

Our 32nd year!

THE vegan

ROCHESTER AREA



VEGAN SOCIETY

advocate

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Rochester, NY USA

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. You will find us helpful and welcoming. ♦

VEGAN DIET
DEFEATS
MEDITERRANEAN AND KETO

The spring 2021 issue of *Good Medicine* reports on a Physicians Committee/PCRM clinical research study comparing a Mediterranean diet with a low-fat vegan diet to see which was more effective for weight loss and heart health. Half the participants were assigned to a Mediterranean diet, half to a vegan diet, with a switch to the opposite diet halfway through the study (this is called a crossover study). The Mediterranean diet focused on fruits, vegetables and legumes, but allowed fish, dairy, and olive oil, as well as limited amounts of red meat and eggs. Participants followed each diet for separate 16-week periods. Neither group had a calorie limit, and participants did not change exercise or medication routines unless told to do so by their personal physicians.

The results were dramatic. Participants lost an average of 13 pounds on the vegan diet, compared with no significant weight loss on the Mediterranean diet. The vegan diet also decreased total cholesterol by nearly 19 points, compared with only 3 points on the Mediterranean diet. Barnard ND et al., *Journal of the American College of Nutrition* (2021).

The PCRM study confirmed the findings of other studies (PREDIMED and Lyons Diet Heart Study) that a Mediterranean diet is not effective for weight loss. Studies that did show weight loss on a Mediterranean diet also included either added exercise or calorie restriction.

Another crossover study comparing a keto diet to a vegan diet was reported on in the same issue of *Good Medicine*. In this study, twenty participants were assigned to either a low-fat vegan diet or

a low-carb diet for two weeks and then switched to the other diet for an additional two weeks for comparison. Participants consumed up to 700 fewer calories on the vegan diet, but with no difference in satiety. While both groups lost weight, only the vegan diet resulted in significant reductions in body fat. Hall KD et al. in *Nature Medicine* (2021).

For more comparison of a plant-based diet with low-carb diets like keto and Paleo, see the report on Brenda Davis's April 2021 lecture to RAVS, on p. 5 of this newsletter. ♦

VEGAN DIETS IMPROVE LIVER FUNCTION in patients with nonalcoholic fatty liver disease (NAFLD), according to research published in *Journal of Gastrointestinal and Liver Diseases* (2021). Researchers followed 26 participants with NAFLD who followed a vegan diet for 6 months, tracking their body weight, caloric intake and liver function. Results showed weight loss and improvement in liver enzymes toward normal levels. Increased consumption of plant-based foods also improved antioxidant intake and gut microbiota beneficial to liver enzymes. *Good Medicine*, Spring 2021.

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SPRING HAIKU
by Bruce Ross

early spring warmth
the peony petals tight
around the bud

abandoned house—
the lilacs just as bright
this spring

still spring night—
fallen dogwood petals
under the bright moon

Rochester Area Vegan Society

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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 *whey* 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

MEETINGS/PROGRAMS

In February, **Milton Mills MD** gave a thought-provoking and moving presentation on parallels between the vegan movement and the civil rights movement. In March, we had a program on lifestyle medicine given by **Sal Lacagnina, DO**, sponsored by Rochester Lifestyle Medicine Institute <https://rochesterlifestylemedicine.org>. In April, we had a presentation on the pitfalls of low-carb diets by **Brenda Davis, RD** (summary on p. 5 this newsletter).

In May, **Virginia Messina, RD** will speak on supporting bone health on a vegan diet. In June, we will visit the kitchens of a few RAVS members for some casual cooking demos/recipe-sharing. In July, we'll have an outdoor picnic. Details p. 8.

Please continue to stay safe, follow all public health directives, and support your health with a vegan diet!

GOING FORWARD

In the past year, many RAVS activities were put on hold. Due to the pandemic, we canceled live meetings starting in March 2020, and had lectures via Zoom instead, not always on our typical 3rd-Sunday schedule.

We have wonderful Zoom meetings scheduled for May, June and August

(see calendar page 8). We are scheduling an outdoor picnic in July hosted by one of our members. "Picnic" raises the question of what conditions for sourcing and serving food will make everyone feel and be safe. We'll do whatever is recommended at the time.

When fall arrives, we will consider a return to our indoor meetings at Brighton Town Park Lodge.

Should we ask people to be vaccinated before they participate in these events? Is that unfair or the only safe way to proceed? You will get a survey by email on these questions. If you don't use a computer and have ideas to share, we will be calling you, or call 234-8750 and leave a message.

As always, we will follow the official consensus on these matters and will take into account all responses. We will do what is recommended by public health authorities, but also will follow the lead of our members. And each person individually should do only what feels safe for him or her.

CONGRATULATIONS to Rochester Lifestyle Medicine Institute (RLMI), <https://rochesterlifestylemedicine.org/> The RLMI team, headed by **Susan M Friedman MD, MPH**, had an article accepted for publication in *American Journal of Lifestyle Medicine* on the clinical results from almost 400 Jumpstart participants. Read it here: [Jumpstarting Health With a 15-Day Whole-Food Plant-Based Program](#).

IN MEMORIAM

In late winter 2018, we had the pleasure of meeting **Lee Rosenthal** when he took the Plant-Based Diet course. He became an enthusiastic supporter of RAVS, Rochester VegFest, and all things vegan. Lee died on Nov. 23, 2020 at the age of 83. We will miss him. We share this passage from his obituary: "Lee was a kind, courteous and gentle soul who cherished spending time with his children and grandchildren. He was a hard-working pharmacist who had a quiet appreciation for all of the people in his life."

ALL-VEGAN RESTAURANTS

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

Eden Café & Bakeshop, 109 Main St., Batavia NY 14020 (585 815-4487) <https://www.carrotdogcafe.com> Indoor & takeout.

The Natural Oasis, 288 Monroe Ave., Roch., NY 14607 (325-1831) <https://www.naturaloasisny.com> Ethiopian buffet for lunch, and gourmet (\$5/plate) tasting menu at dinner. Indoor and takeout.

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

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

Also: **Sweet Pea** (sweetpeaplantbased.com), 777 Culver Rd. (800-561-7608). WF vegan meal prep service, pick-up or delivery!

We welcome the following:

New Members: Nancy Fox, Patricia Gallaher (Contributing Level), Cindy Marino, Abhishek Yesanta Venkata.

Membership Renewals: Carol Barnett & Ted D. Barnett, MD, Juliana Bass, Lois & Greg Baum, Beth Garver & Brian Beha (Contributing Level), Elizabeth Berens (Patron Level), Felicity & Gerald Brach, Don Burns, Vernon Cain & family (Patron Level), Janet Clarke-Hazlett, Johanna Connelly (Contributing Level), Bonnie Crawford, Sharon & Ray Dumbleton, Denise Eshenaur, Maria Fantozzi (2-year renewal), Gloria & Steven Foster, Marcia & David Gann, Christopher Giordano, Lorri Goergen, Kimber Gorall (Patron Level), Ruth & Bill Grace, Kerry Graff, MD (Patron Level), Meg & Jack Hurley (Sustaining Level), Steven Jarose & Marvin Ritzenthaler, Gail Keemer, Mayumi Kubota & Vinny Sharkey (Contributing Level), Dagmar Langlois & Rick Mearns, Patricia Megerle, Joanne Mitchell, Maggie Odhner, NP & Daryl Odhner (Contributing Level), Sherrill Olivas, Elaine O'Neil, Jill Pearce & Terrance Bellnier (Sustaining Level), Audrey Perry, Kathryn Pridey & Edward Lewek, Linda Pulhamus, Marsha Raines & Steven Gersz (Patron Level), Robert Salerno (Patron Level), Carol Schleigh, Donna Silverman, Linda Stellman, Susan Stoll, Martha Sullivan (Contributing Level), Lisa Svengsouk (Patron Level), Sharon Sweeney, Joseph Walters, Jr., MD, Evelyn Zyla.

Newsletter Subscription: Hal Bauer, Staysha Spiller.

Thank you for your support! This list is current through about 5/5/21. Any questions, call (585) 234-8750.

WHOLE-FOOD VEGAN

QUINOA AND BLACK BEAN BURGERS (adapted from aplantifulpath.com)

2 tbsp nutritional yeast
 1 tablespoon chili powder
 1 teaspoon cumin
 1 teaspoon coriander
 ½ tsp (or less) chipotle powder (opt.)*
 1 teaspoon salt
 ¼ teaspoon black pepper to taste
 1 yellow onion, chopped
 ½ red bell pepper, chopped
 1 jalapeño, seeds removed (opt.)*
 4 large cloves garlic
 2 15-oz cans black beans, drained
 4 tablespoons tomato paste
 2 medium carrots, shredded
 2 cups cooked quinoa
 1 cup corn kernels
 ¾ cup oat flour**

In a small bowl, mix together the nutritional yeast, cumin, coriander, chili powder, chipotle powder, salt and pepper. Set aside. Place seeded jalapeño, garlic, onion, and red bell pepper in a food processor. Process until the vegetables are minced.

Add the black beans to the food processor and pulse until the ingredients are combined and the beans are chopped, with some whole beans remaining. Transfer the bean and vegetable mixture to a large mixing bowl. Add the spices, tomato paste, carrots, quinoa, corn, and oat flour. Stir until well combined. Form mixture into 12 patties (use approximately ½ cup of burger mixture for each burger patty). Place the patties on a lightly oiled baking pan or one lined with parchment paper, and bake at 400° for 20 to 30 minutes, turning half-way through the baking time. Serve on whole grain buns with burger toppings of your choice.

***Editor's note:** This recipe has a lot of ingredients but it's not hard at all if you have a food processor. Be careful of the chipotle powder and jalapeño, which are very spicy, i.e., hot. If you are not familiar with them, use a small amount to start with, then taste before adding more. If you know you like spicy heat, you can follow your taste.

**If you don't have oat flour, simply buzz some rolled oats in the food processor until powdery.



VEGAN BOLOGNESE SAUCE WITH PASTA (adapted from myplantbasedfamily.com)

½ yellow onion, finely chopped
 4 cloves garlic, minced
 ¼ cup water
 1½ tsp oregano
 ½ tsp salt
 ¼ tsp red pepper flakes
 1 cup dry red lentils
 2 tbsp tomato paste
 3 cups veggie broth
 1 cup tomato sauce
 2 tbsp balsamic vinegar, divided
 8 ounces pasta (your choice of pasta)

In a pot over medium heat, add the onion, garlic and water. Cook until the onion begins to soften and the water evaporates. Add the oregano, salt and red pepper flakes and cook for an additional minute. Stir in the lentils and tomato paste. Add the vegetable broth, tomato sauce and half the balsamic vinegar and stir to mix well. Bring the sauce to a gentle boil then reduce heat and simmer for about 30 minutes or until lentils are very tender. Stir in the remaining balsamic vinegar and continue to simmer for 2 to 3 minutes more. Season with additional salt if needed and enjoy.

Towards the end of the sauce cooking time, cook pasta according to package directions. Eight ounces makes about 4 servings. (Make more for easy leftovers.)

Notes:

Leftovers: Refrigerate in an airtight container for up to five days.
 Serving Size: One serving is approximately one cup of sauce.
 More Flavor: Use your favorite vegan marinara sauce instead of tomato sauce. Add freshly chopped basil or oregano at the end.
 Additional Toppings: top with extra red pepper flakes, dried or fresh oregano or nutritional yeast.
 How to Use: Serve over potatoes, pasta, or vegan (egg-free) noodles, or dip fresh bread in it.

SOUTHWESTERN PASTA SALAD (adapted from pureandplantbased.com)

1 box of rotini pasta
 1 bell pepper
 2 jalapeños
 2 cups corn
 1 can diced tomatoes
 2 cans black beans
 1½ tsp garlic powder
 1½ tsp onion powder
 1½ tsp cumin
 1 tsp smoked paprika
 ¼ tsp cayenne pepper (or to taste)
 ¼ cup cilantro, chopped
 Salt and pepper to taste
 ½ -1 avocado

Cook the pasta according to package directions. While the pasta is cooking, chop bell pepper and jalapeño. Add to frying pan and sauté on medium to high heat with enough water or vegetable broth to cover the bottom, about 5 minutes or until soft. Add corn, beans and diced tomatoes to frying pan. Do not drain beans or diced tomatoes. Let cook for about 5 minutes. If the mixture seems dry, add a splash of water.

Lower heat. Stir in garlic powder, onion powder, cumin, smoked paprika, cayenne pepper, chopped cilantro, salt and pepper. Let simmer for 2-3 minutes. Once the pasta is finished, drain it and add the pasta to frying pan [or combine pasta with contents of frying pan in a large bowl]. Mix in diced onion. Top with chopped avocado or homemade guacamole.



CUCUMBER-TOMATO SALAD (adapted from veganrunnereats.com)

2 mini-cucumbers, sliced into rounds
 2 small tomatoes, sliced into wedges
 ½ avocado, chopped
 2 tbsp chopped fresh cilantro
 1-2 chopped scallions
 Squeeze of fresh lime juice

Arrange all of the ingredients equally in 2 bowls. Squeeze some lime juice on top, using more or less to taste. Serve right away.

Editor's note: This recipe is paired on the website with a recipe for Cannellini Bean Soup. ♦

DEBUNKING KETO AND PALEO with **Brenda Davis, RD**

[This is a summary of the lecture Ms. Davis gave for our 4/18/21 meeting co-sponsored by RAVS and RLMI.]

On Sunday April 18, Rochester had the distinct pleasure of hosting a webinar by Brenda Davis on keto, Paleo and other low-carb diets. Ms. Davis (I'll call her Brenda) was amazingly substantive in giving us reasons to avoid low-carb diets and instead to choose a whole-food plant-based diet.

A keto diet restricts carbohydrates and thereby simulates starvation. It deprives the brain of its preferred food—glucose—and forces it to resort to its emergency back-up system. The rationale or theory is that the body will shift to burning fat in order to obtain fuel and the result will be weight loss. In actuality, the body goes first to its own muscle tissue for fuel, resulting in muscle wasting and loss, before it resorts to burning fat to obtain ketones for fuel (hence “keto diet”). The actuality is also that not all cells can use ketones for fuel, including red blood cells and liver cells, and also those all-important brain cells: only 70% of brain energy needs can be met without available glucose.

Brenda looked at a sample recipe from a keto website and found a recipe that was 787 calories per serving, with 61 grams of fat (77% of the calories) and 30 grams of saturated fat. Unfortunately for this recipe, the American Heart Association and American College of Cardiology recommend 13 grams of saturated fat as a daily limit (not 30 grams from one serving!). This recipe also is too high in protein at 49 grams, which satisfies the daily needs for a woman. It also has only 1/2 a gram of fiber.

A Paleo diet is somewhat less extreme: higher in carbs, lower in fat and higher in protein than keto. Unlike keto it allows limited consumption of starchy vegetables and moderate consumption of fruit. However both keto and Paleo diets are extremely restrictive of carbs: keto allows 5-10% of calories from

carbs (25-50 grams) and Paleo allows 20% of calories from carbs (100 grams). Even when moderated by the concept of “net carbs”—i.e., you can subtract fiber when you calculate the grams of carb in a food—both of these diets leave “not a lot of space for plant foods” and the abundant benefits plant foods bring with antioxidants, phytochemicals, plant sterols, vitamins, and fiber. E.g., grains and starchy vegetables, so central to a plant-based diet, are high in net carbs. Even a cup of blueberries has 21 grams of carbs and 17 grams of net carbs, so that one serving is 2/3 of the 25 grams allowed for the day—it's easy to see there's not much room allowed for plant food.

Brenda did a review of studies. A 2020 meta-analysis (Chawta) of diets showed slightly greater weight loss on low-carb diet than on a low-fat diet, but a rise in LDL cholesterol (the bad kind)—and by the 2-year mark there was no difference in weight loss. In a 2020 study comparing a low-fat plant-based diet with a keto diet, the keto diet lowered blood glucose levels but also impaired glucose tolerance and resulted in muscle loss. (The explanation here is that blood glucose improves on a keto diet because people are simply not consuming any glucose-containing foods, and their insulin tolerance is not being challenged.) The keto group lost 16 grams a day of fat, but the plant-based group lost 51 grams a day of fat, probably because the greater bulk of a plant-based diet allows those eating it to feel fuller on fewer calories. The conclusion is that a keto diet induces weight loss, but a plant-based diet does it better and more healthfully.

US News and World Report does a yearly report on “Best Diets for Healthy Eating.” Keto diet came in dead last in 2020 (#39). Keto brags that it brings about weight loss and blood glucose control, but it manages to do only by restricting glucose-containing foods, so that insulin tolerance is not being challenged; in fact, the high fat content of the diet tends to cause lipids to be harbored in the liver, and muscle cells where it increases insulin resistance and insures that there will be blood sugar

spikes if and when the keto dieter eats carb-containing foods. And keto diets come with a host of long-term disadvantages, including inflammation, oxidative stress, and dysbiosis (damage to microbiome because of the low fiber content).

Recent studies show that keto diet is associated with increased risk of type 2 diabetes, increased LDL and thus heart disease risk, kidney stones, bone loss, and a rise in cancer mortality and all-cause mortality. To cap it off, keto dieters suffer from “keto flu”: low energy, weakness, and fatigue.

Paleo diet is an older and somewhat more moderate low-carb diet launched in 1988 by the publication of *The Paleolithic Prescription* by Boyd Eaton, Marjorie Shostak, and Melvin Konner. In 1997 and again in 2010, Eaton and Konner revisited their recommendations and used emerging knowledge to determine what early man actually ate. In the more recent re-evaluation of the Paleo diet the authors wrote: “Early ancestral diets were overwhelmingly plant-based.” E.g., Paleolithic humans consumed 70 to 150 grams of fiber daily, as much as 3X the fiber consumed by the average vegan.

Brenda Davis herself conducted a comparison of true Paleo diets with plant-based diets and modern “Paleo” diets as prescribed by popular books and websites, making sure to keep the 3 diets isocaloric (same number of calories consumed). For almost every nutrient, the true Paleo diet was closer to a plant-based diet, including fat, saturated fat, carbs, fiber, and most micronutrients. A modern “Paleo” diet places too much emphasis on animal protein, resulting in consumption of protein way above recommended levels (150 to 210 daily grams when we only need 65 for a man and 55 for a woman). Animal protein brings with it harmful substances such as agricultural chemicals, pollutants, carnitine, endotoxins, heme iron, Neu5Gc, nitrosamines, products of oxidation, saturated fat, and cholesterol. Plants, on the other hand, are the source of beneficial substances including antioxidants, phytochemicals, plant sterols, and fiber.

Walter Willett, MD, the most published and quoted nutrition expert on the planet, has written that “the optimum amount of red meat you eat should be zero.” There is clear and consistent evidence that whole plant foods are protective of health, and processed foods and animal products are harmful to health. International advisory bodies and governmental agencies are united in encouraging a move towards a plant-based diet, including the World Health Organization’s 12-Step program; the Food and Agriculture Organization (FAO) of the UN; the cancer organizations American Cancer Society and WCRF; the EAT-Lancet Commission from 2018; and Canada’s Food Guide. (Brenda did not mention it, but the US food recommendations, issued by an expert panel of the USDA and HHS, are increasingly plant-based.) Also, the longest-lived people on the planet, in so-called Blue Zones, all have in common that they eat legumes and a predominantly plant-based diet (on average, 62% of calories from carbs).

Brenda closed with a denunciation of low-carb diets as environmentally and ethically unjustifiable. David Katz MD has calculated that you would need 15 planet earths to feed the current population of earth on a Paleo diet. On the other hand, it has been calculated that if everyone went vegan, the supply of global calories would increase by 50%, with the potential of wiping out world hunger. And the 70 billion land animals, and numberless sea animals, who are killed yearly for food would be spared, if everyone went vegan.

Brenda Davis very generously fielded questions after her talk. To the question whether diabetics can eat carbs such as fruit: Brenda responded that when a person with type 2 diabetes eliminates dietary sources of fat, then fat can be released from its storage in places where it doesn’t belong, such as the liver, pancreas and muscle cells, thus increasing insulin sensitivity and allowing the person to eat carbs. This transition can happen pretty quickly, but Brenda stated that to encourage this process and to

promote general good health, intact grains (such as brown rice, quinoa, barley, kamut and wheat berries, and oat groats) should be emphasized over pasta and bread, even if those are made entirely from whole grains. Brenda said that to get optimal health and numbers (glucose and cholesterol), we should try to get as close to 100% whole-food plant-based as possible. She did say that she thinks there is a place for vegan meats like Beyond and Impossible: “I definitely celebrate their existence and they can serve a wonderful purpose in my opinion.” An interesting detailed bit of advice: Brenda recommended the usual supplements (B12 and D) and said supplementing with omega-3 fatty acid (EPA/DHA) pills may not be necessary for those who use regular flaxseed; but people with diabetes have depressed conversion ability and should consider plant-based DHA capsules (available from [amazon.com](https://www.amazon.com)). Brenda Davis’s entire talk was recorded and can be viewed on Youtube: <https://www.youtube.com/watch?v=5vMQTMq6sFU> ♦

THE FUTURE OF MEATLESS MEAT Ezra Klein, the well-regarded journalist, commentator, podcaster, and now regular contributor to the *New York Times*, also happens to be an ethical vegan. Klein recently wrote a column for the Times entitled “Let’s Launch a Moonshot for Meatless Meat” (4/24/21). Klein argues that eating animals was the most likely source of the coronavirus responsible for COVID; and the increasing demand for meat leads to intensive animal agriculture practices that are “petri dishes for viral mutation.” Animal agriculture is also the source of antibiotic resistance; environmental devastation, including loss of habitable land and deforestation; and skyrocketing greenhouse gas emissions.

About a quarter of global greenhouse gas emissions are traceable to the food supply chain. Animal agriculture accounts for about three-quarters of those emissions and nearly 90 percent of those in the average American diet. A 2020 study found that even if all fossil fuel emissions ceased today, the

food system would still push warming more than 1.5 degrees Celsius above pre-industrial levels, which most scientists consider unsafe. “The 7.8 billion of us on this planet cannot have a steak every night,” Inger Andersen, executive director of the U.N. Environment Program, told Klein. “It doesn’t compute.”

Klein goes on to say that most meat eaters don’t pay the true price of meat in any way that is obvious to them: “Cheap meat isn’t really cheap. It’s just the animal that paid the cost, living in conditions so gruesome I fear describing them.”

Klein hopes that all the investments in infrastructure under the new administration will include an investment in the transition to plant-based meat, so we can stop paying “the true costs of cheap meat: a world of pandemics, climate emergency and suffering both for human beings and the creatures we consume.”

FAUX DELIGHTS

“Could This Be the Lab-Made Dinner Party of Our Future?” Another *NY Times* article (2/12/21) showed a colorful photograph of a meal assembled from plant-based meat, eggs and dairy, pointing out that sales of these products “grew 24 percent from 2015 to 2020, according to the market research company NPD Group” — and 89 percent of the purchasers were, like the author of the article, not vegetarians.

NEGATING GREENHOUSE GAS EMISSIONS WITH PLANTS

A new analysis in bioRxiv (pronounced “bio-archive”) uses public data to analyze the effect of eliminating animal agriculture on cancelling other sources of greenhouse gas emissions. “Eliminating Animal Agriculture Would Negate 56 Percent of Anthropogenic Greenhouse Gas Emissions Through 2100” is co-authored by Patrick Brown, the founder and CEO of Impossible Foods, a plant-based meat company, and Michael Eisen, an advisor to Impossible Foods. Check out this powerful and positive thought experiment: <https://www.biorxiv.org/>

PLANT-BASED EXPERTS AND WEBSITES

Neal Barnard, MD, founder of Physicians Committee for Responsible Medicine: pcrm.org

T. Colin Campbell, PhD and Thomas Campbell, MD, authors of *China Study*: nutritionstudies.org

Brenda Davis, RD: brendadavisrd.com

Caldwell Esselstyn, Jr., MD: dresselstyn.com

Rip Esselstyn Rescue 10x Program: plantstrong.com

Joel Fuhrman, MD: drfuhrman.com

Michael Greger, MD: nutritionfacts.org

Julieanna Hever, RD: plantbaseddietitian.com

Michael Klaper, MD: doctorklaper.com

John McDougall, MD: drmcDougall.com

Milton Mills, RD: search on Youtube

Vesanto Melina, MS, RD: nutrispeak.com

Virginia Messina, MPH, RD: theveganrd.com

Jack Norris, RD: veganhealth.org, jacknorrisRD.com

Jeff Novick, MS, RDN: jeffnovick.com

John and Ocean Robbins: foodrevolution.org

PLANT-BASED LIVING: KEY WEBSITES

—Dr. Michael Greger's Daily Dozen: (app available); <https://nutritionfacts.org/video/dr-gregers-daily-dozen-checklist/>

—Physicians Committee for Responsible Medicine (PCRM) free 21-Day Kickstart: <https://kickstart.pcrm.org/en>

—Forks Over Knives: free emails; www.forksoverknives.com

—PlantPure Communities: Resources; plantpurecommunities/resources/

—Sustainable Diet: <https://sustainablediet.com>

—Vegetarian Resource Group: vrg.org

PLANT-BASED COOKING VIDEOS

Find at: cookingwithplants.com, hotforfoodblog.com, ieatplantsforlife.com, passtheplants.com, plantbasedcookingshow.com (membership cost), plantbasedrecipe.com, plantpoweredkitchen.com, simpledailyrecipes.com

On Youtube find: Bosh TV; Hot for Food; Isa Chandra Moskowitz; Ordinary Vegan; Plant Perfect Guidelines with Jane and Ann Esselstyn; Sweet Potato Soul; Tabitha Brown; The Buddhist Chef; The Sexy Vegan; The Vegan Zombie; Vegan Cooking with Love; Veggiatorials

Visit suprememastertv.com or view supreme master tv cooking videos on Youtube. Don't be put off by the name; the cooking videos are all-vegan and inspired by a wish to counteract climate change and save animals. ♦

APPLICATION FOR MEMBERSHIP IN THE ROCHESTER AREA VEGAN SOCIETY

P.O. BOX 20185, ROCHESTER, NY, 14602-0185
(585) 234-8750, rochesterveg.org, 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:

- **May 16, 2021** (3rd Sunday) **7:00 PM via Zoom. A Plant-Based Diet and Bone Health** with **Virginia Messina, MPH, RD**, co-author of *Vegan for Her* and *Vegan for Life* (2nd ed. 2020). Sign up at roclifemed.org
- **June 5-19, 2021** J(Sat. to Sat.) **15-Day Whole-Food Plant-Based Jumpstart. Zoom-based program** with medical facilitation, cooking class, and virtual potluck. For medical practitioners: a CME (continuing medical/professional education) program is available based upon Jumpstart. Info at roclifemed.org
- **June 13, 2021** (2nd Sunday) **7:00 PM via Zoom. Food Cravings and Plant-Based Diet** with **Carla Hightower, MD, MBA**. Sign up at roclifemed.org
- **June 27, 2021** (4th Sunday) **7:00 PM via Zoom. Visit RAVS Chefs in their Kitchens!** Meal ideas and recipes shared.
- **July 10-24, 2021** J(Sat. to Sat.) **15-Day Whole-Food Plant-Based Jumpstart**. See write-up for June 5.
- **July 18, 2021** (3rd Sunday) **2:00 PM Summer Picnic** at the home of Kimber Gorall, 15 Peachtree Lane, Pittsford, NY 14534. **Live outdoor event!** Bring a **vegan** dish to pass, a place setting for yourself, and a folding chair if you have one. If rain is threatened, call 234-8750 10 AM or later or go to rochesterveg.org.
- **August 7-21, 2021** (Sat. to Sat.) **15-Day Whole-Food Plant-Based Jumpstart**. See write-up for June 5.
- **August 15, 2021** (3rd Sunday) **7:00 PM via Zoom. TENTATIVE. Vegan Diet and the Microbiome** with **Milton R. Mills, MD**

*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



14602
ROCHESTER, NY
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ROCHESTER AREA VEGAN SOCIETY