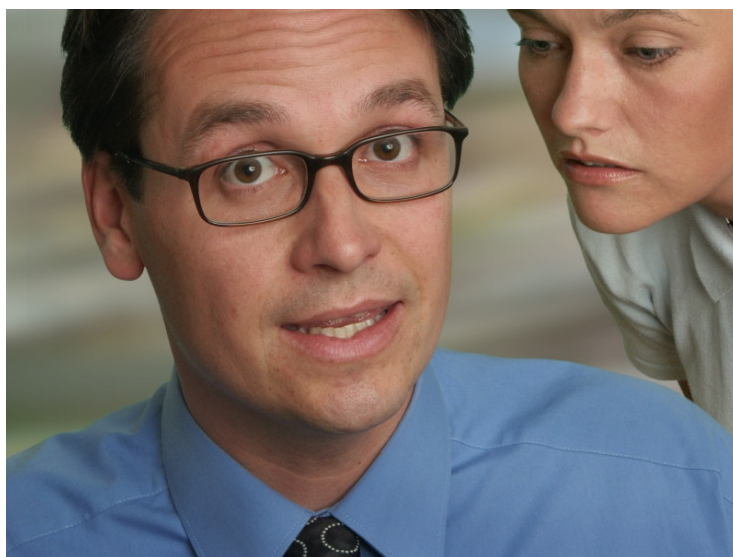


# **Practical Tips On Avoiding Animal Ingredients**



**Editor: Chad Kimball**

## **Table Of Contents**

Table of Contents	.....2
Chapter 1: Vegan Basics	.....3
Chapter 2: Plant Food Benefits and Precautions	.....21
Chapter 3: Vegetarian and Vegan Items at Fast Food Chains	.....25
Chapter 4: Tips for Traveling Vegetarians and Vegans	.....30
Chapter 5: Cheese and Rennet	.....33
Chapter 6: Gelling Agents	.....36
Chapter 7: Clothing	.....39

## Chapter 1

### **Vegan Basics**

#### **Introduction**

So what do you eat?

The thought of preparing a vegan meal can be daunting - where do you start?! Most vegetarian and even meat-based meals can be easily modified and turned into vegan delights. If you feel lost or frustrated, there are always lots of resources you can access to find your way. There are some great cookbooks out there, including everything from simple meals for single vegans to gourmet feasts. The Internet is also a great resource for recipes, and there are many websites completely dedicated to vegan fare.

The purpose of this chapter is to list common foods and common ingredients required by recipes, and to point you to vegan alternatives that you can use. Contact information for some of these companies and products can be found in the "Secret Sources of Vegan and Vegetarian Products" book in this kit. If that book does not contain contact information, a simple search in the search engine will frequently bring up information on obtaining these products quickly.

Many of the products listed in this chapter are made by conscientious companies (mostly in the U.S.) whose products are vegan intentionally and the integrity of their products can generally be trusted. However, some products listed here (under 'Vegan by Accident') are not intentionally vegan and ingredients of these products will quite often change without notice, so be sure and double-check those labels! Keep in mind that this list is not complete – there are loads of vegan foods out there...we hope this helps! Also, some of these products are regional and may not be available everywhere.

#### **Milk**

Soy milk is made from soy beans, and is available in many supermarkets and all health food stores. It comes in a variety of types: sweetened, unsweetened, enriched, organic, and as flavored milk shakes. It can be drunk as it is, or used in hot drinks and cooking in the same way that you would use cow's milk. You can also find milk substitutes made from rice, oats and nuts! They all taste different, so if you don't like one, pick another brand or style until you find the ones that suit your taste. We recommend Vitasoy, Edensoy, Silk (in the refrigerated section; it comes in different flavors – the Chocolate Silk is a delight!), WestSoy, Wild Wood, Rice Dream and Chicago Soy dairy soy milks.

#### **Creamers**

\* White Wave - Silk Creamer (great in place of half- &-half – delicious and creamy!)

- \* Westsoy - Crème de la Soy

Vegan by Accident:

- \* Farm Rich - Non-Dairy Creamer (Fat Free, Original)

## **Butter**

Butter is obviously made from milk, so it is easiest to switch to margarine, many of which are vegan. Some margarine contains milk derivatives such as whey or vitamins from an animal source, but there are plenty that do not. Most supermarkets stock at least one suitable margarine.

- \* Shedd's – Willow Run (these sticks are great for baking)
- \* Smart Balance – Smart Beat Super Light, Smart Balance Light, Earth Balance non-GMO All Natural Buttery Spread, and Soy Garden Buttery Spread.
- \* Soy Garden - Natural Buttery Spread
- \* Spectrum Naturals – Which are expeller-pressed
- \* The Natural Food Store – Soy Bean Soft Margarine
- \* Tree of Life – Margarine

## **Cheese**

Cheese is also made from milk, and in some cases uses an extract from calves' stomachs, called rennet, to curdle the milk, and so often cheese isn't even vegetarian. (See the chapter in this book on cheese and rennet). However, there are more and more vegan cheeses available these days that are made from vegetable sources instead of milk.

- \* Follow your Heart - Vegan Gourmet cheese blocks in Jack, Nacho, and Mozzarella (it melts)
- \* Road's End Organics - Nacho Chreese Dip - Mild and Spicy; Chreese Packets - Original, Mozzarella Style, Original Gluten Free, Alfredo Style Gluten Free
- \* Soymage - Vegan grated Parmesan, Vegan Singles and Vegan Chunk Cheese (flavors include Mozzarella, Cheddar, Jalapeno, Italian Herb)
- \* VeganRella - Hard cheeses in both Cheddar and Mozzarella styles
- \* Vegie Kaas – Cheddar and Mozzarella style blocks (it melts)

Vegan by Accident

- \* Tofutti - Sliced as well as shredded cheeses, the garlic slices are great!

## **Cream Cheese**

- \* Soymage - vegan cream cheese that is non-hydrogenated

Vegan by Accident

- \* Tofutti - 'Better Than Cream Cheese' in French Onion (yum!), Herbs and Chives, and Original flavor

Nutritional Yeast can also be used to give foods a cheesy kick. Make your own!

## **Yogurt**

As with most things, there are vegan alternatives available to the usually milk-based yogurts. Again, some are better than others, but there's nothing wrong with trying them all, just to be on the safe side!

- \* Nancy's – A very fruity soy yogurt in raspberry, strawberry and plain flavors, flavors, among others.
- \* Silk - Cultured Silk Soy Yogurt, variety of flavors

- \* Wholesoy – a wide variety of different fruit flavors, also makes drinkable soy drink

### **Ice Cream**

Dairy ice cream obviously contains dairy products, usually in the form of milk or milk derivatives. If the label on your ice cream, however, reads 'nondairy' or uses the phrase 'non-milk fats', don't assume that this makes it vegan, these may contain animal by-products. The good news is there are loads of scrumptious vegan ice creams widely available! If you find it difficult to get hold of vegan ice cream or prefer something fruity, you could try sorbets and frozen fruit snacks instead. But more and more regular grocery stores are starting to carry these vegan ice cream treats!

- \* Double Rainbow Soy Cream – all varieties are vegan. We have heard that Butter Pecan, Cookie Vanilla and Mint Chocolate Chip are a dream! Their sorbets are also vegan (Chocolate, Lemon, Mango Tangerine, Marion Blackberry, Rainbow and Raspberry). Both are available in parlors featuring Double Rainbow Ice Cream and some health food grocery markets and specialty grocery markets.

- \* Rice Dream (Imagine) - In tubs, Rice Dream Bars, Rice Dream Nutty Bars, and Dream Pies

- \* Soy Delicious (Turtle Mountain) – everything Soy Delicious makes is vegan. Purely Decadent soy cream to ice cream sandwiches and cookie sandwiches. Cookie Avalanche is a vegan version of the favorite. Cookies n, Cream. They also make Sweet Nothings which includes delicious non-dairy fudge bars.

- \* Soy Dream - Sold in pints as well as Lil' Dreamers (ice cream sandwiches)

- \* Whole Soy - Glacé soy ice cream (very rich and creamy soy ice cream)

- \* Let's Do...Organic - Organic Waffle Cones, Waffle Bowls, Chocolatey Sprinkelz, Confetti Sprinkelz

### **Vegan by Accident**

- \* Dreyers Sorbet (west of the Rockies)/Edy's (east of the Rockies) – vegan products include whole fruit sorbets: boysenberry, lemon, mandarin orange with passion fruit, mango, peach, raspberry, strawberry; whole fruit bars include lemonade, lime, strawberry, tangerine and wild berry.

- \* Howler Sorbets – All flavors

- \* Safeway - Sorbets are vegan (Lemon, Mango, Raspberry, Chocolate and Pineapple Passion).

- \* Tofutti - In tubs (except for Honey Vanilla Chamomile), Tofutti Cuties (ice cream sandwiches), Tofutti Too-Toos (ice cream sandwich cookies)

### **Whipped Cream**

- \* Hip Whip - Vegan whipped cream in a tub

### **Vegan by Accident**

- \* Safeway – Lucerne Non-Dairy Dessert Topping Ultra Pasteurized Lactose Free (7 oz. can) Sour Cream

- \* Soymage - Vegan

### **Sour Cream**

### **Vegan by Accident**

- \* Tofutti - Sour Supreme, sour cream substitute

### **Eggs**

How do you replace eggs? Well, if you're hoping for a vegan hard-boiled egg you really are out of luck. No one has invented the 'soy egg' yet (thankfully!), but the good news is that you can buy egg-replacers from most health food shops.

These are really only useful as a binding agent in baking, but it does mean you need not go without your cakes.

However, there are many ways to bake fantastic cakes without using eggs - Rose Elliot, the renowned vegetarian and vegan cook, suggests mixing in orange juice to give a light sponge effect, very similar in texture to one that is made with eggs. Bananas or applesauce work just as well.

There is also the Ener-G Foods egg replacer that also does the trick. See <http://www.ener-g.com> or call toll free at 1/800-331-5222.

If you miss your morning scrambled-egg on toast, try making scrambled tofu instead. You can buy packaged Fantastic Foods Tofu Scrambler, Nasoya Tofu-Mate Tofu Scramble.

### **(Non-) Meaty Products**

Not every vegan wants to replace meat with a 'meaty' alternative, but there are so many yummy products out there that chances are you'll be tempted by some of them.

Although the words sausage and burger suggest meat, or at the very least 'meat flavor' it is important to bear in mind that quite a few will taste nothing like meat, especially if they are made with nuts or tofu. Try the following...

#### **Sausage**

- \* Lightlife – Gimme Lean sausage style in a tube, Italian Style Smart Links, Lean Breakfast Links, Lean Italian Links
- \* Loma Linda – Soyage (all varieties), Linkette's and Little Links
- \* SoyBoy – Tofu Breakfast links
- \* Yves – Veggie Breakfast Links

#### **Burgers**

- \* Amy's – California Veggie Burger, Texas Burger
- \* Boca Burgers – Organic Vegan, Vegan Original
- \* Gardenburger – Garden Vegan, Flame Grilled Hamburger Style, Black Bean
- \* Natural Touch – Vegan Burger
- \* Turtle Island – Super Burgers
- \* Loma Linda – Vege-Burger, Vita-Burger, Redi-Burger
- \* Morningstar Farms – Better'n Burgers, Grillers Burger Style Recipe, Harvest Burger Original
- \* Wildwood Natural Foods – Tofu Burger – Original, Mexican and Southwestern
- \* Worthington – Gran Burger, Vegetarian Burger
- \* Yves – The Good Burger

#### **Hot Dogs**

- \* Lightlife – Smart Dogs, Wonderdogs, Tofu Pups
- \* SoyBoy – Not Dogs
- \* Yves – Veggie Dogs, Tofu Dogs, Good Dogs, Jumbo Veggie Dogs, Hot & Spicy Veggie Chili Dogs
- \* Wildwood Natural Foods – Wild Dogs

#### **Ground Beef Substitute**

- \* Boca Burger – Original Meatless Ground Burger
- \* Gardenburger – Meatless Crumbles
- \* Lightlife – Gimme Lean beef style in a tube, Smart Ground
- \* Morningstar Farms – Ground Meatless Crumbles

- \* Natural Touch – Vegan Burger Crumbles
- \* Yves – Veggie Ground Round (Original, Italian, Mexican)

## **TVP**

You can also use Textured Vegetable Protein (TVP), which can be bought in most health food stores in either chunks or pieces. TVP needs to be rehydrated in water before use. You can also just simply add TVP to foods such as chili or spaghetti sauce while heating them up. Just remember to add extra liquid if you do.

## **Gravy**

Now you've got your sausage and potato dinner, all you need to complete this gourmet meal is gravy.

- \* Hain – Vegetarian 'Chicken' Gravy, Vegetarian Brown Gravy Mix
- \* Loma Linda – Gravy Quick-Brown
- \* Natural Touch – Gravy-Mix Brown, Chicken Style, Country Style, Mushroom, Onion
- \* Field Roast – Porcini Mushroom gravy (available in certain deli's)

If you prefer to make your own gravy using stock instead, here are some ready made options

- \* Imagine – Organic No-Chicken, Organic Vegetable Broth
- \* Rapunzel – Vegan Vegetable Bouillon

## **Breakfast "Meats"**

- \* Lightlife – Smart Bacon, Fakin Bacon Smokey Tempeh Strips
- \* Yves – Canadian Veggie Bacon, Veggie Breakfast Patties

## **Chicken-free "Meats"**

- \* Health is Wealth – Buffalo Wings, Chicken Free Nuggets, and Chicken Free Patties
- \* Now & Zen – UnChicken
- \* White Wave – Chicken Style Seitan, Chicken Style Wheat Meat
- \* Yves – Veggie Chickn' Burger

## **Jerky "Meats"**

- \* Natural Touch – Vege Frank
- \* Tofurky – Tofurky Jerky

## **Misc. "Meats"**

- \* El Burrito Mexican Food – Soyrito (Meatless Soy Chorizo)
- \* Field Roast – Thin Sliced Lentil Sage Field Roast, Ground Wild Mushroom Field Roast, Ground Lentil Sage Field Roast, Thin Sliced Smoked Tomato Field Roast, Thin Sliced Wild Mushroom Grain Meat, Ground Smoked Tomato Field Roast, Lentil Sage Patties, Breaded Hazelnut Herbaceous Cutlets, Lentil Sage Field Roast Loaves, Wild Mushroom Field Roast Loaves, Barbequed Smoked Tomato Field Roast, Sunflower Country-Style Cutlets, Smoked Tomato Field Roast Loaves, Wild Mushroom Patties, Smoked Tomato Patties, Sliced Field Roast Deli Meats. These can be used in burgers, sandwiches, salads. Can be found in deli sections (at some health food stores) and the refrigerator section.
- \* Gardenburger – Meatless Riblets (incredible!)
- \* Loma Linda – Dinner Cuts, Tender Bits
- \* Mother Earth's Baked Goods – Vegetarian Chorizo (Mexican sausage)
- \* Natural Touch – Tuno
- \* Now & Zen – BBQ Unribs, UnSteak Out

\* Worthington – Tuno (vegan version of tuna), Chic-kettes, Choplets, Cutlets, Multigrain Cutlets, Vegetable Steaks, Vegetable Scallops

### **Sandwich Stuffers**

- \* Lightlife – Smart Deli Slices (all varieties), Smart Deli Pepperoni, Smart Menu Chick'n Strips and Steak-Style Strips
- \* Tofurky – Tofurky Jerky and Tofurky slices
- \* Vegi Deli – Original, Hot and Spicy, and Zesty Italian Pepperoni
- \* Wildwood Natural Foods – Soyful Choice Vegan Slices (peppercorn & hickory smoked)
- \* Yves – Deli Slices (Veggie Bologna, Ham, Turkey & Salami) Veggie Pizza Pepperoni

### **Soy Meatballs**

- \* Nate's – Meatless Meatballs, Original, Zesty Italian and Savory Mushroom
- \* Yves – Veggie Meatballs

### **Turkey Substitutes**

- \* Celebration Roast (by Field Roast) – Roast with sausage style stuffing made from butternut squash, apples and mushrooms
- \* Tofurky (by Turtle Island Foods) – consists of four parts: one Specially Seasoned Stuffed Tofu Roast, four Hearty Tempeh Drummettes, fourteen ounces of Tofurky "Giblet" Gravy and a set of two WishStixs made from Tofurky Jurky
- \* Un-Turkey (by Now & Zen) – Fully stuffed seitan covered with a skin made from soy. The stuffing is made of organic bread and comes with gravy.

### **Tofu**

Tofu is the Japanese word for bean curd. It is made from soybeans, which means that it's very high in protein.

You can buy tofu either in packages where it is submerged in liquid, or in shelf-stable packages. It is also available in bulk.

Silken tofu is often used as the base for salad dressings, soups, and for cooking and baking. Firm tofu, which comes packaged or in bulk, is good for frying. A number of companies also make already prepared tofu in a variety of flavors.

- \* SoyBoy – Baked, seasoned and smoked tofu, Tofu Lin, Caribbean Tofu and Italian Tofu
- \* Soy Deli – Hickory, Savory, and Five Spice tofu. Watch out for honey in other flavors.
- \* White Wave – Tomato Basil, Thai, Lemon Pepper, Italian, and Barbecue Baked Tofu
- \* Wildwood Natural Foods – Baked Tofu (aloha, teriyaki, royal Thai, and savory), Braised Tofu (peanut, original, Thai grill, Mexican and curry), and Tofu Cutlets (pineapple teriyaki), smoken tofu (mild Szechwan, garlic teriyaki)

You can also replace meat with tofu in seasoning packets.

- \* Nasoya Tofumate – Breakfast Scramble, Mandarin Stir Fry, Szechwan Stir Fry, Texas Taco (all flavors are vegan).
- \* Mori-Nu Tofu Hero – Tofu Hero Eggless Salad Seasoning Mix, Hero Shanghai Stir Fry Seasoning Mix

### **Tempeh**

Tempeh is a fermented soy product that has a somewhat nutty flavor and is great for using in place of meat. You can buy it prepared in a variety of flavors, or raw. It marinates well and if you break it apart and



cook it with soy sauce and seasonings, it can be used in place of ground beef in tacos. It is a very versatile food and can be quite wonderful when prepared properly.

### **Convenience Foods**

You can always find vegan foods that take very little time and effort to prepare at health food stores. Many are now being carried by mainstream grocery stores.

### **Frozen Breakfast**

- \* EnviroKids – Waffles – Koala Choco Waffles, Gorilla Banana Waffles
- \* Lifestream – Waffles – Buckwheat, Mesa Sunrise, 8 Grain Sesame, Soy Plus, Flax Plus
- \* Van's – Organic Original Blueberry, Wheat-Free Original, Blueberry, and Apple Cinnamon
- \* Waffle Heaven – Wheat-Free Gluten-Free Waffles – Original, Blueberry, and Multiflax

### **Frozen Mexican Food**

- \* Amy's – Non-Dairy Bean and Rice Burrito, Breakfast Burrito, Black Bean Vegetable Burrito, Black Bean Vegetable Enchiladas (Family size too), Black Bean Enchilada Whole Meal, Mexican Tamale Pie
- \* Mother Earth's Baked Goods – Tamales
- \* Starlite Cuisine – Soy Taquitos (Original Beef Style, Meatless Chicken Style, Chorizo & Spicy Black Beans) and Soy Flautas (Garlic Style Chicken, Santa Fe Chicken Style, Soy Chorizo & Spicy Black Beans)

### **Frozen Italian**

- \* Amy's – Roasted Vegetable Pizza
- \* Celantano – Non-Dairy - Lasagna Primavera, Eggplant Rollettes, Spinach and Broccoli Manicotti, Spinach and Broccoli Stuffed Shells

### **Vegan by Accident**

- \* Tofutti – Frozen Pizza

### **Other**

- \* Amy's – Asian Noodle Stir-Fry, Thai Stir-Fry, Teriyaki Stir-Fry, Shepherd's Pie, Brown Rice & Vegetables Bowl, Teriyaki Bowl, Roasted Vegetables in a pocket sandwich, Tofu Scramble in a Pocket Sandwich
- \* Cascadian Farm – Vegetarian Meals – Aztec, Indian, and Moroccan. Szechwan Rice Veggie Bowl and Teriyaki Rice Veggie Bowl.
- \* Gloria's Kitchen – Jerk Tofu, Mu-Shu Vegetables, Pumpkin Curry, Won Ton, Orange Peel Soy Chick, Spice Thai Rice Noodles with Peanuts
- \* Health is Wealth – Veggie Egg Rolls, Oriental Chicken-Free Egg Rolls, Oriental Vegetable Egg Rolls, Spinach Egg Rolls, Steamed Dumplings
- \* Yves – Veggie Chili, Veggie Country Stew, Veggie Penne, Veggie Lasagna

### **Vegan by Accident**

- \* Ethnic Gourmet – Vegetarian Teriyaki
- \* Taj – Channa Bhaji, Vegetable Korma, Bean Masala, Eggplant Bharta, Papadums (flavors original, garlic masala, spice'n pepper), Bombay Curry Sauces, Dal Bahaar, Aloo Samosa, Tofu Samosa, Subzi Samosa.
- \* Thai Chef – Thai Sweet & Sour Vegetables, Pad Thai with Tofu

### **Canned or dry convenience foods**

Just add water

- \* Casbah – Potato Pancakes, Falafel, Hummus and other mixes
- \* Fantastic Foods – Entrees – Vegetarian Taco Filling, Vegetarian Sloppy Joe Mix, Nature's Burger – Original Flavor, Vegetarian Chili, Tofu Burger. International Dishes – Fantastic Falafil, Hummus, Instant Black Beans, Instant Refried Beans, Tabouli Salad.
- \* Breakfast – Hot Cereal Cups – Apple Cinnamon Oatmeal, Cranberry Orange Oatmeal, Banana Nut Barley, Maple Raisin Three Grain, Wheat 'N Berries.
- \* Harvest Direct – Soy Taco Mix, Soy Chili Mix, Soy BBQ Mix, Soy Burger Mix, Soy Ball & Loaf Mix, Veggie Ribs Mix (really good), and Seitan Quick Mix & others.
- \* Health Valley – Rice in a Cup - Shitake, Thai and Spicy Black Beans
- \* Natural Touch – Taco Mix, Vegetarian Chili
- \* Near East – Rice Pilaf with Lentils, Spanish Rice, Long Grain and Wild Rice
- \* Road's End Organics – Chreese Packets - Original, Mozzarella Style, Original Gluten Free, Alfredo Style Gluten Free

### **Ready Made**

- \* Amy's – Black Bean Chili, Medium Chili w/ Vegetables, Medium & Spicy Chili, Vegetarian Baked Beans
- \* Bearitos – Original Chili, Black Bean Chili, Refried Beans (all varieties)
- \* Ginny's – Vegan Soy Chili, Mexican Fiesta Stew, Roasted Pepper Chili, Ratatouille
- \* Tasty-bite – Jodhpur Lentils, Punjab Eggplant, Bombay Potatoes, Simla Potatoes

### **Pasta**

Pasta is a cheap, healthy and delicious food, and can be miraculously turned into a vegan gourmet meal. Eat your normal spaghetti dish with some vegetarian meatballs or TVP mixed in or make a light peanut sauce or a simple dressing, cook the noodles, mix and serve!

- \* Rising Moon Ravioli – Tuscan Tomato Ravioli, Spinach Florentine, Garlic & Roasted Veggies. Vegan varieties are marked on packages.
- \* Road's End Organics – 123's Chreese for KIDz, Mac and Chreese, Shells and Chreese, Penne and Chreese (gluten free), Alfredo Style Mac & Chreese (gluten Free)
- \* Soy Boy – Tofu Ravioli, Ravioli Rosa, Ravioli Verde

### **Rice**

Rice is a great basis for many meals - Indian, Spanish, Chinese and so on. Brown or white, long/short grain, basmati, boil-in-the-bag — whichever you buy, you'll find foolproof instructions on the packet.

- \* Fantastic Foods makes a few that we wanted to mention: Arborio Rice, Basmati Rice, Couscous, Jasmine Rice, Whole Wheat Couscous, Four Grain Pilaf with Wild Rice, Hacienda Spanish Rice Pilaf, Jamaican Black Beans & Brown Rice, New Orleans Red Beans & Brown Rice, Basmati Rice Pilaf, Veg. Chicken Rice Pilaf.

### **Creole**

Vegan by Accident

- \* Zatarains produces many vegan Creole entrees and seasoning mixes. Don't be fooled by the meaty name, they're guaranteed vegan: Black-eyed Peas and Rice Mix, Black Beans and Rice Mix, Brown Rice Jambalaya Mix, Dirty Rice Mix, Dirty Brown Rice Mix, Red Beans and Rice Mix, Spanish Rice Mix, White Beans and Rice Mix, Red Bean Seasoning Mix, Creole Seasoning, Blackened Seasoning, Blackened Paste Mix, Jambalaya Pasta Mix, Red Beans Paste Mix, Jambalaya Mix, Vegetarian Jambalaya Entree (frozen).

\*Some of these items may contain 'ham flavor'. This flavoring does not contain any animal source ingredient.

## **Soup**

Vegan soups are delicious and easy to make. Many prepared soups are available, and old soup recipes are easily converted using vegan alternatives, or simply omitting the animal products. Use soy milk in milk-based soups, veggie stock instead of meat stock, and TVP or seitan in place of meat in soups.

\* Amy's – No Chicken Noodle, Black Bean Vegetable, Lentil, Minestrone, Split Pea, Vegetable Barley, Vegetable Broth

\* Imagine – Organic Creamy Broccoli, Organic Creamy Butternut Squash, Organic Creamy Potato Leek, Organic Creamy Tomato, Organic Creamy Sweet Corn, Creamy Portobella Mushroom

\* Fantastic Foods – Big Soup Noodle Bowls – Hot & Sour, Sesame Miso, Spring Vegetable, Miso with Tofu, Mandarin Broccoli. Soups & dips – Onion, Onion Mushroom, Garlic & Herb, Vegetable. Fantastic Noodles Soup Cups – Chicken Free, Vegetable Curry, Vegetable Miso, Vegetable Tomato. Hearty Soup Cups – Cha-Cha Chili, Country Lentil, Couscous with Lentils, Five Bean, Jumpin' Black Bean, Split Pea, Vegetable Barley. Rice & Bean Soup Cups – Cajun with Red Beans, Spicy Jamaican with Black Beans. Chile Ole! Cups Black Bean Chili with Corn, Couscous Soup Cups – Black Bean Salsa, Creole Vegetable, Sweet Corn.

\* Health Valley – Split Pea, Lentil

\* Mori-Nu Creamy Soups – Creamy Butternut Squash, Creamy Tomato, Creamy Corn, Creamy Garden Pea Soup

\* Shari Ann's – Vegetarian French Onion, Spicy French Green Lentil, Spicy Vegetable Bean Soup, Indian Black Bean and Rice Soup, Tomato with Roasted Red Bell Pepper

Vegan by Accident

\* Walnut Acres – Four Bean Chili, Cuban Black Bean, Mediterranean Lentil.

## **Salads**

Yes we know that everyone thinks vegans eat nothing but salad, indeed why should we eat anything else when there are so many interesting combinations available?! The easiest way to prepare salad is to go to the supermarket, buy one of their pre-packed salads and add your favorite dressing, but where's the fun in that?! Begin with a choice of leaves (spinach leaves make a nice change from lettuce), then go wild! Add nuts, seeds, apple, pear, avocado, grated carrot, celery, mushrooms, peppers, spring or red onion, raw red or white cabbage, watercress, cauliflower, zucchini, bean sprouts, mint, etc.

Salads make a delicious and vitamin-packed accompaniment to any meal, but are especially great with a baked potato (add vegan sour cream), pizza, or pasta dishes.

## **Vegan Mayonnaise**

\* Follow your Heart – Veganaise vegan mayonnaise (refrigerated). Our favorite!

\* Miso Mayo – For the truly adventurous

\* Nasoya – Nayonaise vegan mayonnaise

## **Other Condiments**

\* Annie's Naturals – Original Recipe Barbecue Sauce and Smokey Maple

\* Bac'Uns – animal free bacon bits (Frontier Natural Foods)

\* Field Roast – Smoked Field Roast Crunchies (vegan bacon bits)

\* Premier Japan – Organic Ginger Tamari, Garlic Tamari, Wasabi Tamari and Thai Soynut

## **Worcestershire Sauce**

Because Worcestershire Sauce contains anchovies (little fish) it is not vegan. But there is an alternative:

- \* The Wizard's – Organic Vegetarian Worcestershire Sauce (it's vegan!)

## **Salad Dressings**

\* Annie's Naturals – Basil & Garlic with Extra Virgin Olive Oil, Black Olives & Truffles with Extra Virgin Olive Oil, French, Goddess, Organic Green Garlic, Organic Horseradish with Echinacea, Sea Veggie and Sesame, Shiitake and Sesame, Smokey Tomato and Porcini, Tuscany Italian, Yellow Peppers & Sun-dried Tomatoes w/Extra Virgin Olive Oil

- \* Nasoya Vegi-Dressings – all flavors (such as Creamy Italian and Sesame Garlic Dressings)

Vegan by Accident

- \* Bacos – Bits, Chips
- \* Whole Foods – Balsamic Vinaigrette, Lemon Tahini, Sesame Vinaigrette, Italian Vinaigrette

Many other dressings are often vegan, usually vinaigrettes, and Italian dressing can be found almost anywhere. Ingredients to watch for are anchovies (small fish), and dairy products. If you miss Ranch Dressing, you can use vegan mayonnaise as a base and make your own!

## **Beans and Lentils**

Where would we be without them? Packed with protein, vitamins and minerals, they are cheap and can be used in loads of meals. There's a huge choice of beans available and they are easiest to use from a can (although you can buy them dried, but do follow instructions carefully). Lentils are great and easy to cook (35-45 minutes) and can be used as a meat substitute in casseroles, soups and stews, or make a Dahl (puree) with them.

## **Snacks, Munchies and Treats**

There are plenty of snack-type foods available, so you don't need to feel that you miss out on the finer things in life. First, the sweets ...

## **Cookies**

\* Alternative Baking Company – Cookies, 11 yummy & chewy varieties to chose from their incredible chocolate chip to the snickerdoodle.

- \* Barbara's Bakery – Snackimals Animal Cookies

- \* Boston Cookies – All Varieties

\* Frookie -- Frookwiches - Chocolate, Duplex, Lemon, Peanut Butter, Vanilla and Funky Monkey Cookies - Chocolate & Vanilla

- \* Hain – Kidz All Natural Animal Cookies

\* No Cookie – Scrumptious varieties including Peanut Butter, Oatmeal Raisin, Chocolate Brownie with Nuts

- \* Now & Zen – Chocolate chip

\* Organica Foods – Double Chocolate coffee toffee, Peanut butter almond chocolate chip, Oatmeal Coconut Cranberry Chocolate Chip, Ginger Walnut Cherry Chocolate Chip

- \* Sunflower Baking Co. – All varieties are vegan

- \* Uncle Eddie's – Vegan Cookies (nice and chewy)

Vegan by Accident

- \* Country Choice – Sandwich Cremes

- \* Keebler – Droxies Crème-Filled Chocolate Cookies, Chocolate and Vanilla, Vienna Fingers
- \* Mi-Del Snaps Cookies – ginger, chocolate and vanilla are all vegan
- \* Safeway –Tuxedos: Chocolate Sandwich Cookies, Double Filled Chocolate Sandwich Cookies, Chocolate Crème Chocolate Sandwich Cookies, Mint Chip Chocolate Sandwich Cookies, Maple Leaf Cookies with Maple Syrup.

## **Snacks**

- \* Affi's Marin Gourmet – Soft crackers
- \* Amy's – Organic Toaster Pops – Apple, Strawberry
- \* Barbara's Bakery – Fat Free Wheat Free Fig Bars, Fat Free Wheat Free Raspberry Bars, Low Fat Traditional Blueberry Bars, Low Fat Traditional Fig Bars, Fat Free Apple Cinnamon Bars
- \* Belsoy – Organic Pudding Snacks
- \* Boulder Bars – Original Chocolate, Apple Cinnamon, Peanut Butter, Boulder Berry, Choco Chip Peanut Butter
- \* Bumble Bars – all flavors vegan
- \* Brown Rice Snaps – Unsalted Sesame, Tamari Sesame, Toasted Onion, Vegetable
- \* Deli-Style – Sesame Thins
- \* Edward's Organic Fine Confections – Organic Chocolate Covered Fondants (Peppermints and Orange Mints. Organic Chocolate Dipped Jellies (Banana, Orange, Strawberry)
- \* Health Valley – Amaranth Graham Crackers, Chocolate Chip Granola Bars, Date Almond Granola Bars
- \* Let's Do...Organic – Organic Jelly, Classic, Super Sour, and Black Licorice Gummi Bears
- \* Now & Zen – cinnamon rolls
- \* Odwalla Bars – Superfood, Chocolate, Super Protein, Cranberry C Monster, Peanut Crunch, Chocolate Peanut Butter, Carrot
- \* Ryvita – most of their crispbread is vegan (crackers)
- \* Stonewall's – Vegan Jerquee
- \* Stretch Island – Fruit Leathers
- \* Sunridge Farms – Organic Sunny Bears, Black Licorice Chews, Red Licorice Chews (to name a few)
- \* Tofurky – Tofurky Jurky
- \* Veggie Booty and Fruity Booty – puffed rice and corn snacks – yummy!

## **Dips/Spreads**

- \* Affi's Marin Gourmet – Eggplant Dip, Sundried Tomato- Porcini Mushroom, Pesto Provence, Garlic & Balsamic Vinegar, and Caper Hummus.
- \* Wildwood Natural Foods – spreads (garlic aioli, tomato basil), lowfat hummus, spicy lowfat hummus, mideastern hummus, basil pesto hummus, baba hanooj, tabouli)

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- \* Carr's – Hob Nobs, Tea Biscuits, and Table Water Crackers

## **Go Nuts**

Not surprisingly, nuts are vegan! Eat them au natural, or try ready salted mixed nuts (but watch out for honey - this means avoiding honey-roasted nuts too!).

## **Chocolate**

At the risk of stating the obvious, milk chocolate contains milk. However it's easy to get vegan chocolate from your health food store.

- \* Ah!laska – Chocolate Syrup
- \* Chocolate Decadence – vegan chocolates (order at [www.chocolatedecadence.com](http://www.chocolatedecadence.com))
- \* Sunspire – Earth Balls (available in bulk), chocolate chips (Grain Sweetened, Organic)

- \* Tropical Source – Chocolate bars (all varieties), baking chips

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- \* Chocolove – All dark chocolate flavors are vegan (cherries & almonds, orange peel, raspberries, etc)
- \* Endangered Species Chocolate Company – Tiger Bar, Rainforest Bar, Grizzly Bar, Chimp Bar, Wolf Bar, Sea Turtle, Dark Chocolate Bug Bites and Chimp Mints.
- \* Ghirardelli – Double Chocolate Chips, Semi-Sweet Chocolate Chips
- \* Goldberg's – Peanut Chews
- \* Green & Black's – Organic dark chocolate, Organic Hazelnut and Currant Dark Chocolate, Maya Gold Chocolate and Dark Chocolate for cooking.
- \* Newman's Own – Sweet Dark Chocolate Bars, Sweet Dark Espresso Dark C
- \* Rapunzel – Pure organic Swiss chocolate (Semisweet Chocolate, Semisweet Chocolate with Almonds, Semisweet Chocolate with Hazelnuts)
- \* Santa Cruz – Organic chocolate flavored syrup
- \* Scharffen Berger – Bittersweet Bars, Nibby Bars, Moch Bars, Semisweet Bars, Cocoa Powder, Cacao Nibs, Chocolate Chunks
- \* Sunridge Farms – Chocolate Almond Raisin Clusters, Chocolate Macadamias, Chocolate Cashew Clusters, Chocolate Nut Clusters, Chocolate Peanut Clusters, Chocolate Pecan Clusters, Chocolate Almond Clusters, Chocolate Pretzels, Chocolate Ginger, Chocolate Pineapple, Chocolate Raisins, Chocolate Peanuts, Chocolate Apricots, Carob Peanut Clusters, Carob Almond Clusters, Carob Apricots, Chocolate Apricots (to name a few)
- \* Trader Joe's – Pound Plus (Bittersweet Chocolate, Bittersweet Chocolate with Almonds, Dark Chocolate)
- \* Whole Foods – Dark Chocolate, Dark Chocolate with Almonds, Dark Chocolate with Currants and Raisins

#### **Biscuits and Breads**

Both health food stores and most fresh bakeries will have vegan bread. But do be sure to look out for ingredients such as honey, eggs and dairy products (whey) – the same is true for bagels.

#### Vegan by Accident

- \* Sara Lee (also under the brand name Food Lion) – Texas Style Artificially Flavored Butter Biscuits, Texas Style Artificially Flavored Buttermilk Biscuits.

#### **Ethnic Cuisine**

Open up a new world of food and explore Indian, Chinese, Italian, Mexican, Thai, French, African or Caribbean cookery.

Lots of refried beans state if they are suitable for vegetarians. Don't forget to check the ingredients of ready made sauces for you to mix in.

#### **Desserts**

Traditional desserts can usually be made using vegan ingredients, but if you're more interested in buying them than making them, there are plenty of choices available:

- \* Emes Kosher-Jel – Plain, Lemon, Strawberry, Lime, Orange, Cherry, Raspberry, Grape, Pineapple, Black Cherry, Black Raspberry
- \* Hain – Chocolate and Vanilla Pudding – boxed mixes, Superfruits dessert mix (vegan jello)
- \* Harvest Direct – Soy puddings – boxed mixes: French Vanilla, Banana, Chocolate Fudge, Lemon Creme Soy Pudding
- \* Hip Whip (Now & Zen) – vegan whipped cream and a chocolate mousse

- \* Mori-Nu Mates Pudding Mix & Pie Mix – Chocolate, LemonCreme & Vanilla (dry packets)
- \* Mother Nature's Goodies, Inc. – Whole Wheat Pie Shells

#### **Vegan by Accident**

- \* Keebler – Graham Cracker Ready Pie Crust (also sold under the name Food Lion)
- \* Marie Callender's – Fruit pies (Apple Pie, Cherry Crunch Pie, Dutch Apple Pie, Peach Cobbler, Razzleberry Pie)
- \* Pepperidge Farms – Apple & Raspberry Turnovers
- \* Trader Joe's – Apple Strudel (seasonal)

#### **Interesting Vegetables**

If you find yourself cooking the same old vegetables day in, day out, why not take a trip to your nearest supermarket and see what other vegetable delights grace their shelves? Choose from artichoke, eggplant, or daikon. Or visit your local ethnic food shops and see what they have to offer - we guarantee you'll find something there you'd never heard of before and the produce workers may give you some tips.

#### **Eating Out**

Until recently, eating out was a total nightmare for vegans - you could have a baked potato (no butter) and green salad (no dressing), and the only choice was to take it or leave it. Things have improved since then, but there's still a long way to go.

Vegetarian and even vegan restaurants are popping up in most sizeable cities, and even in some smaller ones. Your average bar, cafe or restaurant will not usually advertise that its food is vegan, but most will have a vegetarian option or two that you can ask to be made vegan. Questions that may cross your lips are, 'does it contain any milk, cream or eggs?', 'could you hold the mayo?', and 'can I see the package?!' Don't be afraid to ask the chef to make you something specific. If you want to be sure that there will be food available, phone in advance and ask them what they can do for you. You might be surprised to find that some of the cooks are excited to try something new! Indian restaurants are extremely easy to find vegan food in, but remember to ask about the creamy curries (some use dairy cream instead of coconut) and some dishes may contain ghee, which is a dairy butter.

Good Chinese food restaurants have a large vegetarian selection; you just need to work out which ones are vegan.

Some may have egg in their noodles, or may put egg separately in the dish. Other than the noodles, you can easily ask for the dishes without egg.

You can check with pizza places and see if their crust is vegan (just watch out that there's no milk or milk proteins in the crust) and make sure their sauce is animal free too. Just ask them to use extra tomato sauce, and if you smile sweetly, they'll usually pile the toppings on as well.

If you're on the move, it's not always so easy to eat out. Gas stations and airports are falling behind when it comes to providing meals, but the airlines are at least making an effort.

Book your vegan meal well in advance and each time you speak to someone from the airline, ask them to confirm it. It is best to ask for non-dairy vegetarian, strict vegetarian and some airlines now even understand the term vegan. When you're on board with your tummy rumbling, you'll be thankful that you asked.

When traveling, it's usually best to take a packed lunch, just in case you find yourself in a Vegan Free Zone.

## **Meal Ideas**

So now you know how vast the options are for a vegan meal. But how do you put it together? It just takes a little bit of creativity to get the ball rolling and then you will have no trouble at all. The internet is a great resource for ideas as well, and vegan recipes are all over the web, if you just type what you want into a search engine, chances are you will find a recipe for it.

Here are some ideas for meals to spark your imagination.

## **Breakfast Ideas**

Strangely enough, a common question you will be asked as a vegan is "what do you eat for breakfast?" Rest assured, whatever your taste first thing in the morning, a vegan breakfast is a great way to start the day.

- \* Fantastic Foods Tofu Scrambler with potatoes (or other vegetables)
- \* Barbara's Bakery Cereal Bars
- \* Fresh fruit, either whole, cut and mixed, or in a smoothie
- \* Toast with margarine and/or nut butter (peanut, almond, cashew)
- \* Mexican breakfast burrito, stuffed with hash browns, tofu scramble and veggie sausage, topped with Tofutti Sour Supreme
- \* Arrowhead Mills Pancake and Waffle Mix with Lightlife Smart Links or Yves Canadian Bacon (lots of pancake & waffle recipes are easily adaptable – see one in this guide)
- \* Frozen waffles with fresh fruit
- \* Cereal and soy milk with fruit
- \* Biscuits with Gimme Lean sausage and gravy
- \* Oatmeal with fresh peach chunks

## **Quick Lunch Ideas**

- \* Veggie Burgers or hot dogs with all the fixin's
- \* Peanut butter and jelly
- \* Avocado, tomato and mayo sandwich (Vegenaise or Nayonaise)
- \* Tempeh Rueben sandwich (with vegan cheese)
- \* Falafel (chick pea patties) with salad and hummus
- \* Hummus (chick pea and garlic dip) with lettuce in pita bread
- \* Prepared tempeh with lettuce, tomato and mayo
- \* Veggie ham with mustard or salad
- \* Tuno sandwich (vegan version of tuna)

## **Larger Meal Ideas**

- \* Vegan lasagna
- \* Rice pilaf with vegetables
- \* Spaghetti with tomato sauce and veggie meat balls
- \* Bean burritos, roasted vegetables, and guacamole
- \* Tacos with ground tempeh or vegan ground beef and shredded Vegie Kaas cheese
- \* Tofu, tempeh, or seitan stir-fry with sweet and sour or peanut sauce
- \* Marinated, grilled Kabobs with seitan and vegetables
- \* Vegan cutlets and potato salad
- \* Chili and tortilla chips or cornbread
- \* Spinach salad with avocado, nuts, veggies, veggie bacon bits and dressing
- \* Chicken-free patty, with mashed potatoes and Hain gravy
- \* Brown rice and steamed vegetables with a sauce

## **Drinks**



Most soft drinks are vegan; but watch out for colorings which can be animal derived, honey or cochineal (crushed insects). Smoothies and juices are also usually vegan, the exception being with honey or whey protein in some 'power' smoothies. Many wines have been 'refined' using one of a whole range of nasty bits: blood, bone marrow, chitin, egg albumen, fish oil, gelatin, or milk casein. Beers too can be cleared with isinglass (obtained from the air sacs of freshwater fish). Keg, canned and some bottled beers are usually OK. But here's the good news - most liquor is fine. Check our companion volume to determine exactly which alcoholic beverages are vegan.

## **Vegan Shoes**

Men often find it harder to buy vegan shoes, but try different stores and look for 'man-made' or 'synthetic' labels, or buy canvas shoes and boots - not too practical in the snow, but great for summer wear! Many shoe stores carry shoes that are not leather.

Alternatively, you can buy good quality leather-look shoes, boots and sandals mail order from the companies listed below. These companies don't just limit themselves to shoes. They carry synthetic leather jackets, as well as a large assortment of shoes, belts, wallets, and other and hard to find vegan products, such as non-leather baseball & softball gloves! You can also request a guide to vegan leather-look clothing from PETA at [www.cowsarecool.com](http://www.cowsarecool.com).

Ethical Wares (UK) [www.ethicalwares.com](http://www.ethicalwares.com)  
MooShoes [www.mooshoes.com](http://www.mooshoes.com) (212/481-5792)  
Pangea [www.veganstore.com](http://www.veganstore.com) (800) 340-1200  
Shoes With Souls [www.shoeswithsouls.com](http://www.shoeswithsouls.com) (619) 216-5804  
Vegetarian Shoes (UK) [www.vegetarian-shoes.co.uk](http://www.vegetarian-shoes.co.uk)

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\* Stores like Payless sell a good variety of non-leather shoes.

## **Vegan/Animal Rights Products**

Other great sites to get some great animal rights garb:

- \* [www.animalrightstuff.com](http://www.animalrightstuff.com) (stylish t-shirts!)
- \* [www.veganessentials.com](http://www.veganessentials.com)
- \* [www.veganstreet.com](http://www.veganstreet.com)
- \* [www.vivausa.org](http://www.vivausa.org)

## **Sample recipes**

### *Vegan Cheese Sauce*

3/4 C nutritional yeast flakes  
1/4 C flour  
1 t salt  
1/2 t garlic powder  
2 C water  
1/4 C vegan margarine  
1 t mustard

Mix dry ingredients in saucepan.

Whisk in water.

Cook over medium heat, whisking until mixture thickens and bubbles.

Cook an additional 30 sec., remove from heat.

Stir in margarine and mustard.

(note: Cheese will thicken as it cools, or you may add water to thin it).

### *Vegan Tofu Fajitas*

1 lb. extra-firm, fresh tofu  
1/2 C tamari or soy sauce  
1/4 cup water  
1 Tb maple syrup  
2 Tb nutritional  
yeast (optional)  
1/2 tsp cayenne pepper (optional or more for spicy)  
1-2 Tb oil (depending on the amount of veggies)

Favorite veggies sliced thinly

Slice the tofu thinly

Mix the next five ingredients and pour over the tofu.

Bake at 350 degrees for about 30 minutes, turning twice.

Heat oil in a frying pan and sauté veggies for 5 min.

Add tofu and fry until sizzling.

Put fajita fillings in a warm tortilla.

Garnish to taste!

### *Hearty Chili*

1 15 -oz can chili beans, undrained  
1 18-oz can stewed tomatoes or 1 medium tomato chopped  
2 Tbs. Chili seasoning mix or 1 teaspoon Mexican seasoning, 1 teaspoon chili powder and 1/4 tsp garlic powder  
1 Tbs. minced onion  
1/4 cup water

Combine all ingredients in a medium skillet.

Bring to a boil, cover and simmer 10 minutes.

### *Cornbread from "The Peaceful Palate" by Jennifer Raymond*

1 1/2 cups soy milk  
1 1/2 Tbsp vinegar  
1 cup cornmeal  
1 cup unbleached flour  
2 Tbsp unrefined sugar or other sweetener  
1/2 tsp salt  
1 tsp baking powder  
1 tsp baking soda  
2 Tbsp oil  
Preheat the oven to 425°

Combine the soy milk and vinegar and set aside.

Mix the cornmeal, flour, sugar, salt, baking powder and baking soda in a large bowl.

Add the soy milk mixture and the oil. Stir until just blended.

Spread the batter evenly in a greased 9x9-inch baking dish.

Bake until the top is golden brown, 25 to 30 minutes.

### *Short Cut Shortcrust*

## *Practical Tips On Avoiding Animal Ingredients*

Although it's a lot quicker to use ready-made frozen puff pastry dough (find it in the frozen section of any store), it's also quite easy to make your own.

1 lb or 4 cups plain  
flour,  
1/2 teaspoon of salt,  
8oz or 2 sticks  
margarine and  
6 tablespoons of ice-cold water

Rub the margarine into the flour and salt, then add the water slowly to form a dough.  
It's best to refrigerate the pastry for half an hour before rolling out on a floured board.

### *Vegan Banana Bread*

1-1/4 C white flour  
1-1/4 C whole wheat flour  
1 C unrefined sugar  
1 tsp. baking soda  
1/8 tsp. All Spice  
1/8 tsp. nutmeg  
1-3/4 C ripe banana  
4 Tbs. water  
6 Tbs. margarine  
1/4 tsp. vanilla extract  
Preheat oven to 375°

Mix the first six ingredients.

Mix remaining ingredients in a separate bowl.

Combine all ingredients and pour into greased muffin pan or bread pan

Bake 12-15 minutes for muffins or 60-90 minutes for bread.

### *Chocolate Pie Recipe*

2 - 10.5 oz packages of Soft Silken Tofu  
1 - 10-12 oz bag of vegan chocolate chips  
1 - vegan graham cracker pie crust (store bought or homemade)

Puree the tofu in a blender until completely smooth.

Put the chocolate chips in a pot or double boiler and heat them just enough to melt. (Be careful not to burn them). Once the chocolate chips are melted, blend them into the tofu.

Pour the mixture into a pie crust.

Chill for at least 2 hours and then serve.

Optional: Add a few Tbs. of peanut butter to the mixture while blending or add nuts or berries to the mixture once it is in the crust. Enjoy!

### *Easy Rise-'n'-Shine Pancakes*

1 C unbleached  
white flour (or split half wheat/white)  
1 Tbs baking powder  
1/4 tsp salt  
1 C soy or nut milk  
2 Tbs canola oil  
2 Tbs maple syrup or other liquid sweetener  
canola oil for frying

Combine dry ingredients in a bowl and wet ingredients in a separate bowl.

Add soy milk mixture to flour mixture and mix just until moistened; a few lumps are OK. (Don't overbeat or pancakes will be tough.)

Heat a nonstick griddle or frying pan over medium high flame until a few drops of drizzled water bead up and bounce.

Pour a little oil (2 tsp.) onto the griddle and heat until hot.

Pour batter onto the griddle to form circles about 4 inches in diameter.

Cook the pancakes for a minute or 2 on one side or until bubbles appear on the surface.

Flip pancakes and cook on the other side for another 1 or 2 minutes.

Continue until golden brown on each side, about 4 minutes in all.

*Blueberry-Orange Sauce (for pancakes, etc)*

Makes 2 cups

2 cups fresh or frozen blueberries

1 cup fresh orange juice

1 teaspoon minced orange zest

1 teaspoon minced fresh ginger

Place all ingredients in a saucepan.

Cook over medium heat, stirring occasionally, for 15 minutes, or until the blueberries are soft and the remaining liquid is syrupy. Serve warm.

*Oatmeal Chocolate Chip Cookies*

1 Cup Soy Margarine, softened

1 1/2 Cup Unrefined sugar

1/4 Cup + 2Tb Warm water

2 Tsp Vanilla

1 Tsp. Baking soda

1 1/2 Tsp. Egg replacer or 2 Tb. Tofu

1 Cup Flour

1 Tsp Salt

3 Cup Uncooked Oatmeal

1 Cup Vegan dark chocolate chips (semi-sweet)

Preheat oven to 350 degrees & lightly grease cookie sheet.

Cream first four ingredients together until smooth

In a separate bowl, mix next five ingredients (if using tofu, mix with previous ingredients).

Combine contents of both bowls by hand or with electric mixer.

Add chocolate chips.

Drop by spoonfuls onto cookie sheet and bake for 15-18 minutes.

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## Chapter 2

### **Plant Food Benefits and Precautions**

Grain products form the base of the U.S. Department of Agriculture and Department of Health and Human Services' Food Guide Pyramid, which recommends 6 to 11 daily servings of bread, cereal, rice, and pasta. Daily intakes advised for other foods are: 3 to 5 servings of vegetables; 2 to 4 servings of fruits; 2 to 3 servings of milk, yogurt and cheese; and 2 to 3 servings of meat, poultry, fish, dry beans, eggs, and nuts. The guide advises using fats, oils and sweets sparingly.

And, who hasn't seen signs in their grocer's produce section urging consumers to eat "5 a day for better health"? This slogan reflects a major government-industry campaign to help people eat more fruits and vegetables as part of a high-fiber, low-fat diet that emphasizes variety.

The campaign is consistent with the USDA-DHHS Dietary Guidelines for Americans, which states, "Most Americans of all ages eat fewer than the recommended number of servings of grain products, vegetables, and fruits, even though consumption of these foods is associated with a substantially lower risk for many chronic diseases, including certain types of cancer"

But health benefits are not the only reason vegetarian diets attract followers.

Certain people choose a vegetarian diet because of religious beliefs. Others give up meat because they feel eating animals is unethical. Some believe it's a better use of the Earth's resources to eat low on the food chain--that is, to eat plant foods, rather than the animals that eat the plant foods. And many people eat plant foods simply because they are less expensive than animal foods.

When adopting a diet that entirely excludes animal flesh and dairy products, it is wise to implement good nutritional planning. John Vanderveen, Ph.D., director of the Food and Drug Administration's (FDA) Office of Plant and Dairy Foods and Beverages says, "To be healthful, vegetarian diets require very careful, proper planning. Nutrition counseling can help you get started on a diet that is nutritionally adequate." If appropriately planned, vegan diets can provide adequate nutrition even for children, according to the American Dietetic Association and the Institute of Food Technologists.

#### **Plant Food Benefits**

Registered dietitian Johanna Dwyer, of Tufts University Medical School and the New England Medical Center Hospital, Boston, summarizes these plant food benefits:

"Data are strong that vegetarians are at lesser risk for obesity, atonic [reduced muscle tone] constipation, lung cancer, and alcoholism. Evidence is good that risks for hypertension, coronary artery disease, type II diabetes, and gallstones are lower. Data are only fair to poor that risks of breast cancer, diverticular disease of the colon, colonic cancer, calcium kidney stones, osteoporosis, dental erosion, and dental caries are lower among vegetarians."

According to Dwyer, vegetarians' longevity is similar to or greater than that of non-vegetarians, but is influenced in Western countries by vegetarians' adoption of many healthy lifestyle habits in addition to diet, such as not smoking, abstinence or moderation in the use of alcohol, being physically active, resting adequately, seeking ongoing health surveillance, and seeking guidance when health problems arise."

### **Can Veggies Prevent Cancer?**

The National Cancer Institute (NCI), in its booklet *Diet, Nutrition, & Cancer Prevention: A Guide to Food Choices*, states that 35 percent of cancer deaths may be related to diet. The booklet states:

- \* Diets rich in beta-carotene (the plant form of vitamin A) and vitamin C may reduce the risk of certain cancers.

- \* Reducing fat in the diet may reduce cancer risk and, in helping weight control, may reduce the risk of heart attacks and strokes.

- \* Diets high in fiber-rich foods may reduce the risk of cancers of the colon and rectum.

- \* Vegetables from the cabbage family (cruciferous vegetables) may reduce the risk of colon cancer.

FDA, in fact, authorized several health claims on food labels relating low-fat diets high in some plant-derived foods with a possibly reduced risk of cancer.

While FDA acknowledges that high intakes of fruits and vegetables rich in beta-carotene or vitamin C have been associated with reduced cancer risk, it believes the data are not sufficiently convincing that either nutrient by itself is responsible for the association. Nevertheless, since most fruits and vegetables are low-fat foods and may contain vitamin A (as beta-carotene) and vitamin C, the agency authorized a health claim relating diets low in fat and rich in these foods to a possibly reduced risk of some cancers.

Another claim may relate low-fat diets high in fiber-containing vegetables, fruits and grains to a possible reduction in cancer risk. (The National Cancer Institute recommends 20 to 30 grams of fiber a day.) Although the exact role of total dietary fiber, fiber components, and other nutrients and substances in these foods is not fully understood, many studies have shown such diets to be associated with reduced risk of some cancers.

### **Lowering Heart Disease Risk**

FDA also notes that diets high in saturated fats and cholesterol increase blood levels of total cholesterol and LDL cholesterol, and thus the risk for coronary heart disease. (The National Cholesterol Education Program recommends a diet with no more than 30 percent fat, of which no more than 10 percent comes from saturated fat.) For this reason, the agency authorized a health claim relating diets low in saturated fat and cholesterol to a possibly reduced risk of coronary heart disease.

Another claim may relate diets low in fat and high in fruits, vegetables, and grain products that contain fiber, particularly soluble fiber, to a possibly reduced risk of coronary heart disease. However, the agency recognizes that it is impossible to adequately distinguish the effects of fiber, including soluble fiber, from those of other food components.

With respect to increasing fiber in the diet, Joanne Slavin, Ph.D., R.D., of the University of Minnesota, in 1990 in *Nutrition Today*, gives this advice: "The current interest in dietary fiber has allowed recommendations for fiber supplementation to outdistance the scientific research base. Until we have a

better understanding of how fiber works its magic, we should recommend to American consumers only a gradual increase in dietary fiber from a variety of sources."

### **Precautions**

The American Dietetic Association's position paper on vegetarian diets states, "Because vegan diets tend to be high in bulk, care should be taken to ensure that caloric intakes are sufficient to meet energy needs, particularly in infancy and during weaning."

It's generally agreed that to avoid intestinal discomfort from increased bulk, a person shouldn't switch to foods with large amounts of fiber all at once. A sensible approach is to slowly increase consumption of grains, legumes, seeds, and nuts.

As with any diet, it's important for the vegetarian diet to include many different foods, since no one food contains all the nutrients required for good health. "The wider the variety, the greater the chance of getting the nutrients you need," says FDA's Vanderveen.

In its position paper on vegetarian diets, the American Dietetic Association states that, with a plant-based daily diet, eating a variety of foods and sufficient calories for energy needs will help ensure adequate intakes of calcium, iron and zinc. (See "Replacing Animal Sources of Nutrients.")

The mixture of proteins from grains, legumes, seeds, nuts, and vegetables provides a complement of amino acids so that deficits in one food are made up by another. Not all types of plant foods need to be eaten at the same meal, since the amino acids are combined in the body's protein pool.

"Soy protein," the paper states, "has been shown to be nutritionally equivalent in protein value to proteins of animal origin and, thus, can serve as the sole source of protein intake if desired."

The Institute of Food Technologists also recommends careful diet planning for vegetarians. This is especially important when the diet excludes dairy foods, to ensure adequate intake of calcium, iron, riboflavin, and vitamin D. For these vegetarians, the institute recommends calcium supplements during pregnancy, when breast-feeding, and for infants and children.

The institute and the American Dietetic Association say a vitamin D supplement may be needed if sunlight exposure is limited. (Sunlight activates a substance in the skin and converts it into vitamin D.)

They also point out that vegan diets should include a reliable source of vitamin B12 (see "Replacing Animal Sources of Nutrients"), because this nutrient occurs only in animal foods. Vitamin B12 deficiency can result in irreversible nerve deterioration.

The need for vitamin B12 increases during pregnancy, breast-feeding, and periods of growth, Dwyer says. In a recent issue of Annual Review of Public Health, she writes that elderly people also should be especially cautious about adopting vegetarian diets because their bodies may absorb vitamin B12 poorly.

Unless advised otherwise by a doctor, those taking dietary supplements should limit the dose to 100 percent of the U.S. Recommended Daily Allowances.

With the array of fruits, vegetables, grains, and spices available in U.S. grocery stores and the availability of vegetarian cookbooks, it's easy to devise tasty vegetarian dishes that even non-vegetarians can enjoy.

However, the key to any healthful diet--vegetarian or non-vegetarian--is adherence to sound nutrition principles.

### **Replacing Animal Sources of Nutrients**

Vegetarians who eat no animal products need to be more aware of nutrient sources. Nutrients most likely to be lacking and some non-animal sources are:

- \* vitamin B12--fortified soy beverages and cereals
- \* vitamin D--fortified soy beverages and sunshine
- \* calcium--tofu processed with calcium, broccoli, seeds, nuts, kale, bok choy, legumes (peas and beans), greens, lime-processed tortillas, and soy beverages, grain products, and orange juice enriched with calcium
- \* iron--legumes, tofu, green leafy vegetables, dried fruit, whole grains, and iron-fortified cereals and breads, especially whole-wheat. (Absorption is improved by vitamin C, found in citrus fruits and juices, tomatoes, strawberries, broccoli, peppers, dark-green leafy vegetables, and potatoes with skins.)
- \* zinc--whole grains (especially the germ and bran), whole-wheat bread, legumes, nuts, and tofu
- \* protein--tofu and other soy-based products, legumes, seeds, nuts, grains, and vegetables

### **American Dietetic Association Recommendations**

For people who follow vegetarian diets, the American Dietetic Association has these recommendations:

- \* Consult a registered dietitian or other qualified nutrition professional, especially during periods of growth, breast-feeding, pregnancy, or recovery from illness.
- \* Minimize intake of less nutritious foods such as sweets and fatty foods.
- \* Choose whole or unrefined grain products instead of refined products.
- \* Choose a variety of nuts, seeds, legumes, fruits, and vegetables, including good sources of vitamin C to improve iron absorption.
- \* Choose low-fat or nonfat varieties of dairy products, if they are included in the diet.
- \* Avoid excessive cholesterol intake by limiting eggs, if they are included in the diet, to three or four egg yolks per week.
- \* For infants, children and teenagers, ensure adequate intakes of calories, vitamin D, calcium, iron, and zinc. (Intakes of vitamin D, calcium, iron, and zinc are usually adequate when a variety of foods and sufficient calories are consumed.)
- \* If exclusively breast-feeding premature infants or babies beyond 4 to 6 months of age, give vitamin D and iron supplements to the child from birth or at least by 4 to 6 months, as your doctor suggests.
- \* Usually, take iron and folate (folic acid) supplements during pregnancy.

In addition, for vegans:

- \* Use properly fortified food sources of vitamin B12, such as fortified soy beverages or cereals, or take a supplement.
- \* If sunlight is inadequate, take a vitamin D supplement during pregnancy or while breast-feeding.



## Chapter 3

### **Vegetarian and Vegan Items at Fast Food Chains**

#### **Read on to receive your 50% discount on the fast food guide below!**

The following chapter outlines some major fast food chains in the U.S. and Canada, and gives vegans and vegetarians various options for each. We are aware that this chapter could not possibly cover the large number of fast food chains in existence, and rather than create our own directory of vegetarian items at these chains, we've struck up an agreement with the Vegetarian Resource Group (VRG).

VRG has published one of the most up to date lists of vegetarian and vegan items at fast food chains. They've agreed to give readers of this book a 50% discount on their vegetarian fast food guide. More information about the guide can be found here: <http://vrg.org/catalog/ff.htm>

As a reader of this book, you are entitled to that discount. To receive it, simply call VRG's order department, order the "Guide to Fast Food and Quick Service Chains," and mention that you would like your 50% discount. Be sure to mention that you read about their book in the "Avoiding Animal Ingredients Kit."

Vegetarian Resource Group  
410-366-VEGE (8343)

If you would like to purchase it online, or with a check, simply mention the 50% discount and the "Avoiding Animal Ingredients Kit" in a note along with your order and mail a check to VRG, Box 1463, Baltimore, MD 21203.

If purchasing online (<http://vrg.org/catalog/ff.htm>), mention the name of the "Avoiding Animal Ingredients Kit" in the notes section along with your order.

#### **Basic Information about Fast Food Chains**

Lately vegetarianism has been all the rage at fast food chains. Behemoths, McDonalds and Burger King have both added veggie burgers within the last couple of years. Substantial veggie options are now available at most fast food restaurants.

Health-wise the chains still get a failing grade. Saturated fat (much of it hydrogenated) is found in many products, and chemical additives and preservatives are very prominent. For example the ingredient list for just the buns at Burger King is 90 words long.

Many additives can come from animal or plant sources such as sodium stearoyl lactylate. Even rennet can be from an animal or bacterial source. It would be near impossible to verify the source of all of them. Our investigation has only focused on the obvious animal, milk and egg derived products such as whey (dairy), modified milk ingredients, rennet (calf stomach lining), egg yolk, cholesterol (meat or eggs) gelatin (animal bones) or beef fat.

Ingredient information is geared to fast food chains in Canada and may be different in other countries. Information may also change over time. To play it safe, you may wish to ask the manager before ordering.

This report is not meant as an endorsement of fast food eating.

## **Burger Chains**

### *Burger King*

Burger King has joined the veggie burger sweepstakes. Enter the BK Veggie. This burger from what I can tell (see introduction about chemicals) is completely free of animal products. Mushrooms, water chestnuts, cooked brown rice, textured wheat protein, and rolled oats round out the first few ingredients. According to their website it's actually completely void of soy products. The bun that the BK Veggie comes may contain natural and artificial butter flavor.

If you are vegan ask for the 'specialty bun'. The toppings on the BK Veggie are mayonnaise (containing eggs), lettuce, pickles, onions and ketchup. I spoke to a store manager who informed me that the BK Veggie is cooked on its own section of the grill. Apparently after the burger is cooked, a conveyor belt may take it to a common area where it may come into contact with cooked meat patties. If this is a concern, ask to have it microwaved.

Burger King's french fries are cooked in 100% vegetable fat. And the Vegetarian Resource Group has learned in April 2003 that a poultry-derived amino acid is no longer part of the "natural flavoring" ([www.vrg.org/fries.htm](http://www.vrg.org/fries.htm)). The onion rings contain gelatinized wheat starch.

A complete ingredient break down can be found at [www.burgerking.com/Food/Nutrition/ingredients.aspx](http://www.burgerking.com/Food/Nutrition/ingredients.aspx)

### *Harvey's*

Harvey's was one of the first burger chains to develop and promote its own simply named, Veggie Burger. I remember trying it a long time ago when I was just becoming a vegetarian and feeling awkward eating it. It felt like I was eating a beef burger. In fact it is a soy-based patty without a lot of chemicals and is totally vegan. It does contain hydrogenated vegetable oil, which accounts for its 8.8 grams of fat. Their policy is to cook the burger on a separate part of the grill when possible. Harvey's vegan fries are fried in hydrogenated canola oil, but depending on the location they may be fried in the same vat as chicken. Ask before ordering if this is a concern. Harvey's sent me some funny information about their buns. There are two regions which are serviced by different bun companies. West of Yonge St., their Kaiser rolls contain egg white powder but east of Yonge their Kaiser rolls are vegan. This only leaves one question, what if you go to a Harvey's on Yonge Street?

### *Lick's*

Lick's famous Natureburger is made exclusively for Lick's and is also available in a "4pak" at A&P and Dominion stores in Ontario. This burger is completely vegan and is cooked on its own grill. The buns are also vegan. Their french fries and onion rings are vegan, fried in canola oil.

[www.lickshomeburgers.com](http://www.lickshomeburgers.com)

#### *McDonald's*

Well, well, how the mighty have fallen. For over 15 years McDonalds has been the target of frequent demonstrations demanding a vegetarian burger. They struggled to the bitter end but now they have accepted the inevitability of having a veggie burger on their. They have also released some side salads to accompany the McVeggie. Yves Veggie Cuisine produces the new burger which contains partially hydrogenated soybean oil, but is totally vegan. McDonald's still hasn't figured out a separate grill for its veggie burger so a warning is posted on their website: "During preparation, the McVeggie Burger may come in contact with meat and/or chicken products." Still, the whole-wheat buns are vegan as are the toppings. McDonald's has introduced two vegetarian salads and a vegan one called Mandarin California Greens salad. It contains lettuce, mandarin oranges, a deluxe trail mix and a fat-free raspberry vinaigrette dressing. Warning: McDonald's fries still contain beef fat.

<http://www.mcdonalds.com/>

#### *Wendy's*

The last holdout of the veggie burger movement, Wendy's, has refused to enter the twenty-first century. Spicy chickens and bacon burgers adorn this menu giving a vegetarian little to look forward to. But the cracks in the armor are apparent. Two salads have made their way on to the menu. The spring mix salad is vegetarian but is still loaded with shredded cheese and its honey roasted pecans contain lactose. The side salad is vegan and comes with three vegan dressings, oriental sesame, house vinaigrette and a fat-free French dressing that contains honey. The Caesar dressing contains anchovies and the other dressings are loaded with milk and eggs. Wendy's has two vegetarian baked potatoes: the Broccoli and Cheese Baked Potato and the Sour Cream and Chives Baked Potato. Their fries are vegan but may be cooked in the same oil as the chicken nuggets. Wendy's buns are vegan not that there's much to put on them. Those yummy frosties are lacto-vegetarian.

#### **Sandwich shops**

##### *Mr. Sub*

It was pretty hard to get clear information from Mr. Sub but they did send me an email with some ingredient listings for their buns and toppings. The multigrain, white, and whole-wheat submarine buns are vegan and contain surprisingly few chemicals. The "fresh" vegetable toppings contain a yummy mix of preservatives but are otherwise vegan. The green olives and the dill pickles contain lactic acid but this is likely from a vegan source. The cheese, spinach, sun-dried tomato and whole-wheat tortilla wraps all contain skim milk powder. Mr. Sub slipped up and sent me their pre-made secret sauce recipe. So the secret's out but at least it's vegan.

##### *Subway*

Subway, like Burger King has an easy to navigate and comprehensive web site listing ingredient and nutritional information. This being said, Subway suggests that you inquire at individual stores as products can vary from region to region. Subway's breads are all vegetarian (the cheese breads contain rennet of unknown origin) and the following are vegan: Italian bread, roasted garlic bread, hearty Italian bread and sourdough bread. On the web site it states that the sodium stearoyl lactylate and the mono- and diglycerides found in the breads are plant derived. The honey oat bread, subway wheat bread and the deli style roll all contain honey. Their special sauces all contain

egg yolk and/or milk ingredients except for the fat-free sweet onion. Subway's cookies all contain egg products and some contain milk products but are otherwise vegetarian.

[www.subway.com](http://www.subway.com)

## **Pizza places**

### *Pizza Pizza*

Walking past a Pizza Pizza the other day I noticed that they have a combo called "The Healthy Pick". You get a vegetarian square slice with cheese with the standard toppings: tomato, green pepper and mushroom. Stereotypically, it comes with a bottle of water and a garden salad. Pizza Pizza has a big list of vegetable toppings including broccoli, sun-dried tomatoes and zucchini. The dough and sauce are both vegan and contain NO crazy preservatives. The mozzarella and feta cheeses do not contain rennet or pepsin. Instead a biosynthesized or microbial enzyme is used. The extreme cheese contains microbial enzyme and goat lipase. The process cheese (sandwich cheese) and the parmesan cheese contains animal rennet. They offer two large gourmet vegetarian pizzas, the Mediterranean Vegetarian and the Four Seasons. For vegans a cheese-less pizza or stuffed sandwich is a great choice but you don't pay a different price for eliminating the mozzarella. They have a strict policy in place of not using nuts, although pecans and almonds are available in individual packages with some salads.

[www.pizzapizza.ca](http://www.pizzapizza.ca)

### *Pizza Hut*

Pizza Hut has a large menu with many different items. The pizza dough and tomato sauce are vegan, but they don't have as many colorful and yummy veggie toppings as Pizza Pizza. Pizza Hut's garlic bread is vegetarian containing whey powder. Their pasta is vegan and could be enjoyed with either the tomato or napoli sauce. Vegans will be sad to hear that once again dessert is off limits, all their cakes and pies are vegetarian and contain lots of eggs and milk ingredients.

## **Others**

### *Taco Bell*

In my youth, I spent many a day at Taco Bell munching down bean tacos, Bean Burritos and of course the massive Seven Layer Burrito. MSG never tasted so good. Taco Bell was always very flexible. You can ask for anything removed or replaced from your food and they will happily accommodate you. Of course if you decline the cheese you still pay full price. For anything on the menu you can ask for beans instead of meat to make it vegetarian. Try this with tacos and fries supreme. You can also order Bean Burritos without cheese and Seven Layer Burritos without sour cream and cheese. In a recent phone call to Taco Bell in June 2004, we were told that the soft shells (for burritos or soft tacos) and the Mexican rice contain no obvious animal ingredients, although there are several chemical ingredients and hydrogenated fats are used. The hard taco and tostada shells are the healthiest choice. These corn-based shells are vegan, free of hydrogenated fats and have relatively short ingredient lists. Hot, mild and fire sauces are all vegan and loaded with chemicals. Taco Bell's fries are vegan and are cooked in their own 100% vegetable oil.

[www.tacobell.com](http://www.tacobell.com) 1-800-822-6235

### *New York Fries*

What fast food report would be complete without New York Fries, probably the greasiest food but one of the yummiest. I did a little fieldwork in the basement of the Yonge-Eglinton Center and questioned some helpful fry guys about their product. The result was shocking. Apparently their

fries are just potatoes. I asked twice and got the same answer: no weird chemicals or preservatives. Even more appealing is the fact that New York Fries are cooked in 100% vegetable oil. I didn't ask about the seasoning mixes that you can put on your fries.

*Tim Horton's*

I received an informative fax from the Tim Horton's head office. I'll start with the bad news. There's no way a vegan could enjoy a Tim Horton's soup. Even lacto-ovo vegetarians would only be able to ingest the cream of mushroom soup that comes heavily laden with milk but thankfully no clams or beef. Now for the good news: since December 1997, donuts, muffins, tea biscuits, cookies and cakes have been produced without the use of lard or other slaughterhouse by-products such as gelatin and rennet. Furthermore all donuts are cooked in 100% vegetable oil shortening, their glaze is completely vegetable-based and the mono and diglycerides of all Tim Horton's products are vegetable-based. So lacto-ovo vegetarians can sink their teeth into Tim Horton's donuts and only feel guilty about the deep-fried, compressed sugar they are eating. Most products contain dairy and eggs except Oatcake cookies, sandwich buns, raspberry, cranberry carrot, honey and blueberry low-fat muffins, and maybe the bagels which carry a trace warning.

Excerpted from "Fast Food Report," by Thom Oommen and Steve Leckie, Toronto Vegetarian Association (TVA). Permission to reprint is usually free upon contacting TVA at [tva@veg.ca](mailto:tva@veg.ca) for the latest version. Reprinted with permission. Updated June 2004.

## Chapter 4:

### **Tips for Traveling Vegetarians and Vegans**

The number one way you can protect animals is by harnessing the power of your pocketbook. When you support animal-friendly services and avoid those that exploit animals, you use economics to your advantage. As a compassionate traveler, you'll want to be aware of the following ways in which you can keep your travel dollars from harming animals.

#### **Avoid Certain Tours and Rides**

Donkeys and horses are often used as a way to earn income from tourists through pony rides and donkey safaris. The animals are often malnourished, physically abused, and may even walk about with open wounds. These animals are expected to carry very heavy loads for extended periods of time. All too often, old, ill or pregnant animals who should not be ridden are offered for hire. Please do not support these enterprises. Let your tour guide and the manager in your hotel know that you are disturbed by such cruelty.

#### **Don't Swim with the Dolphins**

Humans are fascinated by the intelligent and gregarious nature of dolphins. As a result, dolphins are commercially exploited in marine parks, aquaria, and "swim with the dolphin" (SWTD) programs worldwide.

In the wild, dolphins live in large groups (called pods), often in tight family units. Social bonds may last a lifetime. They travel long distances each day, diving up to several hundred feet and staying underwater for up to half an hour. The sea is to dolphins as the air is to birds—a three-dimensional environment, where they can move up and down and side to side. Understanding this, it becomes clear to anyone that a life in captivity is tragic for these ocean creatures, even under the best possible conditions.

In addition, there are safety concerns associated with SWTD programs—particularly overseas, where regulation is often absent. Please do not participate in such programs and consider avoiding marine parks and aquaria that exhibit dolphins, manatees, and sharks. Make your concerns known to hotel and resort managers.

#### **Help Stray Dogs and Cats**

Stray dogs and cats are a common sight in many countries, and in the spring breeding season the problem is exacerbated. Feeding street animals does little to overcome the long-term problem of animal overpopulation. You can make a difference by encouraging restaurant and hotel management to work with local animal protection organizations to deal in a humane fashion with stray animals near these establishments, pointing out that doing so would make the area more appealing to visitors and safer for both animals and humans. You may also wish to make a contribution to a local animal welfare society to support spay/neuter programs.

### **Choose Souvenirs Carefully**

Almost everyone wants to bring home a souvenir from their vacation. But before you purchase that souvenir, stop to consider its composition and origin. Was it made from an animal product such as ivory, bone, shell, or fur? If so, an animal died—probably many animals—to make the many copies of that souvenir to be sold to tourists like you. Consider also that trade in products such as coral or wood may involve destruction of habitat and threaten ecosystems. These products are natural resources whose removal is harmful to wilderness areas that provide homes to wildlife. Both animals and the environment will benefit if travelers refuse to purchase such items.

### **Avoid Cruel Photo-ops**

Tourists generally love a good photo-op. Pictures of interesting or exotic spots capture happy memories of good times. They can also, however, serve as records of man's inhumanity towards the animal kingdom.

Cute monkeys, young lions, colorful parrots, and other animals and birds taken from the wild are sometimes posed outside restaurants or busy tourist attractions. For a nominal fee, needy local entrepreneurs will take the visitor's picture with these creatures. Tempting as it may be to want to support the local economy in this modest way, stop for a moment to consider the animals. Taken from the wild, usually as babies and often at the expense of killing their parents, these creatures are over handled and kept for long periods without food, water, and shelter. The larger and more dangerous animals may be drugged. When out of the public eye, they generally live in tiny cages, are fed inadequate and inappropriate diets, and denied veterinary care. And when they are old, sick or simply not cute any longer, they are abandoned.

Please help put a stop to such cruelty. Don't have your picture taken with animals that have been captured from the wild. Make your objection to such practices known to restaurant owners, your tour guide or another appropriate official. Remember that the best photo-op for animals is in their undisturbed natural habitat.

### **Study the Menu Carefully**

You may have traveled only as far as your corner restaurant, or you may be dining in an eatery halfway around the world. However far you have roamed for your meal, you can make choices that affect animals.

There is a growing trend in fashionable restaurants: exotic fare. Lion, monkey, turtle, shark, and snake are only a few of the species that may appear on menus around the world. In some cases, restaurants are offering as meals species on the brink of extinction because of overhunting or overfishing. Even if the animals are not from jeopardized species, their capture may have caused habitat damage. And in many cases, individual animals have suffered in captivity prior to being killed for food.

Commonly served delicacies, such as milk-fed veal and paté de fois gras, may be made from animals who have endured abnormal conditions and force-feeding prior to slaughter.

You can help animals by avoiding such menu items. Better still, avoid frequenting establishments that advertise and serve these dishes. Be sure to let these restaurants know why you have chosen not to be a

patron. Our book "Secret Sources of Vegan and Vegetarian Products" contains a link to many of restaurants worldwide that cater to vegans and vegetarians.

### **Entertainment or Cruelty?**

Both in this country and abroad, animals are widely used for entertainment. They are made to participate in rodeos, bullfights, and circuses, are displayed in zoos and aquaria, and are sometimes even exhibited in hotels and restaurants. Many of these captive animals have been taken from their habitats and trained to perform unnatural tricks for tourists. The dancing bears in Eastern Europe are one example.

These animals often are subjected to improper housing and care. Many receive little, if any, veterinary attention. Everything about their lives—from diet to exercise (or lack thereof)—may be inappropriate and inadequate to their needs.

You can help reduce the proliferation of animal entertainments and displays by refusing to attend events involving animals or to visit animal displays. When a hotel, restaurant, or other tourist attraction features animals or birds, let your objections be known. Speak to the manager and to your tour operator and encourage your travel companions to do so as well.



## Chapter 5

### **Cheese and Rennet**

#### **Introduction**

Cheese is made by coagulating milk to give curds which are then separated from the liquid, whey, after which they can be processed and matured to produce a wide variety of cheeses. Milk is coagulated by the addition of rennet. The active ingredient of rennet is the enzyme, chymosin (also known as rennin). The usual source of rennet is the stomach of slaughtered newly-born calves. Vegetarian cheeses are manufactured using rennet from either fungal or bacterial sources. Advances in genetic engineering processes means they may now also be made using chymosin produced by genetically altered micro-organisms.

#### **Manufacture**

The exact processes in the making of cheese varies between different varieties. However, all cheeses are made by essentially the same method. Initially, the milk is usually pasteurized by heating at 72°C for 15 seconds to destroy potentially harmful bacteria. The milk is then cooled to around 30°C and a starter culture of lactic acid bacteria is added to help souring. These convert lactose into lactic acid and help in the coagulation process. In addition, they also have a beneficial effect on the eventual quality, taste and consistency of the cheese. Some cheeses are coagulated entirely by lactic acid bacteria and are known as lactic-curd or acid-curd cheeses. However, some cheeses sold as lactic-curd cheese may have had rennet added.

The next stage is the addition of rennet, containing the enzyme chymosin. Rennet is usually sourced from the abomasum (fourth stomach) of newly-born calves. Here, chymosin aids the digestion and absorption of milk. Adult cows do not have this enzyme. Chymosin is extracted by washing and drying the stomach lining, which is then cut into small pieces and macerated in a solution of boric acid or brine at 30°C for 4-5 days. Pepsin may sometimes be used instead of chymosin. This is usually derived from the abomasum of grown calves or heifers, or less commonly pigs. Pepsin may be mixed with calf rennin. Rennet coagulates the milk, separating it into curds and whey. This is called curdling.

Chymosin breaks down the milk protein casein to paracasein which combines with calcium to form calcium paracaseinate, which separates out. Milk fat and some water also becomes incorporated into this mass, forming curds. The remaining liquid is the whey. The strength of different rennets can vary, though usual strength varies between 1:10,000 and 1:15,000 i.e. one part rennin can coagulate 10-15,000 parts milk.

Other substances may also be added during the cheese making process. Calcium chloride is added to improve the curdling process, and potassium nitrate is added to inhibit contaminating bacteria. Dyes (e.g. annatto, beta-carotene), *Penicillium roquefortii* mould spores to promote blue veining, or propionic acid bacteria to encourage hole formation may be added.

Following curdling, the curds are cut and drained. The size of the cut and the methods used vary for different cheese varieties. For soft cheeses, the curds are sparingly cut and allowed to drain naturally. For hard cheeses, the curds are heated and more whey is drained off. The curds are then cut into small pieces, placed in vats and pressed.

After pressing, the curds may be treated in a number of ways. They may be molded into different shapes, soaked in a saltwater solution, be sprayed with mould forming spores or bacteria, washed in alcohol, or covered in herbs.

The final stage is ripening, or maturation. This can vary in length from 4 weeks to 2-3 years, depending on the type of cheese. During ripening flavors develop, the cheese becomes firmer and drier, and special characteristics such as holes, blue veining and crust formation occurs.

### **Vegetarian Cheeses**

Vegetarian (not vegan) cheeses are made with rennets of non-animal origin. In the past, fig leaves, melon, wild thistle and safflower have all supplied plant rennets for cheese making. However, most widely available vegetarian cheeses are made using rennet produced by fermentation of the fungus *Mucor miehei*. Vegetarian cheese may also be made using a rennet from the bacteria *Bacillus subtilis* or *Bacillus prodigiosum*.

Advances in genetic engineering techniques mean that some vegetarian cheeses may now be made using chymosin produced by genetically engineered micro-organisms. The genetic material (DNA) which encodes for chymosin is introduced into a micro-organism which can then be cultured to produce commercial quantities of chymosin. This is done by extracting genetic material from calf stomach cells which acts as a template for producing the chymosin encoding DNA. This can then be introduced into the micro-organism. Once the genetic material is introduced there is no further need for calf cells. Alternatively, the chymosin encoding DNA can be bio-synthesised in the laboratory without the use of calf cells.

The chymosin produced is identical to that produced by calf stomach cells. The development of genetically engineered chymosin has been encouraged by shortages and fluctuations in cost of rennet from calves. It's manufacturers claim that genetically engineered chymosin will end the cheese making industry's reliance on the slaughter of calves.

Chymosin encoding DNA has been introduced into three different micro-organisms. These are the yeast *Kluyveromyces lactis*, the fungus *Aspergillus niger* var *awamori*, and a strain of the bacteria *Escherichia coli*. There is no legal requirement for manufacturers to state whether a genetically engineered rennet has been used in the cheese making process.

Vegetarian cheeses are widely available in supermarkets and health food stores. A wide variety of cheeses are now made with non-animal rennet and labeled as suitable for vegetarians. No particular type of cheese is exclusively vegetarian. Soft cheeses are as likely to be non-vegetarian as hard cheese.

### **Types of Cheese**

The type of cheese produced depends on the milk used and the cheese making process. The milk used may be full fat, semi-skimmed or fully skimmed, this affecting the fat content of the cheese. It may be pasteurized or unpasteurized. Milk from different animals and different breeds is important in determining the final flavor. As well as cow's milk, cheese may be made from sheep or goat's milk.

Soft cheeses may be fresh or ripened. Fresh cheeses include quark, cottage cheese and cream cheese. Ripened soft cheeses include Brie and Camembert. Semi-soft cheeses include Stilton, Wensleydale and Gorgonzola. Hard cheeses include Cheddar, Cheshire, and Gruyere. Parmesan is a strongly pressed, very hard, dry cheese ripened for 2-3 years and then grated. Whey cheeses such as Ricotta are made as a by-product of other cheeses from the whey removed during pressing. Processed cheeses are either made with trimmings that are left over from the manufacture of other cheeses, or from dried milk powder. Flavorings, colorings and other additives are used.

### **Nutritional Aspects**

Cheese is a good source of protein, calcium, zinc, and vitamin B12. However, full fat cheese is a major source of saturated fat which can lead to raised serum cholesterol levels. Also, it contains no carbohydrate or fiber, and is a very poor source of iron. Vegetarians, particularly new vegetarians, should be wary of too high a consumption of cheese.

## Chapter 6

### Gelling Agents

#### Introduction

Gelatin is an unacceptable product to vegetarians as it is a by-product of the slaughterhouse industry, being made of protein derived from animal bones, cartilage, tendons and other tissues such as pig skin. Isinglass, used in fining some alcoholic drinks, is a type of gelatin from the air bladders of certain kinds of fish. Aspic is also unsuitable, as it is made from clarified meat, fish or vegetable stocks and gelatin.

However, there are various alternatives available, which do not contain any animal products whatsoever. These include agar agar, carrageen and a proprietary product called Gelozone.

#### Agar Agar (E406)

Probably best known to many as the culture growing medium used in petri dishes in school science laboratories! Also known by its Japanese name Kanten, agar agar is derived from the gelidium species of red sea vegetables.

For culinary purposes, it is available in different forms: bars, flaked or powdered. Natural agar agar is unflavored, producing a firm, clear jelly and is rich in iodine and trace minerals and has mildly laxative properties.

The flakes are produced by a traditional method of cooking and pressing the sea vegetables and then naturally freeze-drying the residue to form bars which are then flaked for easier packing and transport. They are preferable to powdered agar agar which, although cheaper, may be chemically processed using sulphuric acid to dissolve the starches, and inorganic bleaches to neutralize the color and flavor.

Agar agar has stronger setting properties and, unlike gelatin which requires refrigeration to set, it will set at room temperature after about an hour - although it is advisable to store dishes gelled with agar agar in the fridge as it is a high protein food.

The gelling ability of agar agar is affected by the acidity or alkalinity of the ingredients it is mixed with, also by factors such as the season of the seaweed harvest! More acidic foods, such as citrus fruits and strawberries, may require higher amounts of agar agar. Some ingredients will not set with it at all such as: kiwi fruit (too acidic), pineapple, fresh figs, paw paw /papaya, mango and peaches, which contain enzymes which break down the gelling ability (although cooked fruit seems to lose this effect), chocolate and spinach.

Flaked and powdered agar agar need to be used in different proportions, unfortunately many recipes do not specify which is being called for, but here are a few guidelines:

- Powdered agar agar can be substituted for the same quantity of powdered gelatin in a recipe.
- For every teaspoon of agar agar powder, you should substitute a tablespoon of agar agar flakes.
- For a firm jelly you require approximately 2 teaspoons of powder or 2 tablespoons of flakes per 1 pint / 600ml of liquid.
- Agar agar should be soaked in the liquid first for 10-15 minutes, then gently brought to the boil and simmered while stirring until it dissolves completely, this will take about 5 minutes for powder and 10-15 minutes for flakes. Unlike gelatin, agar agar can be boiled and can even be re-melted if necessary. If you are unsure as to the setting ability of your gel, test a small amount on a cold saucer - it should set in 20-30 seconds, if not you may need more agar agar, if too firm - add some more liquid.

### **Carrageen (or Carragheen)**

Also known as Irish Moss, this dense, reddish purple seaweed grows in the temperate North Atlantic coastal waters around the West of Ireland, France and off North America's coastline. It is harvested and sun-dried which bleaches it to a yellowish brown color. Rich in iodine and vitamin A, it produces a softer gel than agar agar.

Carrageen requires thorough rinsing before use. It needs to be soaked and then well cooked with the liquid to be set and does not dissolve completely. Carrageen Mould is a traditional Irish pudding made by soaking 1/2 z/10-15 gm carrageen in water, draining and adding it to 1 pint/600 ml of milk, bringing it slowly to the boil and simmering it for 20-30 minutes, straining it and allowing the strained mixture, which can be sweetened, to set on cooling.

Carrageenan (E407) is a by-product of carrageen and is used extensively as an emulsifying, thickening and gelling additive in ice creams, jellies, biscuits, milk shakes and frozen desserts, even in some cosmetics and medicines!

### **"Gelozone"**

This is a proprietary product made of carrageenan (E407), locust (carob) bean gum (E410), guar gum (E412).

It does not set as firmly as agar agar and has a slightly cloudy appearance. Gelozone is also prepared differently.

1 tsp / 5ml will set 1 pint / 600ml liquid. The powder should be sprinkled onto cold liquid, which is then very gently heated until just steaming, stirring all the time. Do NOT allow

the mixture to boil or the Gelozone will not gel. It sets very quickly and requires refrigeration.

Excerpted from "Gelling Agents," by the Vegetarian Society, U.K. <http://www.vegsoc.org>, 0161 925 2000.  
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## Chapter 7

### **Clothing**

#### **Animal-Derived Products:**

##### **Alpaca**

This fiber—it's a hair rather than a wool—comes from the alpaca, a relative of the llama, domesticated in the Andes for over 6000 years.

##### **Angora**

Angora is a fiber obtained from a special breed of rabbit. China and South America provide the bulk of the trade, which amounts to 4000 tons a year. The rabbits are not killed for their wool, but sheared regularly. Each rabbit will give between 200g and 1500g of wool a year. However, they are kept in cages in much the same way as rabbits bred for meat, and as they have a longer commercial life than meat rabbits, their suffering might be said to be even worse. Males have only about 75% of the wool yield of females, so are often routinely killed at birth.

##### **Cashmere**

Genuine Cashmere must be one of the most expensive fibers there is. It comes from the underbelly of a special breed of Himalayan goat (it's the animal's natural protection from the severe cold) and it is obtained by combing each goat by hand during the molting season. One goat yields only about 4oz of cashmere per year and on average, it takes the yield of three goats to make one sweater. Of the world's cashmere 85-90% comes from China.

##### **Down & Feathers**

Many duvets are filled with down, the very soft feathers from the breasts of geese and ducks. Chickens and turkeys don't produce down. Down can be obtained by plucking, but over 90% is a slaughterhouse byproduct, and even the birds that have been plucked end

up on the table soon afterwards. Most down is produced in the Orient, Canada and Europe.

Beauty Without Cruelty charity reports (summer 1992) that in Hungary, France, Israel and China, live geese have their feathers ripped off, a process that may be repeated every 8 weeks for about 3 sessions until the bird is killed for food or force fed to make pate de foie gras.

The female eider duck plucks down from her breast to line her nest. After the chicks have grown up and abandoned the nest, the down can be collected by anyone brave enough to face the climb up the cliffs! A pound of eider down sells for 300 dollars so it's not easy to find items made from down collected in this way.

Ostriches are farmed for meat, leather, eggs and feathers. In 1982 South African farms produced 741,000lbs of feathers worth 2 million pounds (figures from Turning Point, Aug 91). The feathers are plucked from breeding birds every nine months or so. A British producer describes how birds are immobilized in a wooden V shaped crush, while feathers are cut off. The quills are left behind to die and fall out. In the wild, ostriches live for about 75 years; ostriches farmed for meat, leather and feathers are slaughtered at 12-14 months and so enjoy just a fraction of their normal lifespan. Their natural habitat is the open plains of Africa where they can run at speeds of up to 40mph. Farmed ostriches are kept in pens of quarter to half an acre per pair and in America, may be kept in truly intensive conditions, i.e. indoors.

## **Fur**

Most people know about the cruelties involved in obtaining fur. The animals are either trapped wild or farmed. Both methods of production involve cruelty. Wild trapping can mean endangered species being wiped out, besides the individual suffering of animals caught in steel-jawed leg-hold traps. Some animals go to desperate lengths to escape, often gnawing off part of their own leg or paw. The traps do not discriminate, so other animals may also be destroyed or maimed, including some domestic animals. As many as 50% of the animals caught in traps will be no use to the fur trade, which refers to them as "trash animals". Farmed animals, principally mink and arctic fox, are kept imprisoned all their lives in tiny cages. Fur farming is a vast industry with more than 40 million animals being raised in intensive conditions, mainly in North America and Scandinavia. Consider what it must be like for a creature like the arctic fox, which naturally roams a territory of about 15,000 acres, to spend its life in a cage measuring just a few cubic feet.

Animals like mink are often introduced into a country by accident when they escape from fur farms, posing a threat to native wildlife. For example, it was reported in New Scientist (30.3.91) that water voles in North Yorkshire are under threat from mink who not only prey on them but also take over their breeding sites. The mink population is increasing but the future looks bleak for the voles. In Britain, there is no legal requirement for the farmers to be trained in methods of slaughtering their livestock.

## **Leather**

Should vegetarians wear leather? That's a question we hear all the time. Some people think it is OK because leather is just a by-product of the meat industry and the animals weren't killed just for their skins. Others seem to believe that there's a strong chance the animal died naturally. But neither excuse really holds water. Very few farm animals in this country ever reach the natural end of their lifespan, most are killed when they are little more than adolescents. The remaining ones go for slaughter because they are worn out by a lifetime of continuous breeding and/or lactation and artificially heightened fertility. The leather we like best, soft leather, doesn't come from old cows at all, it comes from



calves and the softest leather of all comes from unborn calves whose mothers have been slaughtered. And leather might be just a byproduct, but it's a very important one for the meat trade. About 10% of the value of the animal at the slaughterhouse is in its skin, worth about 650 million pounds a year in the UK, so by buying leather, we are helping to support the meat industry.

Domestic animals aren't the only ones to be used for leather production, the list includes deer, alligators, crocodile, toads, ostriches (see "Down and Feathers" section), kangaroos, lizards, snakes and seals. Many of these are already endangered species but the high prices commanded by their skins make it very tempting for impoverished natives to poach. And although we are far from convinced that death in a slaughterhouse is humane, some attempt at least is made to stun the animals first. Wild species killed for leather have no protection at all, they may be clubbed to death or caught in cruel traps. A report in the American magazine *Animals Agenda* (March 1991) suggests snakes and lizards are routinely skinned alive because dealers believe this makes the finished skin more supple. Studies by herpetologists found that alligators and other reptiles could survive live skinning, taking nearly two hours to die afterwards.

Finding alternatives to leather is not quite as easy as finding alternative vegetarian foods, but we should certainly do what we can. For example, no-one needs to buy handbags, purses, wallets and belts made from leather, plenty of acceptable alternatives are available. Finding alternatives to leather clothing designed specifically for protection, like heavy-duty shoes and motorcycling leathers is not so easy but do keep on asking. It is very important to let manufacturers and retailers know that there is a demand for alternatives to leather.

Some people will say that leather is a natural, eco-friendly product, but the leather industry is a major source of pollution. Tanneries are often sited near rivers as the process needs a plentiful supply of water and the waste - including hair, salt, lime, sludge, acids and chrome - is discharged into the river.

### **Mohair**

This is the product of the white Angora goat. It's a long fiber, coarser than cashmere. Very large herds of up to 20,000 Angora goats are kept in South Africa and Texas, purely for mohair production.

### **Silk**

Silk comes from silkworms, which are not true worms but the caterpillars of the silk moth, *Bombyx mori*. The caterpillars will only eat mulberry leaves and when they are ready to pupate, they protect themselves by spinning the silk round and round themselves to form a cocoon. Typically, each worm produces a mile and a half of continuous thread. When metamorphosis is complete and the moth is ready to leave its cocoon, it secretes an alkali which eats its way through the thread. This spoils the thread for spinning as it is no longer continuous. So, in order to get good quality silk, the moths must be killed before they leave the cocoon. This is done by suffocation with steam or heating them in an oven. Only a small number necessary for breeding the next generation are allowed to complete their lifecycle. Whether or not the pupae feel any pain whilst being suffocated or subjected to heat is a debatable, but most vegetarians consider silk is not acceptable as it cannot be produced without the death of a living creature.

### **Wool**

In Britain at least, wool production is just a byproduct of the meat industry, as British wool doesn't command a high enough price to make it worth keeping sheep for their fleece

alone. The sheep have to be sheared because the fleece gets so heavy and thick, they would suffer from heat-stroke during the summer if it were left on. However, this isn't a natural condition. Wild species of sheep survive without shearing. Through generations of selective breeding humans have changed the characteristics of the fleece to suit themselves, not the sheep. British wool tends to be used for coarse fabrics like carpets. The fine wool needed for good sweaters etc comes from Merino sheep, a breed that originated in Spain but which is now kept in vast numbers in Australia. About 70% of the wool used for clothing comes from Australia, where the practice of mulesing, where folds of skin under the sheep's tail are removed without an anesthetic to form a wool free scar to discourage blow flies, is common. Approximately 27% of UK wool is skin wool, i.e. obtained from slaughtered sheep, mainly lambs.

### **Felt**

Felt is a material produced by a process that mats and hardens the fibers. Felt is usually made from wool, but it can be made from fur. You should be careful buying a felt hat as it may be either. Rabbit skin is often the source of fur for felt hats.

### **Plant Fibers:**

#### **Cotton**

Cotton is, of course, a plant product but there are various environmental considerations to be taken into account, like the heavy use of pesticides, dyes and other chemicals in the finishing process causing pollution. Cotton is the most widely used natural fiber, grown in 80 countries occupying 30 million hectares, it represents 5% of the world's agriculture and uses 50% of the world's insecticides, and has an annual value of 24 billion dollars. Cotton has been used as a textile in Asia and America since prehistoric times, but it did not become important in Europe until the 17th and 18th centuries. The biggest growers are China, USA, Soviet Union, India, Pakistan, Brazil, Turkey and Egypt. Pesticides are a particular problem in third world countries as peasant farmers dependent on cash crops can increase their yield by as much as 200% with only four applications. DDT is still used in the developing world where it is often too hot for the correct protective clothing to be worn. Instances of poisoning by insecticides are probably higher than reported. (Figures from The Guardian 29.10.90).

Unbleached cotton garments are quite widely available.

#### **Linen**

Linen is also a vegetable product, being derived from the Flax plant, *Linum usitatissimum*. Flax is one of the world's oldest cultivated plants. The fibers are extracted from the plant by a process called retting.

#### **Rayon**

The raw material for rayon is eucalyptus trees, but it requires chlorine in the early stages of production, which in turn causes pollution by organo-chlorine compounds including dioxin.

### **Synthetics**

Synthetic materials are usually oil-based with about 25 thousand barrels of oil a day being used to manufacture materials. Oil is a non-renewable resource and the petro-chemical industry can cause serious pollution. Synthetics are not biodegradable. The

production of nylon leads to large quantities of nitrous oxide being emitted. Nitrous oxide is one of the gases responsible for the greenhouse effect.

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