

MOVING TOWARDS A VEGAN DIET

To follow a healthy vegan diet, eat a wide variety of plant foods, in as close to their natural state as possible, from the New Four Food Groups: grains, vegetables, fruits, and legumes. You'll sometimes see this referred to as a Whole Food Plant Based (WFPB) Diet.

The only supplements we recommend are vitamin B12 (take 25 mcg/day or 1,000 mcg/2x a week or 2,000 mcg/week) and perhaps Vitamin D (hard to make your own vitamin D during Rochester winters).

Tips on Getting Started

Think of the meals that you already make that are already vegan--things like vegetable soup, vegetable stir-fry or curry, and pasta primavera.

Then think of the meals that you make that can easily be made vegan by eliminating or substituting for the meat, poultry, fish, cheese or eggs. Try meatless spaghetti sauce, use beans in tacos or chili, and replace the meat in casserole or soup recipes with beans, soy products or veggies. Center your meals around grains and vegetables instead of meat.

Find new recipes (see resource list on back page).

Substitute whole grains for refined grains whenever possible. For example, choose whole wheat bread, and brown rice instead of white rice. Try other whole grains such as farro, oat groats, barley, or quinoa ("keen wa"). Cook double the amount that you need and have leftovers for another quick meal.

Buy fresh vegetables and fruits on a regular basis, so you always have a variety on hand to use for cooking. When possible, buy organic, locally grown and in-season produce. Include calcium-rich vegetables frequently, such as broccoli, kale, and mustard greens.

Remember the power of your plate. Think positive. Instead of dwelling on the foods you are avoiding, focus on the healthy and delicious foods and meals you are adding. In time, the foods you are trying to phase out will move to the edge of your plate and disappear, as you add more healthy foods.

Be optimistic. Time is on your side. You make food choices three times a day and every time you go to a food store or restaurant. You get fresh starts all the time.

Get organized! Keep a record of the vegan foods and meals that you and your family like. Make a cooking notebook or file. Plan your meals for the week and compose a shopping list for what you need. Your meals will be more varied and healthful, and it will turn food preparation into an adventure.

For a treat: Patronize one of Rochester's three **vegan restaurants**: The Natural Oasis, 288 Monroe Ave.; The Red Fern, 283 Oxford Street; and Vive Bistro and Bakery, 130 East Ave. Most ethnic restaurants have dishes that are vegan or can be made vegan--just ask! ❖

SOME FOODS TO TRY as you transition to vegan

Substituting for Meat:

Tofu or bean curd; made from soy milk. Versatile; takes on the flavor of whatever you cook it with. Regular tofu comes in tubs in the refrigerator case; silken tofu (more custardy, good for soups and dips) available on the shelf in aseptic "juice box" like packages.

Tempeh: Cultured product made from the whole soybean. Available in refrigerator case.

Seitan: or wheat gluten, made from the protein part of wheat. Available in refrigerator case.

TVP or texturized vegetable protein Available in dried form to be reconstituted by adding hot or boiling water

These items are not necessary to a vegan diet; but they can be fun and delicious meat substitutes on an occasional basis. Many companies like Field Roast, Gardein, and Tofurky that make vegan versions of cold cuts, sausage, hot dogs, burgers, and "chicken" nuggets. Also try Wegmans' all-vegan line of products: Don't Be Chicken, Don't Be Piggy, and Don't Have a Cow.

Substituting for Dairy:

Nutritional yeast: specially cultivated and nutritious food yeast with a distinctive cheesy flavor. Found in bulk in natural food store, or on the shelf in natural food section of store (Bragg's or Bob's Red Mill brand).

Tahini: or sesame seed butter; found in international (Middle Eastern) or natural food section of supermarket.

Miso: fermented soybean paste; in refrigerator case

These are among the many ingredients, including tofu, white beans, cashews, other nuts and seeds, roasted red peppers, sundried tomatoes, mustard and spices, that can be used to make homemade vegan cheeses. There are a number of delicious commercial vegan cheeses available, such as Tofutti sour cream and cream cheese, and cheese made by Daiya and Miyoko's Creamery. Also: try plant-based milk--there are many brands and varieties made from soy, rice, almonds, cashews, hemp or oats. And don't forget vegan "ice cream," including So Delicious and Tofutti brands.

Substituting for Eggs: Try scrambling tofu instead of eggs, adding nutritional yeast and turmeric for color and flavor. To substitute for eggs in baking, use Ener-G Egg Replacer, a product found in natural food stores; or substitute 2 tbsp cornstarch, ½ mashed banana, or 1 tbsp ground flaxseed whisked with ¼ cup water for each egg.

Stores: Everything you need to be a healthy vegan can be found in an ordinary supermarket. The specialty items mentioned above can be found at natural food stores like Abundance and Lori's, in the Nature's Marketplace section of Wegmans, or at Hart's. Other grocery stores may have or be willing to carry these items: just ask! ❖

WHAT YOU EAT CAN SAVE YOUR LIFE

A vegan diet can reverse heart disease, with results that are quantifiable with radiological studies such as angiograms and PET scans.

A vegan diet has been shown to reverse type 2 diabetes. This disease has reached epidemic proportions in the US and is predicted to occur in ⅓ to ½ of children born after 2000 (if we don't change things).

A vegan diet plus supplements can halt the progress of prostate cancer.

A low-fat vegan diet *without* the need for portion control has been shown to induce steady, sustainable weight loss, and healthy maintenance once a desired weight has been reached..

The 2nd Adventist Health Study found that ovo-lacto vegetarians had 9% reduced mortality and vegans had **15% reduced mortality** compared to similar health-conscious non-vegetarians.

Sources: Caldwell Esselstyn, Jr., M.D., *Prevent and Reverse Heart Disease*; Dr. Neal Barnard's *Program for Reversing Diabetes*; Neal Barnard, M.D., *21-Day Weight Loss Kickstart*.

WHAT YOU EAT CAN SAVE THE PLANET

Switching to a vegan (totally plant-based) diet is the most powerful consumer decision you can make to protect the environment

According to the UN report, "Livestock's Long Shadow" (2006), **raising animals for food causes more greenhouse gas emissions than all cars, trucks, and other forms of transportation combined.** The Worldwatch Institute says that the UN report may understate the problem, and that livestock may cause as much as 51% of greenhouse gases. On June 2, 2010, the UN Environment Program concluded that the worst impacts of climate change can only be averted by a worldwide shift towards a plant-based diet.

Switching from the standard American diet to a vegan diet does more to fight global warming than switching to a hybrid car, according to geophysicists at the University of Chicago.

Being an omnivore is like driving a gas-guzzler. Being an ovo-lacto vegetarian is like driving a mid-sized car. Being a vegan is like riding a bicycle.

It takes 11 times more fossil fuel to raise a pound of animal protein than a pound of plant protein.

Eating plants directly is more efficient than growing and harvesting them in order to funnel them through farmed animals. It takes from 5 to 15 pounds of plant food to make one pound of animal food. This has been called a "protein factory in reverse." Instead, **plant foods can provide all of the protein and other vital nutrients that we need.** ❖

ROCHESTER AREA VEGAN SOCIETY

The **Rochester Area Vegan Society (RAVS)** was founded in 1989. RAVS is a non-profit, tax-exempt, non-sectarian, all-volunteer organization dedicated to promoting the joy, compassion, and life-enhancing possibilities of a vegan way of eating and living.

We hold monthly meetings which consist of a **vegan** potluck dinner followed by an educational program. We always welcome new people at our meetings. You don't need to reserve or notify us beforehand, but we ask that you follow the "vegan rule" for all food brought to our meetings, which is explained on our website and in every newsletter; you can also seek advice or guidance by calling (585) 234-8750.

Membership dues are \$20 for an individual, \$35 for a joint or family membership, and half price (\$10 or \$17) for Student/Fixed/Reduced Income. Membership includes receiving our quarterly newsletter, *The Vegan Advocate*, and free attendance at our monthly dinner meetings (guest are asked to pay a \$3 fee).

You do not need to be a vegan to join RAVS or to attend any of our events as long as you eat like one when you are with us ! We want to invite as broad a spectrum of people as possible to hear about the benefits of plant-based, vegan living.

Website: www.rochesterveg.org

E-Mail: rochesterveg@gmail.com

24-hour voicemail and events calendar: (585) 234-8750

Mailing address: P.O. Box 20185, Rochester, NY 14602

Our newsletter, *The Vegan Advocate*, is posted on our website, or the current copy may be obtained by calling (585) 234-8750.

Our course, **"A Plant-Based Diet: Eating for Happiness and Health,"** is offered twice every year. Taught by Ted D. Barnett, M.D.; includes food samples and recipes. Six weeks, 2 hours/ea. week. Eligible for continuing education credit for health professionals through University of Rochester. For info on current or upcoming classes, visit rochesterveg.org, call (585) 234-8750, or contact rochesterveg@gmail.com. ❖

RESOURCES FOR GOING VEGAN

(Many available in Rochester area public libraries)

BOOKS (and one film): *Contains recipes

"Forks Over Knives" (film)
*Dr. Neal Barnard's Program for Reversing Diabetes**
T. Campbell, M.D. *The Campbell Plan**
T. C. Campbell, Ph.D. *The China Study*
B. Davis, R.D. and V. Melina, R.D., *Becoming Vegan*
R. Esselstyn, *The Engine 2 Diet**
C. Esselstyn, MD, *Prevent and Reverse Heart Disease**
J. Norris, RD, *Vegan for Life*

COOKBOOKS:

Some favorites for fast and frugal vegan cooking are *Quick-Fix Vegan*, *Quick-Fix Vegetarian*, *Vegan on the Cheap*, and *One-Dish Vegan* by Robin Robertson; *Vegan Express* by Nava Atlas; *The 4 Ingredient Vegan* by M. Abrams and A. Dinshah; and *Eat Vegan on \$4 a Day* by E. Jones. Other good titles are *Vegan with a Vengeance* and *Isa Does It* by Isa Chandra Moskowitz; and *Vegan Table* and *Color Me Vegan* by Colleen Patrick-Goudreau.
Cookbooks with a no-oil approach: Campbell, *China Study Cookbook*, Esselstyn, *Prevent and Reverse Heart Disease Cookbook* and Sroufe, *Forks Over Knives Cookbook*

WEBSITES: forksoverknives.com; nutritionfacts.org; pcrm.org; theplantbasedlife.com; veganhealth.org; vrg.org

COOKING AND RECIPE WEBSITES:

ChooseVeg.com
FatFreeVegan.com
Free-Easy-Vegan-Recipes.com
KeepinItKind.com
OhSheGlows.com
PlantPoweredKitchen.com
ThePPK.com (Post Punk Kitchen)
TheVeganCrew.com
TryVeg.com
VeganChef.com
VeganCooking.com
VeganCookingwithLove.com
VeganOutreach.org
VegWeb.com
ZsusVeganPantry.com

COOKING VIDEOS Go to theppk.com and click on "Video"; or go to Youtub and search Vegan Cooking with Love, Vegan Zombie, or Veggieterials.

GETTING THERE IN 3 TO 4 WEEKS:

30dayveganchallenge.com; and PCRM's program (go to pcrm.org and click on "Health and Nutrition," then "21-Day Vegan Kickstart" ❖

Guide to Going Vegan in the Rochester, NY Area

WHAT IS VEGAN?

A vegan way of eating is completely plant-based and contains no meat, poultry, fish, eggs, dairy products or honey. You can get everything you need for glowing health from a vegan diet,

WHY VEGAN?

For your health:

Reducing or eliminating your use of animal products can lessen your risk of developing chronic conditions like obesity, diabetes, heart disease, cancer, and autoimmune disease. A plant-based diet holds out the promise of renewed vigor, increased quality of life, and extended lifespan.

For the environment:

Animal agriculture is responsible for 18% of the world's greenhouse gas emissions, more than all forms of transportation combined. Animal agriculture is an inefficient way of feeding the people of the world, requiring 5 to 20 pounds of plant food to generate one pound of eggs, milk or meat; using huge amounts of water, pesticides, and fossil fuels; and generating unsustainable amounts of animal waste that pollute our environment. The UN recommends a shift to a vegetarian diet to protect the planet.

For the animals:

Over 58 billion land animals are slaughtered every year worldwide and untold billions of fish are killed to satisfy our demand. Most food animals live on factory farms where they are confined, and subjected to mutilation and miserable living conditions. All food animals end their lives with the terror and suffering of transport and slaughter.

WANT TO GO VEGAN? WE CAN HELP!

ROCHESTER AREA VEGAN SOCIETY

rochesterveg.org

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