If sun exposure is inadequate, vitamin D supplements are recommended for vegans. This is especially true for older persons who synthesize vitamin D less efficiently and who may have less sun exposure.

Studies show zinc intake to be lower or comparable in vegetarians compared with nonvegetarians (16). Most studies show that zinc levels in hair, serum, and saliva are in the normal range in vegetarians (32). Compensatory mechanisms may help vegetarians adapt to diets that may be low in zinc (33). However, because of the low bioavailability of zinc from plant foods and because the effects of marginal zinc status are poorly understood, vegetarians should strive to meet or exceed the Recommended Dietary Allowances for zinc.

Diets that do not include fish or eggs lack the long-chain n-3 fatty acid docosahexanoic acid (DHA). Vegetarians may have lower blood lipid levels of this fatty acid, although not all studies are in agreement with this finding (34,35). The essential fatty acid linolenic acid can be converted to DHA, although conversion rates appear to be inefficient and high intakes of linoleic acid interfere with conversion (36). The implications of low levels of DHA is not clear. However, it is recommended that vegetarians include good sources of linolenic acid in their diet.

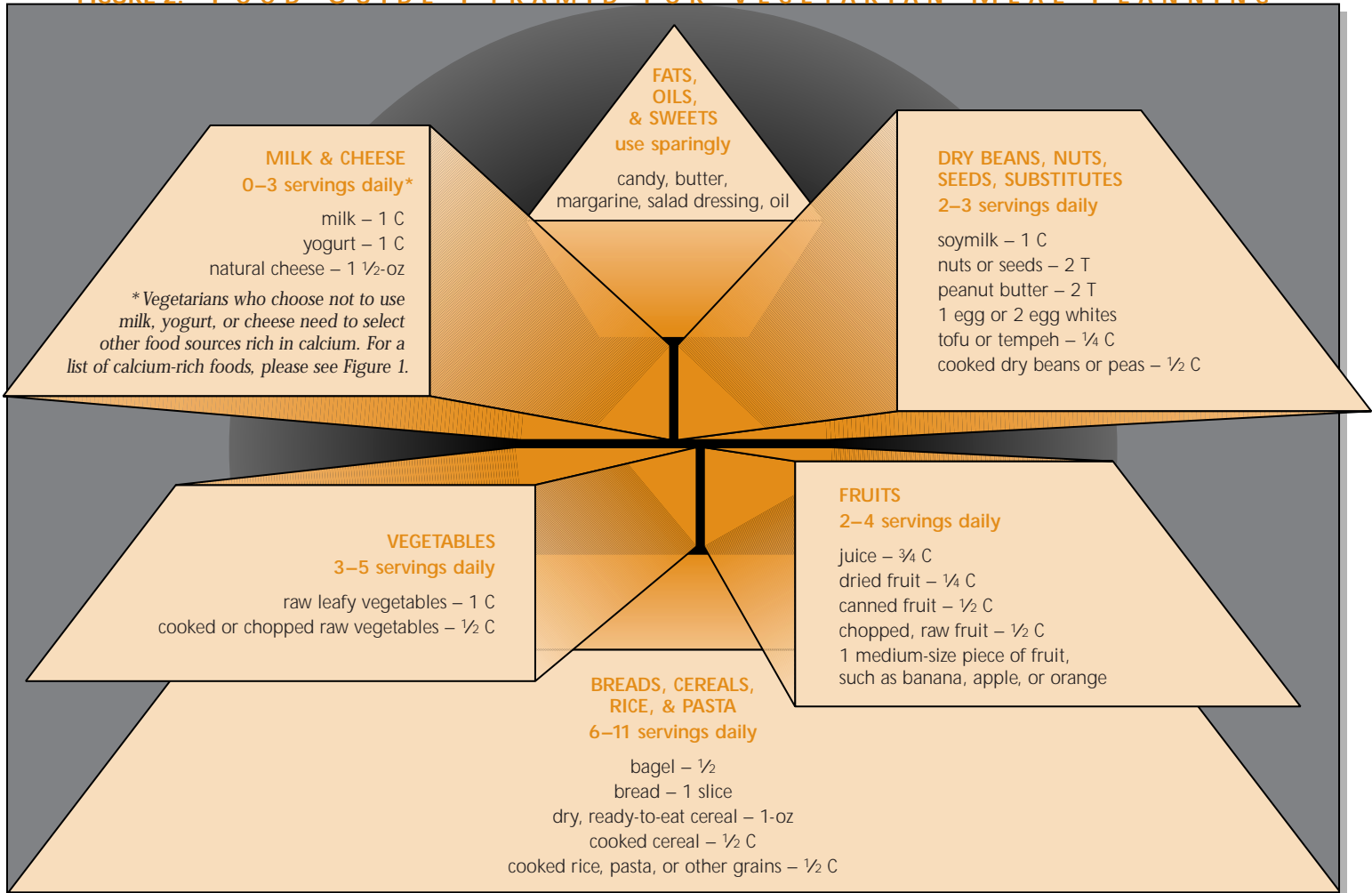
Vegetarianism Throughout the Life Cycle

Well-planned vegan and lacto-ovo-vegetarian diets are appropriate for all stages of the life cycle, including during pregnancy and lactation. Appropriately planned vegan and lacto-ovo-vegetarian diets satisfy nutrient needs of infants, children, and adolescents and promote normal growth (37).



Sources: Package information and data from: Pennington J. *Bowe's and Church's Food Values of Portions Commonly Used*. 16th ed. Lippincott-Raven; 1994. *Provisional Table on the Content of Omega-3 Fatty Acids and Other Fat Components in Selected Foods*, 1988. Washington, DC: US Dept of Agriculture; 1988: Publication No. HNIS/PT-103. Hytowitz DB, Matthews RH. *Composition of Foods: Legumes and Legume Products*. Washington, DC: US Dept of Agriculture; 1986: Agriculture Handbook No. 8-16. [®]Red Star Yeast and Products, a division of Universal Foods Corporation, Milwaukee, WI

FIGURE 2: FOOD GUIDE PYRAMID FOR VEGETARIAN MEAL PLANNING



Dietary deficiencies are most likely to be observed in populations with very restrictive diets. All vegan children should have a reliable source of vitamin B-12 and, if sun exposure is limited, vitamin D supplements or fortified foods should be used. Foods rich in calcium, iron, and zinc should be emphasized. Frequent meals and snacks and the use of some refined foods and foods higher in fat can help vegetarian children meet energy needs. Guidelines for iron and vitamin D supplements and for the introduction of solid foods are the same for vegetarian and nonvegetarian infants. When it is time for protein-rich foods to be introduced, vegetarian infants can have pureed tofu, cottage cheese, and legumes (pureed and strained). Breast-fed vegan infants should receive a source of vitamin B-12 if the mother's diet is not supplemented and a source of vitamin D if sun exposure is inadequate.

Vegetarian diets are somewhat more common among adolescents with eating disorders than in the general adolescent population; therefore, dietetics professionals should be aware of young clients who greatly limit food choices and who exhibit symptoms of eating disorders (38). However, recent data suggest that adopting a vegetarian diet does not lead to eating disorders (39). With guidance in meal planning, vegetarian diets are appropriate and healthful choices for adolescents.

Vegetarian diets can also meet the needs of competitive athletes. Protein needs may be elevated because training increases amino acid metabolism, but vegetarian diets that meet energy needs and include good sources of protein (eg, soyfoods, legumes) can provide adequate protein without use of special foods or supplements. For adolescent athletes, special attention should be given to meeting energy, protein, and iron needs. Amenorrhea may be more common among vegetarian than nonvegetarian athletes, although not all research supports this finding (40,41). Efforts to maintain normal menstrual cycles might include increasing energy and fat intake, reducing fiber, and reducing strenuous training.

Lacto-ovo-vegetarian and vegan diets can meet the nutrient and energy needs of pregnant women. Birth weights of infants born to well-nourished vegetarian women have been shown to be similar to birth-weight norms and to birth

weights of infants of nonvegetarians (42). Diets of pregnant and lactating vegans should be supplemented with 2.0 micrograms and 2.6 micrograms, respectively, of vitamin B-12 daily and, if sun exposure is limited, with 10 micrograms vitamin D daily (43,44). Supplements of folate are advised for all pregnant women, although vegetarian women typically have higher intakes than nonvegetarians.

Meal Planning for Vegetarian Diets

A variety of menu-planning approaches can provide vegetarians with adequate nutrition. Figure 2 suggests one approach. In addition, the following guidelines can help vegetarians plan healthful diets.

- ▲ Choose a variety of foods, including whole grains, vegetables, fruits, legumes, nuts, seeds and, if desired, dairy products and eggs.
- ▲ Choose whole, unrefined foods often and minimize intake of highly sweetened, fatty, and heavily refined foods.
- ▲ Choose a variety of fruits and vegetables.
- ▲ If animal foods such as dairy products and eggs are used, choose lower-fat versions of these foods. Cheeses and other high-fat dairy foods and eggs should be limited in the diet because of their saturated fat content and because their frequent use displaces plant foods in some vegetarian diets.
- ▲ Vegans should include a regular source of vitamin B-12 in their diets along with a source of vitamin D if sun exposure is limited.
- ▲ Solely breast-fed infants should have supplements of iron after the age of 4 to 6 months and, if sun exposure is limited, a source of vitamin D. Breast-fed vegan infants should have vitamin B-12 supplements if the mother's diet is not fortified.
- ▲ Do not restrict dietary fat in children younger than 2 years. For older children, include some foods higher in unsaturated fats (eg, nuts, seeds, nut and seed butters, avocado, and vegetable oils) to help meet nutrient and energy needs.

Position of the American Dietetic Association: *Vegetarian Diets*



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ROASTED ROOT VEGETABLES

from *A Taste of Vitality*, by Mark Foy
a shareware cookbook, available at www.vitalita.com

- 1 large onion, thinly sliced
- 2 large potatoes, cut into 2" pieces
- 3 ½ lbs sweet potatoes, cut into 2" pieces (about 4 large sweet potatoes)
- 2 large carrots, cut into 1" pieces
- 5 garlic cloves, crushed
- 1 ½ t olive oil
- 2 T dried dill weed
- 1 t sea salt

Toss cut vegetables, garlic, oil, dill, and salt in a bowl. Transfer to baking sheet (it should not need to be oiled since the vegetables are oiled) and roast in a 450° oven (no need to preheat oven) for about 50 min., or until the vegetables are not hard, and have browned. During the last 30 min. of roasting, toss vegetables every 10 min. to ensure they do not burn on any one side.

Variations: Use different types of herbs or spices in place of dill weed (such as rosemary, basil, or garam masala for an Indian flavor).

BLACK BEAN AND VEGETABLE STEW

from *A Taste of Vitality*, by Mark Foy

Stew

- 1 ½ t olive oil
- 2 large onions, diced
- 5 carrots, diced
- 3 celery stalks, diced
- 1 large red bell pepper, diced
- 4 garlic cloves, minced
- 2 T cumin powder
- 2 t dried oregano
- ¼ t cayenne (or more to taste)
- ¾ t ground fennel seeds
- 2 T dried basil
- 2 C black beans, cooked (include liquid)
- 1 C corn, frozen
- 14-oz tomatoes, low sodium
- 8 oz prepared seitan, cubed (optional)
- 1 ½ C water
- ¼ t sea salt
- 1 T tamari soy sauce

Garnish

- 3 T cilantro, finely chopped
- ¾ C green onions, finely chopped (6 stalks)

Heat a large pot over medium-high heat and add oil. Sauté onion, carrots, celery, red bell pepper, and garlic, sealing one at a time (about 30 min. total).

Add the cumin powder, oregano, cayenne, fennel seeds, and basil, and cook another 2 min.

Add the beans, corn, tomatoes, seitan (including the liquid), water, and salt, and simmer for 10+ min.

Before serving, stir in tamari. Garnish each bowl with cilantro and green onions.

Variations: Use less black beans and /or seitan if less protein is desired; substitute tempeh for seitan to eliminate gluten from dish; use a fresh, low-salt vegetable broth in place of water for fuller flavor; add chopped collard greens near end of cooking; use chili powder in place of the cumin, oregano, and cayenne.

MESSY MIKES (Sloppy Joes)

from *Vegan Vittles*, © J. Stepaniak 1997

- 1 T olive or canola oil
- 1 medium onion, diced
- 1 8-oz package tempeh, crumbled
- 2 T tamari soy sauce
- ½ C ketchup
- 1 t prepared yellow mustard
- 1 t apple cider vinegar
- 1 t sugar or other sweetener

Heat the oil in a 2-quart saucepan over medium-high. Add onion, tempeh, and soy sauce, and sauté until onion is tender and lightly browned, about 10 min.

Add the remaining ingredients, and mix well. Reduce the heat to medium and simmer the mixture uncovered, stirring often, for 10 min. Serve over split burger buns.

EASY NUTRITIONAL YEAST CHEESE

- ¾ C nutritional yeast flakes
- ¼ C flour
- 1 t salt
- ½ t garlic powder
- 2 C water
- ¼ C vegan margarine
- 1 t mustard

Mix dry ingredients in saucepan. Whisk in water. Cook over medium heat, whisking until mixture thickens and bubbles. Cook an additional 30 sec., remove from heat. Stir in margarine and mustard. (Note: Cheese will thicken as it cools, or you may add water to thin it.)

CROCK CHEEZE

from *Vegan Vittles*, © J. Stepaniak 1997

- ½ lb firm tofu, rinsed, patted dry, crumbled
- 3 T nutritional yeast flakes
- 2 T tahini
- 2 T fresh lemon juice
- 1 ½ T sweet white miso
- 1 t onion powder
- ¾ t salt
- ½ t paprika
- ¼ t garlic powder
- ¼ t dry mustard

Place all the ingredients in a food processor fitted with a metal blade and process until very smooth. Chill for at least an hour before serving.

BEAN BURRITOS

from *Table For Two*, © J. Stepaniak 1997

- 1 ½ C cooked pinto beans, rinsed and drained
- ½ C tomato sauce
- 2 T chopped bell pepper
- 1 t chili powder
- ¼ t each garlic powder, cumin, and oregano
- several drops Tabasco sauce, to taste
- 4 whole wheat flour tortillas

Place the beans, tomato sauce, bell pepper, and seasonings in a medium saucepan and bring to a boil. Reduce heat to medium and simmer uncovered



for 5 min., stirring occasionally. Remove the saucepan from the heat and mash the beans slightly with the back of a wooden spoon, fork, or a potato masher.

Spoon ¼ of the bean mixture onto each of the tortillas, placing it in a strip along one side, slightly off center. Add your favorite toppings (lettuce, tomato, olives, scallions, onion, avocado, cilantro, etc.), and roll the tortillas around the filling. Can serve with Crock Cheeze.

BEST (& Easiest) CHOCOLATE PUDDING

from *Vegan Vittles*, © J. Stepaniak 1997

- 1 10 ½-oz package silken tofu (firm), crumbled
- ¾ C unbleached cane sugar
- ⅓ C unsweetened cocoa powder
- 2 t vanilla extract
- pinch of salt

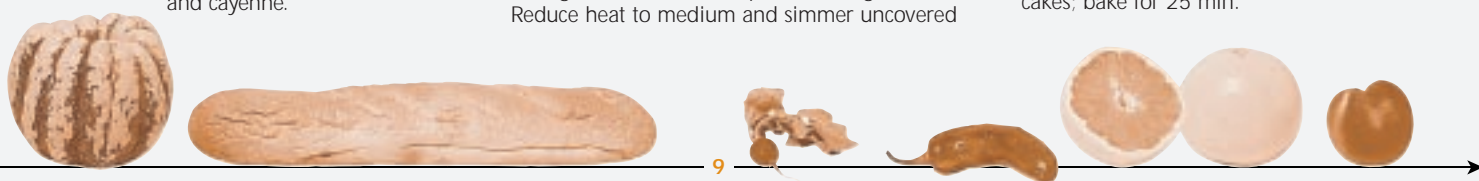
Place all the ingredients in a food processor fitted with a metal blade and process until smooth, creamy, and thick. Chill in the refrigerator until serving time.

CHOCOLATE CAKE

- 1 ½ C flour
- 1 C sugar
- 3 T cocoa or carob powder
- 1 t baking soda
- ⅛ t salt
- 4 T oil
- 1 t vanilla
- 1 T vinegar
- 1 C cold water

In adequate mixing bowl, combine dry ingredients. In mixture, create three holes. Put oil in one hole, vanilla in the second, and vinegar in the third. Cover with water and mix thoroughly.

Add to oiled or non-stick 9" cake pan or equivalent. Bake at 350° for 35 min. Can be used for cupcakes; bake for 25 min.



Vegan Resources



BOOKS

Tofu Cookery

Louise Hagler

Filled with satisfying, high-protein recipes, *Tofu Cookery* is a great cookbook for the ex-meat lover. This is a classic, and many a-vegan's favorite cookbook. \$16

The UnCheese Cookbook

Joanne Stepaniak

This innovative cookbook has received international accolades for filling a void in vegan cuisine. Full of amazingly simple-to-prepare vegan recipes for dairy-free cheese substitutes and classic "uncheese" dishes including sliceable uncheeses, spreads and dips, soups and chowders, fondues, sauces, pestos, dressings, quiches, casseroles, entrées, and even desserts. Contains information on how dairy products are injurious to humans and other living beings. Like all of Joanne's cookbooks, each recipe includes nutritional analysis. \$11



The Vegetarian Way

Virginia Messina, MPH, RD & Mark Messina, PhD

The Vegetarian Way is packed full of pertinent, useful information. The Messinas go over just about every detail of the vegan diet that anyone could ever wonder about, with thorough chapters on protein, calcium, vitamins, minerals, pregnancy, infants, children, teenagers, the elderly, diabetics, athletes, recipes, nutrient charts, and much more.

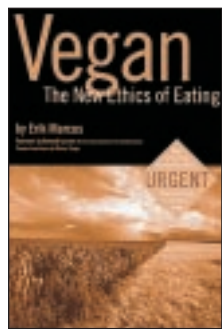


The Vegetarian Way is an invaluable book to have on hand for all the common questions and comments we get as vegans. It will maximize your ability to be a spokesperson for veganism, and could improve your health as well. \$21

Mark and Virginia Messina are the authors of the only textbook on vegetarian diets for health professionals, *The Dietitian's Guide to Vegetarian Diets: Issues and Applications* (1996). Virginia is also the co-author of the 1997 American Dietetic Association's position paper on vegetarian diets.

Vegan: The New Ethics of Eating

Erik Marcus



In this single book, a wide range of compelling reasons to become vegan – based on research that is documented and credible – are described. *Vegan: The New Ethics of Eating* is persuasive without being overbearing in terms of relating animal cruelty. Erik's book is a quick read because he has made the journey interesting and engaging. *Vegan: The New Ethics of Eating* makes a good gift for friends and family who ask questions. \$10

Vegan Vittles

Joanne Stepaniak

Delicious vegan food inspired by the critters of Farm Sanctuary, the largest permanent animal sanctuary for victims of agribusiness. Includes a wealth of innovative vegan recipes for "milks," soups, quick breads, sandwiches, "uncheeses," main dishes, puddings, cakes, and "ice creams" that are healthful and simple to prepare (*no kidding!*). Whether you're a budding vegetarian or a longtime vegan, you'll find an amazing recipe for every taste and occasion. \$11



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for *Why Vegan* free!

The items above, as well as all of the books on this page, are available through Vegan Outreach.

Mail orders to: Vegan Outreach, 211 Indian Drive, Pittsburgh, PA 15238, or place orders online at www.veganoutreach.org/catalog-online.html

Shipping: Please add \$4 for your first item, and \$1.50 for each subsequent item (PA residents add 7% sales tax).

PERIODICALS

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The only university newsletter dedicated to vegetarian and vegan issues. There are 10 issues per year for \$24. Write or call to subscribe: VNHL, 1711 Nichol Hall, Loma Linda U, Loma Linda, CA 92350/888-558-8703

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ORGANIZATIONS

Farm Animal Reform Movement

Great American Meatout March 20
World Farm Animals' Day October 2
Call FARM at 301-530-1737 or go to www.farmusa.org for more information.

Farm Sanctuary

Farm Sanctuary runs a shelter on each coast for animals rescued from agribusiness. For more information, call 607-583-2225 or visit www.farmsanctuary.org

Shopping

Non-leather shoes, purses, etc. can be found in many mainstream stores. And most athletic shoe companies offer non-leather options. For more information, see www.vrg.org/nutshell/leather.htm

Pangea – "The Vegan Store!" – sells only vegan products: shoes, clothing, bags, books, personal care, food items, and more. For a catalog: 7829 Woodmont Avenue, Bethesda, MD 20814 / 301-652-3181 / www.pangeaveg.com

Most products sold in natural food stores are made by companies that do not test on animals; check the packaging for information.

You can order PeTA's "Shopping Guide for Caring Consumers" (757-622-PeTA), a book identifying which products are not animal tested, as well as which are vegan. PeTA's online animal ingredient / animal testing information is at www.peta-online.org/cmp/ccprod.html





MEAT vs. DAIRY & EGGS

The False Dichotomy

As a culture, we acknowledge that in order to eat animal flesh, the animals must first be killed. Many individuals abstain from eating meat because they are ethically opposed to this killing; yet they continue consuming dairy products under the assumption that it is not necessary to slaughter animals for their milk and eggs. This is a common misconception. In reality, commercially raised milk- and egg-producing animals — whether factory-farmed or free-range — are slaughtered when their production rates decline.



Dairy Cows

Economics demands that dairy cows be killed at about one quarter of their life span. The 1998 animal agriculture textbook *SCIENTIFIC FARM ANIMAL PRODUCTION*, 6th Edition, (SFAP) points out:

The average productive life of a dairy cow is short (approximately 3–4 years). Many cows are culled [i.e., killed] primarily because of reproductive failure, low milk yield, udder breakdown, feet and leg weaknesses, and mastitis.

The veal industry is an offshoot of the dairy industry, and calves are normally taken from their mothers at a young age. When confronted with a bellowing cow, meat industry consultant Dr. Temple Grandin noted, “That’s one sad, unhappy, upset cow. She wants her baby. Bellowing for it, hunting for it. It’s like grieving, mourning – not much written about it. People don’t like to allow them thoughts or feelings.” (AN *ANTHROPOLOGIST ON MARS*, 1995) SFAP points out: Dairy calves rarely nurse their dams [mothers].

In the Western U.S., dairy cows tend to be on feedlots, where they live outside year-round, but are free to walk around the lot. In the Midwestern U.S., cows are usually kept indoors for most, if not the entire year. Some are in “free-stall” barns where they can walk around. Others are in “tie-stall” barns as described in SFAP:

In tie-stall barns, cows are tied in a stanchion and remain there much of the year; feeding and milking are done individually in the stanchion.

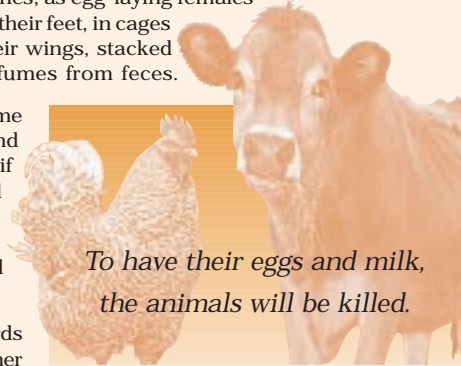
Egg-laying Hens

In the egg industry, male chicks are often discarded in trash bags to suffocate or starve to death because they cannot produce enough meat to justify being raised for flesh. They are the lucky ones; as egg-laying females must live on wire floors that dig into their feet, in cages so tiny that they cannot stretch their wings, stacked in buildings filled with ammonia fumes from feces.

The agribusiness person makes some extra money off the dairy cows’ and egg-laying hens’ carcasses. Even if there was no extra money, they would still be killed when their production rates declined because it would cost too much to feed the animals until their natural deaths.

Giving up meat is a good step towards not contributing to the suffering of other animals. But, as a society, we should face the fact that there is little ethical difference between consuming flesh, dairy, or eggs.

If you give up milk and eggs, please make sure you have some good sources of calcium, vitamin D, and vitamin B-12 (see ADA position paper on page 5).



To have their eggs and milk, the animals will be killed.

WOOL



In the U.S., most wool comes from either domestically raised sheep or sheep raised in Australia and New Zealand (American Sheep Industry Association). Sheep raised for wool are bred to have lambs who are sent to slaughter; sheep whose wool / lamb production has started to decline are also slaughtered (SFAP; 1998). Over 500,000 sheep and lambs in the U.S. died from predation in 1994 (USDA). In turn, sheep ranchers kill predators such as coyotes. Sheep and lambs are subjected to harsh weather conditions, with over 100,000 dying from weather-related causes in 1994 (USDA). *The Model Code of Practice for the Welfare of Animals for Australia & New Zealand* (1995) allows for tail docking, castration, and surgical removal of skin folds without anesthesia. Shearing sheep causes bruising and cuts (Agriculture Western Australia, 1997).



Q&A

Answers to commonly asked questions regarding veganism

So, you think it's wrong to eat meat?

It's not a question of being "right" or "wrong." If you do not want animals to suffer and be slaughtered, then you can stop supporting such practices by not buying animal products.

Don't plants suffer, too?

For plants to feel physical pain, they must have some sort of organized tissue which, upon stimulation, would activate a structure in the plant that is conscious and could perceive the stimulation as painful. There are no structures within plants that are analogous to the pain receptors, neurons, and pain-perceiving portions of the brains of vertebrate animals. Animals, being mobile, benefit from their ability to sense pain; but plants simply have no evolutionary need for the experience of pain. Why would nature or God impart such a complex capacity unless it would benefit the organism?

Even if someone believes that plants possess a form of consciousness, it does not mean that they experience what we interpret as pain, nor that harvesting a plant is ethically similar to slaughtering a cow. Plants are living beings that provide oxygen and food for most of the world and bring a sense of beauty to our planet. This is reason enough for us to feel that they are unique, important, and deserving of some level of protection.

What about honey; or, insects killed by pesticides or during harvest?

The general definition of a vegan is "someone who does not use animal products." But it is not clear which organisms are considered animals. According to *BIOLOGY* (3rd Edition, Campbell, 1993), "Constructing a good definition of animals is not as easy as it might first appear. There are exceptions to nearly every criterion for distinguishing an animal from other life forms."

If vegans are going to follow a technical or scientific definition of the word 'animal,' then sponges (Porifera) are included. They cannot feel pain or suffer any more than plants. So what would be the point of including sponges in a vegan definition of 'animal'?

It is possible to compare the human brain to the brains of animals that are closely related to the animals from which humans have evolved. In so doing, all vertebrates (i.e., fish, amphibians, reptiles, mammals, and birds) appear to have the same structures which are necessary for humans to feel certain types of pain.

The evolutionary path of invertebrates (such as mollusks and insects) diverged from ours long before the evolution of fish, the oldest vertebrates. In fact, we are more closely related to starfish than to squid and octopi, who have the largest brains of all the invertebrates. Since invertebrates developed along a different path, it is hard to know what, if anything, each is capable of feeling.

Insects (including bees) have brains. But their brains are not highly developed, and may not be large enough to facilitate consciousness in order to experience pain. So, is honey vegan? Our best answer is "We don't know." To be on the safe side, the best thing to do would be to avoid causing insects and other invertebrates harm whenever possible.

Doesn't the Bible say God gave us animals to eat?

The Bible does not say that we are required to eat animals. Just because the Bible doesn't explicitly forbid something doesn't make it right. For example:

When your brother is reduced to poverty and sells himself to you, you shall not use him to work for you as a slave...Such slaves as you have, male or female, shall come from the nations round about you; from them you may buy slaves. You may also buy the children of those who have settled and lodge with you and such of their family as are born in the land. These may become your property, and you may leave them to your sons after you; you may use them as slaves permanently.

LEVITICUS 25:39-46

There are plenty of devout Christians who are vegetarian or vegan. Most theologians would agree that a benevolent God is not going to send someone to hell for trying to be compassionate to animals. Therefore, the Bible cannot be used as an excuse for turning a blind eye to the cruelty and killing in animal agribusiness.

What do you think about abortion?

Some vegans are pro-choice and some are pro-life. What one person's opinion on abortion is does not change the fact that anyone can reduce suffering by not eating animal flesh and not buying animal products.

What about buying free-range animal products?

THE ASSOCIATED PRESS reported on March 11, 1998:

Free-range chickens conjure up in some consumers' minds pictures of contented fowl strolling around the barnyard, but the truth is, all a chicken grower needs to do is give the birds some access to the outdoors whether the chickens decide to take a gambol or stay inside with hundreds or thousands of other birds, under government rules growers are free to label them free-range.

Birds raised on free-range farms are often subjected to debeaking, and male chicks are still disposed of at egg producing facilities. Because animals raised on commercial free-range farms are still viewed as objects to be used for food, they are subject to abusive handling, transport, and slaughter. Like all animals used for their milk and eggs, they are slaughtered at a fraction of their normal life expectancy. Karen Davis, PhD, has investigated free-range farms and found the conditions to be far from humane - <http://arrs.envirolink.org/upc/freerange.html>.

Won't the animals just die anyway? And if we don't eat the animals, won't they overrun the world?

We don't just happen to kill and eat animals to save them from dying a natural death. We breed these animals on purpose. They will not exist when we stop breeding them. Because of a consumer demand for animal products, animal agriculture is already posing a threat to the world. Cattle grazing is causing topsoil erosion and degrading ecosystems; wastes from factory farming are polluting waterways and contributing to air quality problems. When society stops buying animal products, the industry will have no incentive for breeding these animals.

Why should people sacrifice convenience, cravings, and cost for the sake of an animal?

We claim to be moral beings who do not act merely to satisfy hedonistic impulses. We would not want to live in a society where people pursued their cravings with no limits, where the stronger could take advantage of the weaker if it was "convenient" to do so.

There is nothing inherent in the vegan lifestyle that is more costly (beans and rice are less expensive than beef or pork; a Boca Burger is less expensive than a Big Mac). Even if this were not the case, most vegans don't consume animals or animal products because we do not want to be the cause of suffering and slaughtering, regardless of the convenience, taste, or cost. Living an ethically consistent life is more important.

Why should I concern myself with [nonhuman] animal suffering when there are so many people suffering in the world?

Peter Singer writes in *ANIMAL LIBERATION*:

[P]ain is pain, and the importance of preventing unnecessary pain and suffering does not diminish because the being that suffers is not a member of our species. What would we think of someone who said that "whites come first" and that therefore poverty in Africa does not pose as serious a problem as poverty in Europe?

Most reasonable people want to prevent war, racial inequality, poverty, and unemployment; the problem is that we have been trying to prevent these things for years, and now we have to admit that, for the most part, we don't really know how to do it. By comparison, the reduction of the suffering of nonhuman animals at the hands of humans will be relatively easy, once human beings set themselves to do it.

In any case, the idea that 'humans come first' is more often used as an excuse for not doing anything about either human or nonhuman animals than as a genuine choice between incompatible alternatives. For the truth is that there is no incompatibility here...there is nothing to stop those who devote their time and energy to human problems from joining the boycott of the products of agribusiness cruelty. It takes no more time to be a vegetarian than to eat animal flesh. In fact...those who claim to care about the well-being of human beings and the preservation of our environment should become vegetarians for that reason alone. They would thereby increase the amount of grain available to feed people everywhere, reduce pollution, save water and energy, and cease contributing to the clearing of forests; moreover, since a vegetarian diet is cheaper than one based on meat dishes, they would have more money available to devote to famine relief, population control, or whatever social or political cause they thought most urgent...[W]hen nonvegetarians say that 'human problems come first,' I cannot help wondering what exactly it is that they are doing for human beings that compels them to continue to support the wasteful, ruthless exploitation of farm animals.

Isn't it hard to be vegan?

The vegan lifestyle is an ongoing progression. Everyone should go at their own pace and remember that all steps towards veganism are positive. It is most important to focus on avoiding the products for which animals are bred and slaughtered. Animal by-products will exist as long as there is a demand for primary meat and dairy products. When it comes to avoiding items that contain small amounts of by-products, vegans must decide for themselves where to draw the line. Some vegans will adjust their level of abstinence according to the circumstances. For example, as a consumer, you might make sure the bread you buy is not made with whey; but as a dinner guest, you may accept bread without asking to see the ingredients. These types of compromises can actually hasten the spread of veganism in that they help counter the attitude that it's very difficult to be vegan.

Many of the photos in this booklet were provided courtesy of Farm Sanctuary, Green Acres Sanctuary, and People for the Ethical Treatment of Animals.

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Revised 12/99

