

Our 31st year!

THE vegan



advocate

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### A VEGAN DIET What is it, and Why?

If you are not a vegetarian or a member of the Rochester Area Vegan Society (RAVS), this column is for you. Here are some of the basics.

A *vegetarian* is someone who eats no animal flesh: no meat, poultry or fish. A *vegan* is a vegetarian who goes further and eats no animal products at all: no eggs, cheese, milk, or honey. RAVS recommends a vegan diet as the optimal diet.

What are the reasons to go vegan? It comes down to these: for your health, for the animals, and for the planet. Every day there are new findings that a plant-based diet is best for health. The standard American diet (SAD), which revolves around meat and animal products, results in poor health for people, suffering for animals, waste of resources, and devastation for the environment. But changing your diet can be hard, and people who want to change often need help.

If you want to move in this direction, RAVS can help you. We are here to provide information and support. You do not need to be a vegetarian or vegan to give us a call, to attend our meetings, or to join our group. And you don't need to be a member to attend our meetings: guests are always welcome, and you don't have to reserve beforehand. You only need to follow our "vegan rule" for the dinner meetings (see box on p. 2 for a full explanation), and there is a \$3 guest fee for non-members. Come to a meeting, give us a call at (585) 234-8750, or visit our website, [rochesterveg.org](http://rochesterveg.org). You will find us helpful and welcoming. ♦

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### VEGAN FOR THE HEALTH OF ALL

—Item: On June 9, 2020, the American Cancer Society (ACS) published a [Diet and Physical Activity Guideline](#) which called for increasing plant-based foods and excluding or limiting red and processed meat to reduce cancer risk.

—Item: A recent meta-analysis published in the *British Medical Journal (BMJ)* compared animal versus plant-based protein intake and mortality from cancer, cardiovascular disease, and all causes among 32 studies and 715,128 participants. It was shown that, for each additional 3% of calories from plant protein, such as legumes, grains, and soy products, the risk of dying lowers by 5%. Consuming animal proteins did not lower risk of death from heart disease or cancer; and the authors suggest replacing animal protein with plant protein for its association with longevity. <https://www.bmj.com/content/370/bmj.m2412> Walter Willett, MD, DPH, one of the authors of the *BMJ* study, was one of the speakers at Physicians Committee for Responsible Medicine (PCRM)'s International Conference on Nutrition and Medicine (ICNM), held August 6-8, 2020.

Both the cancer prevention guidelines and the *BMJ* study were reported on by PCRM; for information on plant-based nutrition and a variety of health topics, visit [pcrm.org](http://pcrm.org).

The healthfulness of plant-based diet is more fully supported every day (for a daily video on the topic, sign up at [nutritionfacts.org](http://nutritionfacts.org)). Brenda Davis, RD, one of the speakers at the Plant-based Prevention of Disease Conference (P-POD), held July 24-26, 2020 (see pp. 4-5), reminded us of the following: The World Health Organization (WHO) concluded in 2011 that 70% of global deaths, and 90% of diabetes, are caused by unhealthy lifestyle choices, including unhealthy dietary choices, which WHO

defined as diets high in processed foods, fat, salt, sugar, and animal products, and diets low in plant foods. Processed foods and animal foods high in saturated fats are especially harmful, and whole plant foods are protective.

RAVS's own Ted D. Barnett, MD was one of the speakers at both the ICNM and P-POD conferences, talking about Rochester Lifestyle Medicine Institute's Jumpstart program. Jumpstart participants typically experience measurable health benefits, often dramatic improvements, in just two weeks, while enjoying healthy vegan food. (See calendar listing p. 8.)

We've known that behavior choices affect health since well before this year, or 2011. A landmark study published in *JAMA* in 1992, called "Actual Causes of Death in the United States," found that 80% of premature death was caused by lifestyle factors. <https://pubmed.ncbi.nlm.nih.gov/8411605/> You could say that we've known since Hippocrates (about 400 BCE) that we should let food be our medicine.

What's ever more clear is that not just our own health, but the well-being of our fellow creatures and the entire planet depends on humans eating a plant-based diet. For more information on the diet-environment connection:

Climate Healers: <https://www.climatehealers.org>

"Cowspiracy": see the film and visit <https://www.cowspiracy.com>

J. Morris Hicks, author of *Healthy Eating, Healthy World* and author with Stuart H. Scott of the new ebook *Outcry* <https://hpjmh.com>

Richard Oppenlander, DDS, author of *Comfortably Unaware* and *Food Choice and Sustainability*; <http://comfortablyunaware.com> ♦

## Rochester Area Vegan Society

### Coordinators:

Ted D. Barnett, M.D.  
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The Rochester Area Vegetarian Society, now the Rochester Area Vegan Society, was founded in 1989 by Rhoda and Stan Sapon, two dedicated activists who worked hard to embody their vision of a compassionate, non-violent world in a local community promoting vegan values: the idea that animals have a right to their own lives and don't exist to provide food or to be exploited by us in any way.

RAVS is a non-profit, tax-exempt, non-sectarian, all-volunteer educational organization dedicated to promoting the joy, compassion and life enhancing possibilities of a vegetarian lifestyle. We are an educational resource for those interested in any aspect of vegetarianism. We provide support to our members through social events that include monthly gatherings with a shared meal and programs on topics important to our members. Membership in RAVS is open to vegetarians and non-vegetarians alike, as long as they support the goals of the organization.

DUES: Individual Membership, \$20 per year; Joint Membership, \$35 per year; Student/Fixed Income Membership, \$10. Membership includes receipt of *The Vegan Advocate* and free attendance at our monthly dinner meetings. A membership application can be found at the back of this issue.

### Contacting RAVS:

- P.O. Box 20185, Rochester, NY 14602
- E-mail: rochesterveg@gmail.com
- Website: www.rochesterveg.org
- 24 hour voicemail and events calendar:

**(585) 234-8750**



## RAVS RULES FOR SHARE-A-DISH MEALS

All dishes must be completely **vegan**. They may *not* contain any *meat, poultry, fish, eggs, dairy products or honey*. Please watch out for *gelatin* (a meat by-product) and *hidden milk products*, such as *whley* in cookies, crackers, bread and margarine and *casein* or *caseinate* in so-called "non-dairy" soy cheese, coffee creamer and whipped topping. Be alert for *eggs* in baked goods, mayonnaise and salad dressings, and *honey* in breads, pastries and preserves.

This "vegan rule" embodies our mission of showing how abundant and delicious a vegan meal can be. It also means that members and guests who are vegan can freely partake of everything. If you mistakenly bring a dish that is non-vegan, you will be very welcome to stay for the meal, but we will not be able to serve your dish. Please understand that no offense is meant by this.

Please prepare a card with your name, the name of the dish, and a list of all ingredients. If possible, write the recipe on the back of the card and indicate where the recipe came from or if it was original. Prepare enough to serve a crowd. Please bring your own table setting as well as a serving utensil. If you are not able to cook, you may bring fruit, cider, tortilla chips and salsa, green salad, fruit salad, etc. Non-members, in addition to bringing a dish, must pay a \$3 Guest Fee, which will be applied to your membership if you join that day.

### IF YOU ARE NEW TO RAVS

**You don't need to be a vegetarian, or a member of RAVS, to attend one of our events.** And you don't need to reserve or notify us beforehand (with the exception of restaurant events). We do ask that you follow the "vegan rule" at our dinner meetings. The box above, and the calendar and directions on the back page of the newsletter, tell you what you need to know in order to attend a meeting. Call 234-8750 if you have further questions.

### MEMBERSHIP BENEFITS

Membership in RAVS entitles you to receive *The Vegan Advocate* (4 times a year) and any other mailings, usually notices of upcoming events. It also entitles you to free admission to monthly events (except restaurant meals); others pay a \$3 Guest Fee.

An important benefit of membership is **half-priced** membership in two national vegetarian organizations. Membership costs given below are **before** the discount is taken. Let them know that you are a member of RAVS, which is an affiliate.

#### North American Vegetarian Society

P.O. Box 72, Dolgeville, NY 13329

Tel: (518) 568-7970

Fax: (518) 568-7979

E-mail: navs@telenet.net

Website: www.navs-online.org

Individual membership (annual): \$22

Family membership: \$28

Publication: *Vegetarian Voice*

#### Vegetarian Resource Group

P.O. Box 1463

Baltimore, MD 21203

Tel: (410) 366-VEGE

Fax: (410) 366-8804

E-mail: vrg@vrg.org

Website: www.vrg.org

Membership (annual): \$25

Publication: *Vegetarian Journal*

These are both excellent groups, and both have mail-order bookshops which are included in the publication they will send you when you join.

Another not-so-tangible benefit of your membership in RAVS is that you help others, namely, the people we reach through our community education efforts, which are funded by your dues. Pamphlets we distribute at an outreach table at a health or environmental fair cost money. That's why your membership and renewal are important even if we never see you at a meeting—though, of course, we hope that we do. ♦

### BOOK ORDERS FROM RAVS

A number of vegetarian books and cookbooks are available from RAVS at 10% off list price. Books can be purchased at every RAVS meeting.

If you have any ideas about book titles which you would like RAVS to have in its inventory, please leave a message on our voicemail, (585) 234-8750.

**IF YOU ARE NOT A MEMBER OF RAVS** and would like to receive subsequent issues of the newsletter by email (pdf file), send your email address to rochesterveg@gmail.com and put "RAVS Newsletter by Email" in the subject line.

**PLEASE DON'T TOSS THIS NEWSLETTER;** pass it on to someone else who might be interested in the information and recipes. Or share our contact information (in the column to the far left), and people can reach us to request their own copy of the newsletter.

### WE NEED VOLUNTEERS!!

Like any volunteer group, we can always use your help. If you can assist with the newsletter, outreach, publicity, dinners, programs, guest speakers or anything else imaginable, please call **234-8750**.

## Vegan Society Update by Carol Hee Barnett

As I write this newsletter, it has been almost five months since the coronavirus put us all under some degree of lockdown. We hope that everyone reading this has managed to stay safe and is in a well-supported home environment.

### RAVS MEETINGS/PROGRAMS

We have had two highly successful meetings by Zoom under this new regime. In May **Jonathan Balcombe, PhD** spoke on the amazing world of insects. In June, **J. Morris Hicks** spoke on the dire threat of climate change and the role of plant-based diet in healing the planet.

We canceled the picnics in July and August. Rather than a 3rd-Sunday event in September, we have Zoom lectures with plant-based luminaries **Dr. Neal Barnard** and **Dr. Michael Greger**, sponsored by Rochester Lifestyle Medicine Institute (RLMI) (see calendar p. 8). Our October meeting will also be by Zoom, program to be announced later.

### ROCHESTER LIFESTYLE MEDICINE INSTITUTE (RLMI)

RLMI has made its programs available online to support health during COVID.

**RLMI's 15-Day Jumpstart** is scheduled monthly, and since it's offered by Zoom, it may be taken by anyone with a computer, anywhere in the world (in English only, at this point!). Sign up here: <https://www.rochesterlifestylemedicine.com/about-community-jumpstart/> RLMI has a continuing medical education program keyed to Jumpstart which it is offering to physicians and other health care professionals, starting in September; to access it, go to the Jumpstart link above, and look for "Provider Resources" on the toolbar.

RLMI's webinars on "COVID and Lifestyle Medicine" and on "Love in the Time of Coronavirus" are posted at [roclifemed.com](http://roclifemed.com) under "Blogs." You can find Moments of Gratitude and Moments of Joy under "Moments."

RLMI continues to offer the CHIP and Lift programs to support healthy lifestyle change. For information on these programs

and to register for the lectures scheduled for September, visit [roclifemed.com](http://roclifemed.com) or call (585) 484-1254.

### VEGAN FOOD LOCALLY

Rochester's ALL-VEGAN restaurants which are open during the epidemic.

**Allah's Kitchen**, 24 Hinchey Rd. Roch., NY 14624 (623-8781) <https://allahskitchen.com> Take-out and delivery.

**Eden Café & Bakeshop**, 109 Main St., Batavia NY 14020 (inside Eli Fish Brewing Co.) (585 815-4487) <https://www.carrotogcafe.com> Open for take-out and indoor dining with COVID measures.

**The Natural Oasis**, 288 Monroe Ave., Roch., NY 15607 (325-1831) <https://www.naturaloasisny.com> Ethiopian buffet for lunch, and gourmet (\$5/plate) tasting menu at dinner. Juice bar. Open for take-out and indoor dining with COVID measures.

**New Ethic Pizzeria**, 545 Titus Ave., Rochester, NY 14617 (623-8231) <https://newethicpizzeria.com> Take-out and delivery.

**The Red Fern**, 283 Oxford St. Roch. 14607 (563-7633) <https://www.redfernrochester.com> Take-out and delivery.

Rochester's ALL-VEGAN meal and meal prep businesses are:

**Kitchen Verde** ([kitchen-verde.com](http://kitchen-verde.com)), 777 Culver Rd. (230-8942). **Sweet Pea** ([sweetpeaplantbased.com](http://sweetpeaplantbased.com)), 630 East Ave. (800-561-7608). **Flour City Nut Grind** (643-4164). **Grass Fed Rochester**, 1115 E. Main St., Suite 148.

For the duration of COVID measures, please contact these businesses beforehand to make sure of availability and hours.

### VEGAN STRATEGIES

Vegan eating is a good idea in the best of times and certainly during COVID. The *Democrat and Chronicle* has had several articles about dealing with food prep at this time, and the inherent simplicity, practicality and affordability of plant-based eating can't be ignored. On 8/14/20, an article on reducing stressful shopping trips and saving money advised: "**Try a plant-based protein.** Plant-based proteins such as tofu and beans are often less expensive and last longer than meat. Substitute them in a

dish you would normally use meat in." Amen! Another article gave a link for vegan banana bread: <https://simple-veganista.com/vegan-banana-tea-bread/>

**OUR HEARTS GO OUT** to families in the RAVS community who have lost loved ones recently.

**Marjorie Relin** passed away on May 22, 2020. She is survived by her husband Cary Ratcliff, and a large group of family and friends, including her daughter Jennifer Cherelin and the entire Cherelin family, husband David, children Pahz and Tierra, as well as David's mom Ellie Cherin. Marjorie graduated summa cum laude from Smith College; she was a dedicated reading teacher, a world traveler, a devoted gardener, and an inspiration to all.

**Theron "Ted" Howard** passed away on June 11, 2020. He is survived by his wife of more than 50 years, Sandi, by their sons and grandchildren, and many more family and friends. Ted had a law practice in Genesee County for 40 years, and served for six years as Supervisor of the Town of Pavilion. The obituary noted: "His unflinching sense of humor was overshadowed only by his generosity and sense of fairness."

**Barbara Minor** passed away on June 26, 2020 and is survived by her husband Jim Minor, her daughter Tina Kolberg and the Kolberg family: husband Jim and children Andrew and Krista, and by many other family and friends. Barbara and Jim met at the University of Rochester and were inseparable ever after. Barbara had degrees in chemistry and library science, and was a book lover. At one time she worked for the U.S. Patent Office, and was president of the Gates Library Board and head of the Gates Environmental Council.

**Linda DeStefano** passed away on June 10, 2020 and is survived by her husband Dr. Richard Weiskopf and many family and friends. Linda was very active in the vegan, animal rights, and environmental communities in Syracuse, New York and beyond, and was co-founder and president of People for Animal Rights. Linda also advocated for social justice in every way, and for voting integrity. She will be sorely missed.♦

We welcome the following: **New Members:** Katie & Matt Comeau (Patron Level), Diego Mejia Cordova, Therese Dale, John MacKenzie, Liz Mazza & Jon Parker (Patron Level), Anna & John Schlia, Janet Williams. **Membership Renewals:** Judy Babbitt, Renee & Brian Bell, Linda & David Benjamin (Patron Level), Jill Brooks, RN, DC, Bill Bross, Margie Campaigne (2-year renewal), Jo Cappella, Janet Chaize, Mary C. Ciulla, Sue & Jim Conner, Handy & Father Patrick Cowles (Patron Level), Bonnie Crawford (Contributing Level), Katherine DaCosta & family (2-year renewal), Margie Driscoll, Phyllis Fleischman, Aaron Frazier, Mary Khazak Grant, Kathryn & Lee Hankins, Linda Heeler, Nancy Herbst, Sandy Hicks (Patron Level), Marilyn Israel & Robert Israel, MD, Carol & Bruce Manuel, Karen Mayes, Walt McBurney, Yetta Panitch & David Daunce (Patron Level), Charlie Peterson, Karen & Carl Petito (Contributing Level), Naomi Pless, MD, Russell Roberts, Barbara Savedoff, Laura & Richard Smith, Susan Schirm Teschke & William Teschke, Maureen & Steve Van Buren, Sharon Yates (Contributing Level, 2-year renewal). **Thank you for your support!** This list is current through about 8/15/20. Any questions, contact [rochesterveg@gmail.com](mailto:rochesterveg@gmail.com) or (585) 234-8750.

## Brenda Davis, RD at P-POD

This year, the 7th Annual **Plant-based Prevention of Disease Conference** was held virtually/via Zoom, due to COVID. The conference was a huge success and included enlightening and ground-breaking sessions on food addictions, body stereotypes, and racial justice, and how these and other issues intersect with the availability and promotion of plant-based diets. A huge amount of credit must go to all of the wonderful presenters, all the P-POD board members and conference coordinators, all of the behind-the-scenes tech experts who ran the conference, but most especially to **Bob LeRoy, RD, MS**—who envisioned P-POD several years ago, was tireless in bringing it into being, and continues to dedicate himself to this wonderful event which sustains both health professionals and interested lay persons who embrace and advocate a plant-based diet. Bob LeRoy is a plant-based hero!

One highlight of P-POD 2020 was the lecture by **Brenda Davis, RD** on “Designing an Optimal Plant-based Diet for Disease Prevention” (Saturday July 25, 2020, 2:20-3:00 PM EDT). She was introduced as a “dietitian’s dietitian” and the author of 12 books which have sold more than 1 million copies and have been translated into 14 languages. For me, Brenda Davis is the gold standard of plant-based presenters: her lectures are simply gold mines, chockfull of specific and usable nutritional information. Her P-POD talk was one of the best ever.

Davis started out with an anecdote about her own father, who, when Brenda was a young dietetics student, smoked and ate junk food with abandon because, he said, he would rather live to 50 and enjoy his freedom, than live to 75 on a restricted diet. After all, he could get hit by a truck and might as well enjoy life, to which Davis responded: “That doesn’t mean you need to walk out in front of a truck.”

The Blue Zones are places which have more, and more healthy, centenarians than anyone on the planet. The residents have many lifestyle practices in common, such as exercise; but the only dietary practices common to all of them are (1) plant-based diets and (2) legumes as dietary staples.

Why are plant-based diets protective? Because they minimize harmful substances and maximize helpful substances. The following protective substances are found only in plants: fiber,

phytochemicals and anti-oxidants, plant enzymes, anti-inflammatory compounds, sterols and stannols, and pre- and probiotics. Plant foods contain the full array of macro- and micro-nutrients from healthy sources.

A healthy plant-based (PB) diet minimizes the following substances found in processed foods and animal foods: pathogens, trans fats, saturated fats, refined carbohydrates, excess sodium, Neu5Gc, chemicals, contaminants, pro-oxidants, TMAO, endotoxins, and products of high-temperature cooking.

Much of what’s consumed in the average western diet is a threat to health, and moderation is not good enough. Our lifestyle choices are responsible for 90 to 95% of disease risk, and dietary choices are a huge component of that risk. A plant-based diet affords powerful protection, and yet some PB diets are more healthful than others. (At this point, Davis showed a slide of someone eating chips and soda: PB foods which are nevertheless unhealthy.)

Davis outlined 10 steps to an optimal diet.

- 1) **Make whole foods the foundation of your diet.** Davis recommends 10 vegetables and fruits daily, 6 or 7 of them vegetables. She asks for 3 servings of legumes daily and one serving of nuts or seeds. Grains should be consumed according to energy needs. Davis likes generous amounts of herbs and spices which have concentrated phytochemicals.
- 2) **Be picky about carbs.** Carbs are not the problem, it’s the quality of the carbs. Carbs from whole foods are consistently protective of health. In the Blue Zones, where people live longest, people get 62% of their calories from carbs; and carbs are the predominant nutrient in the healthiest foods on the planet (60 - 90% carbs). However, refined carbs have been stripped of their value. White flour has been stripped of 80-90% of the fiber, 70-80% of the vitamins and minerals, and 90% of the phytochemicals—what’s more, white flour usually appears in foods (think donuts) with added fat, sugar, and salt which are addictive and which Davis refers to as “pathogenic dietary components.” Added sugar should be kept to no more than 6 tsp/day (there are 12 tsp in a 12-oz soda). Sugar in fruit is fine, as it

comes packaged with fiber, anti-oxidants, and other nutrients. A 2016 meta-analysis found 45 studies that agreed that whole grains were associated with health gains. But Davis says “all whole grains are not equal.” Davis rates whole grain products on a spectrum from intact whole grain (healthiest) to whole grain flour products (bread and pasta). Physically breaking down the grain makes it less healthy for blood sugar regulation (increases rate of absorption and glycemic index), and increases exposure to light, heat and oxygen which damages nutrients. So consider eating some grains (Davis says “most”) in their intact form: barley, millet, oat groats, quinoa, spelt berries, or wheat berries. (You can find these in bulk in health food stores but also bagged on the shelf in supermarkets in natural food or grain sections.)

- 3) **Boost fiber.** It does so many things for us: promotes bowel regularity, improves digestion, increases satiety, lowers cancer risk, lowers cholesterol, stabilizes blood sugar, improves immune function and helps maintain hormonal balance. Fiber is contained in whole plant foods, and only plant foods contain fiber. Fiber is the nutrient to look for, partly because it’s so beneficial and partly because it comes accompanied by all the other nutrients contained in the “whole plant food” package. Men need 38 grams daily, women need 25, the average American gets 15-17, and on a whole-food plant-based diet you get 40-60 grams daily! Legumes are fiber superstars, and whole grains are the #1 source of fiber in the world.
- 4) **Pick plant protein sources instead of meat.** Legumes are high in fiber, phytochemicals, anti-oxidants; they are low in fat and saturated fat, cholesterol-free and contain non-heme iron (which is not a pro-oxidant like heme iron from meat). They contain none of the contaminants inherent in meat (Neu5Gc, TMAO, endotoxins, endogenous hormones) and none of, or less of, those added by farming operations (exogenous hormones, antibiotics, and chemical contaminants like pesticides). Research has shown that, of those who are 70 or older, the only statistically significant food factor for longevity is consumption of legumes. Red meat, on the other

hand, increases risk of mortality. The Harvard Health Professionals study of more than 131,000 adults studied over 27 to 32 years, showed that replacing 60 calories daily from animal foods could reduce disease risk, e.g. replacing 60 calories from processed meat reduced overall risk of death by 34% (association not causation); replacing 60 calories from dairy reduced risk by 8% and replacing fish, by 6%.

- 5) **Replace processed oil with fat from whole plant foods.** Cut back on saturated fat; this is relatively easy on a whole-food plant-based diet since whole plant foods, with the exception of coconut, contain very modest amounts of saturated fat. Minimize exposure to damaged fats: avoid fried and processed foods, minimize the use of oil in cooking and don't let it smoke if you do use it, and store high-fat plant foods like nuts in the refrigerator or freezer. Optimize your intake of omega-3 fats, the kind found in ground flax seed, walnuts and greens. Some people, such as those with diabetes and high blood pressure, may not convert these food sources well and may need to take a supplement of the substances (ALA and DHA) they convert into: there are vegan, algae-based ALA/DHA supplements.
- 6) **Enhance your gut flora!** The microbiome, which has only begun to be studied in the last 10-15 years, affects every body system, not just digestion, and influences susceptibility to disease as well as longevity. The microbiome is determined almost entirely by lifestyle, especially food. The typical Western meat-based diet leads to dysbiosis of the gut, with overgrowth of bad organisms and reduction in diversity of organisms. A healthy array of microorganisms in the gut: helps absorb or synthesize nutrients, reduces cancer risk, reduces inflammation, enhances insulin secretion, keeps the gut wall intact, improves brain function, and improves immune function. Instead of ingesting commercial probiotics, eat whole plant foods which are "prebiotics," i.e., they are the preferred food of the healthy gut flora.
- 7) **Phytochemicals ("plant chemicals") are created by the plant to protect itself and they also protect us.** They reduce inflammation; block tumor formation and repair DNA; and reduce the risk

of cancer and other disease. Include the widest variety of plant foods possible in your diet. Think color: eat the rainbow. Eat plenty of raw foods, which still contain the enzymes for the creation of certain beneficial bioactive metabolites, like isothiocyanates in broccoli. Consider sprouting, which allows the phytochemical army to multiply. Herbs and spices are concentrated sources of phytochemicals, as are some herbal teas.

- 8) **Reduce your intake of environmental chemicals.** The most powerful way to do this is to pick plants instead of animals for food. Choose organic when you can, and consult the Environmental Working Group ([ewg.org](http://ewg.org)) for a list of which plant foods you should prioritize in buying organic. Vary your grain consumption, and swap out rice often: rice can be a source of arsenic. The safest sources of rice are California and the Far East, not southern states of US.
- 9) **Minimize the products of high-temperature cooking.** Many but not all of these are found in animal foods. Advanced glycation end-products (AGE's) are found mostly in animal foods like grilled meat but also in roasted nuts and seeds, snack foods, and grilled tofu. Other harmful substances are PAH's in toast, and acrylamide formed from cooking high-carb foods at high heat, found in potato chips and rye crispbread. The safest methods of cooking are moist: steaming, stewing, and water sautéing. Minimize other harmful substances: food additives, sodium (70-80% comes from processed foods), and alcohol. The best approach is to eat primarily whole plant foods, and read the labels of processed foods to make sure the list of ingredients is short and contains things you recognize as food.
- 10) **Meet your needs for all nutrients without overeating, and get physical activity daily.**

Davis says that every time you eat or drink, you either promote or discourage disease. She returned to the story of her dad: he had a stroke a couple of years after the conversation she had with him. He was able to recover and he stopped smoking and also changed his eating somewhat, enough to live another 25 years. Davis says that unhealthful eaters may tout their freedom, but "without health there is no freedom"; her dad

discovered life was more precious than potato chips.

In response to a question as to whether it was too costly to eat 10 vegetables and fruits a day, Davis listed ways of making it less expensive: buying frozen veggies, veggies in season, and inexpensive superstars like cabbage and carrots; go to farmers markets; do gardening to raise your own. Someone asked Davis how she felt about vegan "meats" like Beyond Burger. Even though they are not whole foods, Davis "celebrates" these products and says "I think they can have a place"; these foods are not for every day, but visiting relatives "won't know the difference" and they can help move us toward a plant-based world where we shut down the slaughterhouses. Finally someone asked about plant-based diet protecting against COVID. Davis said vegans "need to be as vigilant as anyone else"—"even perfect vegans with a halo on their heads."♦

#### SOY AND HEART DISEASE

An analysis of diet records from the Nurses Health Study in *Circulation* found that higher intakes of tofu were associated with lower risk of heart disease.

Physicians Committee for Responsible Medicine's *Good Medicine*, Summer 2020.

#### FIBER AND BREAST CANCER

A systematic review of studies published by the American Cancer Society found that those who consumed the most fiber had a reduced risk of breast cancer. *Good Medicine*, Summer 2020.

#### FRUIT AND ALZHEIMER'S DISEASE

A study published in the *American Journal of Clinical Nutrition* found that those with the highest flavonoid intake, bound in berries and other plant-based foods, were 40% less likely to develop dementia than those with the lowest intake. *Good Medicine*, Summer 2020.

**FOUND ON THE PACKAGE of Upton's Naturals** Seitan: "Vegan For a Reason: At Upton's Naturals, veganism is a way of life, and every meal is an opportunity to show compassion for animals."

#### HAIKU by Bruce Ross

through the opening  
of the broken wood fence  
late summer willow

a hawk perched  
on a dead gray branch  
. . . late summer grass

late summer chill—  
the wasp's shadow moves  
on a leaf

## COOKING VEGAN FROM YOUR PANTRY: White Bean Recipes

### PINK SAUCE FOR PASTA (adapted from Bronwen & Robert Skye, *Vegan Black Book*)

1 can white beans, drained with bean liquid reserved (no need to rinse)  
1 fresh tomato, chopped (optional)  
1 shallot or small onion, chopped  
3/4 cup sun-dried tomatoes (not packed in oil)  
1 tsp soy sauce or Bragg's Aminos  
2 tsp dried basil  
1 tsp dried oregano  
1/2 tsp salt  
1/2 tsp black pepper  
1/8 tsp or more cayenne (optional)

Drain the white beans, reserving the bean liquid; no need to rinse. Soften the sun-dried tomatoes by adding about 1 cup hot or boiling water and letting sit. Put all ingredients in a food processor and combine until well blended. Add some or all of the reserved bean liquid to reach the desired consistency for pasta sauce.

You can gently heat the sauce on stovetop or in microwave if desired. If you heat the sauce, you can add a bag of arugula or baby spinach at the end, just long enough to wilt the leaves.

This sauce makes enough for 3/4 to 1 lb whole-grain pasta (penne or rotini are good shapes). Serve garnished with lots of chopped fresh cilantro or Italian parsley.

### WHITE BEAN ALFREDO SAUCE (adapted from [peta.org](http://peta.org))

2-3 tbsp white wine or dry vermouth  
2 cloves garlic, minced  
2 cups cooked white beans, rinsed and drained  
1 1/2 cups unsweetened soy milk  
Salt and pepper, to taste  
Parsley (optional)  
3/4 lb dry pasta, cooked al dente (choose whole wheat, brown rice, or other whole-food pasta)

In a sauté pan over low heat, cook the garlic in wine or dry vermouth for 2 to 3 minutes. Transfer the garlic to a blender or food processor, add the white beans and 1 cup of soy milk.

Blend until completely smooth. If the sauce is too thick, add the remaining soy milk until you reach the desired consistency. Pour the sauce back into the pan over low heat, then season with salt and pepper to taste. Add fresh herbs, such as parsley, if desired. Cook until the sauce is warm. This recipe makes enough sauce for about 3/4 lb (12 oz) pasta.

### SLOW COOKER WHITE BEAN SOUP ([budgetbytes.com](http://budgetbytes.com); \$3.36/ recipe; \$.56/serving) (Serves 6)

4 cloves garlic  
1 yellow onion  
4 carrots (about 1/2 lb.)  
4 ribs celery  
1 lb. dry navy beans  
1 bay leaf  
1 tsp dried rosemary  
1/2 tsp dried thyme  
1/2 tsp smoked paprika  
Freshly cracked black pepper (15-20 cranks of a pepper mill)  
6 cups water  
1 tsp salt, or to taste

Mince the garlic, dice the onion, slice the celery, and peel and slice the carrots. Add the liquid, garlic, onion, celery, and carrots to a large (5-qt or larger) slow cooker. Rinse the beans in a colander, then add them to the slow cooker, along with the bay leaf, rosemary, thyme, paprika, and some freshly cracked pepper. Add 6 cups of water to the slow cooker and stir to combine the ingredients. Place the lid on and cook on low for 8-9 hours or on high for 4-5 hours. After 8 hours on low or 4 hours on high, stir the soup and begin to mash the beans against the side of the slow cooker to thicken the soup. Once the soup is thickened to your liking, start adding salt to taste. Begin with 1/2 tsp and add more until the soup tastes flavorful to you. Serve the soup hot with crackers or crusty bread for dipping.

[Ed. Note: This soup could also be made on the stovetop. Make beans from scratch (soak for several hours or overnight, then cook separately till they are soft, before adding to the other soup ingredients); or use canned white beans. For the stovetop variation, sauté the onions and garlic in a small amount of water, white wine or dry vermouth; then add all the other ingredients,

including the fully-cooked or canned beans, to a large pot and cook for an hour or until all the vegetables are tender.]

### SAVORY CABBAGE SOUP ([brendadavisrd.com](http://brendadavisrd.com)) (Serves 12)

9 cups vegetable broth or water  
2 cups potatoes or butternut squash, cubed  
4 carrots, chopped  
2 onions, chopped  
3 stalks celery, chopped  
6 cups cabbage, shredded  
2 bay leaves  
3/4 cup fresh dill or 3 tbsp dried dill  
2 tbsp lemon juice  
1 tsp salt (or to taste)  
1 1/2 cups cooked white beans (navy, Great Northern, or cannellini)  
One 28 oz jar or can stewed tomatoes

Bring water, potatoes (or squash), carrots, onions, celery, cabbage and bay leaf to a boil. Simmer about 45 minutes or until tender. Add lemon juice, salt, beans and stewed tomatoes. Stir and simmer for another 15 minutes before serving.

### ARTICHOKE AND WHITE BEAN SALAD (Kim Campbell, [plantpurenation.com](http://plantpurenation.com)) (Serves 4 - 6)

Two 15-ounce cans white beans, rinsed and drained  
One 14-ounce jar artichoke hearts (packed in water, not oil), drained and chopped  
1 celery stalk, finely diced  
1 red bell pepper, diced  
3/4 cup black olives, chopped  
4 green onions, sliced  
2 tbsp fresh basil, chopped  
1/4 cup parsley, chopped  
1/4 tsp red pepper flakes  
1 tsp fennel seeds, ground  
2 tbsp lemon juice  
1/4 cup red wine vinegar  
1 tsp Dijon mustard  
1/2 tsp sea salt  
1/4 tsp black pepper

Place the beans and vegetables into a large mixing bowl. Add the dry seasonings and fresh herbs and stir to combine. In another bowl, mix together the lemon juice, vinegar, and Dijon. Add this mixture to the beans and vegetables and stir to combine. Add salt and pepper to taste. ♦

## RAVS: WHERE DO WE GO FROM HERE?

Dear RAVS Members and Friends:

The pandemic has made us re-examine our assumptions about how RAVS will carry forward.

We will always make plans that follow the law and official health regulations. But there aren't hard and fast rules that govern the decisions we have to make. We do know two things. One, many RAVS events have been centered around sharing food and utensil in a fairly large crowd. Two, many of our members are in an older demographic and/or suffer from chronic disease, and this puts them at greater risk from COVID.

We have evolved a plan with our Board of Directors, which involves reducing the number of live meetings yearly and replacing some or all of them with Zoom meetings. We would like to follow this plan even after normalcy returns. We think it will streamline and concentrate RAVS's plant-based efforts, while providing the same level of in-person contact and support as under the previous schedule.

Here are our plans.

### A change in our regular schedule:

- No live meetings in January or February. No live meeting in June.
- Live meetings in March, April, May, September, October and November.
- Oil-free meetings (in addition to the regular monthly meeting) 4X yearly: March, May, August, September.
- Picnics in July and August and holiday party in December, assuming we can find hosts for these events.

### Some added features:

We'll attempt to have Zoom meetings most months when we don't have live meetings. Zoom opens up the pool of possible speakers, since no one has to travel. Even though it is good to keep the predictably of "3rd Sunday," we may sometimes choose a different day in order to accommodate a speaker.

### Why the change?

Increasingly, January and February have become nerve-racking on account of snow or threatened snow. (RAVS lost its rental fee when it canceled in January 2020.) June is a tricky month—too hot for the lodge, too soon for picnics, and full of events like graduations, weddings and Father's Day.

**Please carefully confirm all events** that you would like to attend. We will communicate with you via the newsletter, emails, Facebook, website, and also phone calls to those who do not have a computer and miss out on online methods of communication. We hope to return to mailing the newsletter to you in February 2021; we hope in-person meetings will resume soon after. **If you are ever in doubt** about a scheduled event, call (585) 234-8750 and you will get a call back.

The RAVS membership fee will stay the same. We don't want this to be a barrier to participation. You can always join or renew at the lower Fixed Income level. Also, we'll never turn anyone away from a meeting or remove you from our mailing list. We want you to stay with us.

Sincerely,  
Carol and Ted Barnett,  
RAVS Coordinators



Want to go vegan?

We can help!

[rochesterveg.org](http://rochesterveg.org)

## APPLICATION FOR MEMBERSHIP IN THE ROCHESTER AREA VEGAN SOCIETY

P.O. BOX 20185, ROCHESTER, NY, 14602-0185  
(585) 234-8750, [rochesterveg.org](http://rochesterveg.org), [rochesterveg@gmail.com](mailto:rochesterveg@gmail.com)

Membership in the **Rochester Area Vegan Society** is open to all vegetarians, as well as to those who support the goals of vegan living and the society. You do not have to be vegan to join our group. You just have to eat like one when you are with us. Members are entitled to admission to monthly events, and discounts on the purchase of books and other material available from RAVS. Members receive *The Vegan Advocate*, published four times a year, plus periodic notification of events. Members are eligible for half-priced membership in the **North American Vegetarian Society** which includes a subscription to the *Vegetarian Voice* and in the **Vegetarian Resource Group** which includes a subscription to the *Vegetarian Journal*.

Name (s): \_\_\_\_\_ Date: \_\_\_\_\_

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

Phone(s): \_\_\_\_\_ email: \_\_\_\_\_

- \$20/year Individual Membership
- \$35/year Joint membership, one address
- \$10/year Student/Fixed income
- \$17/year Joint fixed income
- \$50/year Contributing membership
- \$75/year Sustaining membership
- \$100/year Patron
- \$7/year *The Vegan Advocate* only
- I am/we are willing to volunteer to help RAVS

Amount enclosed \$ \_\_\_\_\_. Any amount over basic membership is tax deductible. Please make check payable to **Rochester Area Vegan Society**.

- I follow a vegan diet
- WFPB (no oil) diet or Esselstyn diet
- I am an ovo/lacto vegetarian.
- I am not yet a vegetarian.

Primary interest in vegetarianism:

- Environment
- Animal Rights
- Health
- Other:

## Rochester Area Vegan Society upcoming meetings and events of interest:

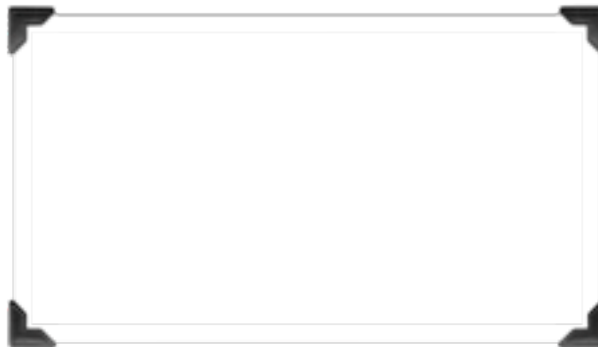
- **August 16, 2020** (3rd Sunday) RAVS Summer Picnic canceled due to COVID.
- **September 12-26, 2020** (Sat. to Sat.) **15-Day Whole-Food Plant-Based Jumpstart**. Interactive Zoom-based program with medical supervision, cooking class, and virtual potluck. For medical practitioners: starting in September, a CME (professional education) program will be available based upon Jumpstart, with 10 credits for participation in Jumpstart and 10 credits for video-based plant-based instruction. Information at [roclifemed.com](http://roclifemed.com)
- **September 17, 2020** (Thursday) **7:00 PM. Neal Barnard, MD** speaks on **Your Body in Balance: Hormones and Plant-Based Diet**. By Zoom, with Q&A after the lecture. Sponsored by Rochester Lifestyle Medicine Institute (RLMI). Free but requested donation. Register at [roclifemed.com](http://roclifemed.com).
- **September 20, 2020** (3rd Sunday)\* No RAVS meeting on this date. See listings for Sept. 17 and Sept. 24
- **September 24, 2020** (Thursday) **5:30 PM Michael Greger, MD** Video stream of lecture, **How Not To Diet: Evidence-Based Weight Loss**; **7:00 PM Live (via Zoom) Q&A with Dr. Greger**. Sponsored by Rochester Lifestyle Medicine Institute. Free but requested donation. Register at [roclifemed.com](http://roclifemed.com).
- **September 26, 2020** (Saturday) **12 noon to 3:00 PM Deaf/ASL Vegan Workshop** with **Sandria Graham, Brenda Palmigiano, and Heather Suhr**. Sign up at [rochesterveg.org](http://rochesterveg.org).
- **October 18, 2020** (3rd Sunday)\* RAVS Meeting. Program TBA

Please go to [rocvegfest.org](http://rocvegfest.org) for a full listing of Rochester VegFest events, including cooking demos.

\*Usually our meetings are held on the 3rd Sunday of the month at the Brighton Town Park Lodge, 777 Westfall Rd., Rochester, NY 14620. During the COVID epidemic we have been unable to meet in person. For the time being, we will have virtual/Zoom-based meetings to replace some of our events, and we will resume regular meetings when it is safe to do so. Thank you!

Stay well and safe! Eat plant-based to improve your overall health, and to improve your chances of avoiding the worst outcomes should you contract COVID.

Hear the latest from our events calendar, 24 hours a day! Call 234-8750



ROCHESTER AREA VEGAN SOCIETY  
Box 20185  
ROCHESTER, NY  
14602