

Vegan Pizza Guide • Quick and Easy Soup Ideas

VOLUME XXXVII, NO 1 2018

VEGETARIAN

JOURNAL

Science, Caring, and Vegan Living
Since 1982

**South
Indian
Recipes**

Pasta!

**Recipe for VEGAN
Puttanesca
on page 7!**

HEALTH • ECOLOGY • ETHICS

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NUTRITION HOTLINE

REED MANGELS, PhD, RD



This issue's Nutrition Hotline addresses protein and the aging process.

QUESTION: I read that it's important for older people to have protein at every meal. Is there any truth to that? **A.A. via email**

ANSWER: As a part of the aging process, we lose muscle. This happens gradually, similar to the way our bones weaken with aging. Loss of muscle can make people more likely to fall and affect their ability to do things they want to do. In order to lessen the impact of the seemingly inevitable loss of muscle, it's important to build up muscle – the more you have, the less the overall effect of a loss of 1-2% of muscle mass per year after age 50 is. Some research suggests that a slightly higher protein intake (between 0.36 and 0.57 grams per pound of body weight per day), coupled with resistance training, can lead to a higher muscle mass in older people.¹ Spreading out protein over the entire day, rather than eating a low protein breakfast and lunch and a high protein dinner, as is typical for many Americans, may also help to enhance muscle mass and strength and may improve mobility^{2, 3}.

Let's see how this might work. Suppose that we have an older vegan man whose protein intake is 81 grams per day (about 0.45 grams of protein per pound of body weight). He eats 3 meals that look like this:

Breakfast:

Orange juice
Toast with avocado
Oatmeal with banana and almond milk

Lunch:

Veggie pocket sandwich
Tortilla chips and salsa
Almond milk

Dinner:

2 soy burgers on buns
Baked potato
Baked beans

He's getting about 20% of his protein at breakfast, 14% at lunch, and 66% at dinner.

Suppose he makes changes:

- Soymilk instead of almond at breakfast and lunch
- Hummus instead of avocado on toast at breakfast
- Add chickpeas to his lunch pocket sandwich
- Replace tortilla chips at lunch with roasted almonds
- Try a tofu and veggie stir-fry at dinner with brown rice in place of the burgers, potato, and baked beans

He is still meeting his protein needs, but now he's getting about a third of his protein at each meal. This more even protein distribution could help him stay stronger longer.

References

1. Effect of protein source on resistive-training-induced changes in body composition and muscle size in older men. *Am J Clin Nutr* 2002; 76(3): 511–517.
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3. Quebec Longitudinal Study on Nutrition as a Determinant of Successful Aging (NuAge study). *Am J Clin Nutr* 2017; 106:113–24.

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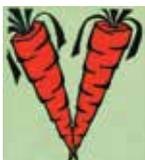
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Vegetarian Journal is one project of The Vegetarian Resource Group. We are a nonprofit that educates the public about veganism/vegetarianism and the interrelated issues of health, nutrition, ecology, ethics, and world hunger. To join VRG and receive *Vegetarian Journal* in the USA, send \$25 to The Vegetarian Resource Group, P.O. Box 1463, Baltimore, MD 21203, or go to www.vrg.org/donate. Additional donations support our outreach and research.

NOTE FROM THE COORDINATORS

VEGAN ETHICS



In the 1980s and early 1990s, The VRG hosted day conferences in Baltimore and New York City for 400 and 700 people. At that time, they were some of the largest vegetarian movement single day conferences. After 9/11, except for a few holdouts, it seemed for a couple of years vegetarian and animal rights activities were stalled, but then restarted. Today of course, we have VegFests sponsored by a myriad of groups across North America with thousands and even tens of thousands of attendees. If you haven't done so, you should attend one, whether in Boston, Toronto, Seattle, Washington D.C., Baltimore, San Francisco, Houston, Albany, or elsewhere. These extravaganzas are pumped up and made possible by committed organizers, social media, and all the new vegan related groups, business, and products. At most of the events, the longest lines by far are at the vegan dessert booths. Yum!

Each year, 10 dietetic interns come to our office for an in-service. Like at the VegFests, the greatest enthusiasm of course is the vegan food they are asked to bring and share with one another. We have a discussion each year about jobs they might take after graduation. Typically one of the interns is vegetarian, while the rest aren't. Almost always, the students have not thought about employment they would take beyond salary and interest, while the vegetarian almost always thinks of ethical considerations, and what fits within his/her moral concerns, whether it relates to health, animals, or the environment. It is fascinating how different a few people think than the majority. This is something to ponder. Guess we can toast to that with vegan Mac and Cheese. See page 8.

It was a pleasure having Julia intern with us for a semester during her senior year for school credit towards her Sustainability and Environmental Studies minor. In this issue we share her great-grandmother's South Indian cuisine. Surprising to many people was that Julia's family was not vegetarian, though they were from India. She is now vegan for ethical reasons. Our Vegetarian Action piece (page 35) in this issue is about Najjah Wright Brown whose career running Land of Kush vegan soul restaurant along with her husband has been about expressing her ethics and helping the surrounding community. Featured on our cover is a photograph by Nathaniel Corn and Rissa Miller. Nat participated on the vegan team in a Mudder Contest, which will be mentioned in a future issue. Running a sustainable and environmentally progressive photography business, Nat and Rissa expresses their ethics by their mission: Make Art, Save the Earth.

Thank you to everybody for all you do!

Debra Wasserman & Charles Stabler

Coordinators of The Vegetarian Resource Group

VRG's MEMORIAL AND HONORARY GIFT PROGRAM

How often have you wanted to make a gift in honor of a loved one or friend but weren't sure which charities are vegetarian-friendly, pro-environmental, or pro-animal rights? Please remember The Vegetarian Resource Group. You can make a gift in memory of a loved one or as a living tribute to honor someone you care about on a special occasion, such as a wedding or birth. We'll send an acknowledgement to you and to the recipient(s) you choose. Your gift will support educational outreach programs and help promote vegetarianism.

Memorials & Honorary Gifts

In memory of: _____

In honor of: _____

Please send acknowledgement to:

Name: _____

Address: _____

My name and address:

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Address: _____

Make checks payable to The Vegetarian Resource Group and mail to P.O. Box 1463, Baltimore, MD 21203 or donate at www.vrg.org/donate.

Special thanks to the Hightman family for their generous donation towards reprinting VRG's My Vegan Plate handouts.

Thanks to the following individuals for volunteering to do restaurant write-ups for VRG's online restaurant guide: Matt Baker, Nina Matlasz, Carol Porter, Robin Tate, Ilana Wolf, and Emily Wood.

VRG'S 35TH ANNIVERSARY

Congratulations on 35 years! 35 years ago today I decided to eat a vegetarian diet. I'm not sure exactly when I found your organization, but I know I have been a member for many years. Being a retired educator, I especially appreciate your mission in spreading the message and educating those who want to learn about health, nutrition, research, recipes, and so much more. Thank you for all you have done and wishing you continued success.

Joyce H.L., via e-mail

VEGAN YOGURT

In Vol 36, issue 4, 2017, you had an article about vegan yogurts. I can find maybe 2-3 at best. What would be nice is to show readers how they can make their own. I have tried several times using Cultures for Health as my starter, so again I think it would be nice to share a recipe on do it yourself yogurt making.

Elizabeth S., via e-mail

Editors' note: Great suggestion! We'll try to run a piece on making yogurt at home in a future issue of *Vegetarian Journal*.

VRG BOOTH AT EVERETT, WA COMMUNITY COLLEGE FOOD DAY

There was mandatory attendance by all nutrition students. Students had to have their "passports" stamped by each Food Day booth. So it was good motivation for students to take information and talk to the tablers. Across the hall they had cooking demos. A student brought me a sample of a classic pasta and tomato sauce with some large kidney beans added. Practical and within a student budget. The pasta was tasty; however, I'm so glad The VRG magazines and brochures showed more interesting recipes that were flavorful and economical for students. Throughout the day there were crowds of students taking "required reading." I'm glad I had VRG's Spanish brochures; I handed out perhaps a dozen to those who were bilingual. VRG's Save Our Water The Vegetarian Way brochure was also picked up by many, as the non-vegetarian tables dealt with Fair Trade and Water issues. Thank you also to Judy Woods of Vegan Haven for all her help and outreach.

Marcia Pearson, Burton, WA
VRG Booth Volunteer

Letters to the Editors can be sent to: *Vegetarian Journal*, P.O. Box 1463, Baltimore, MD 21203. You may also e-mail letters to vrg@vrg.org.

Coming in the Next Issue:

CREATIVE SANDWICHES

Plus: *Pizza Creations All Day Long, Portable Picnics, VRG Video Contest Winners, Plus Much More!*

Andiamo!

Creative Pasta Dishes By Nancy Berkoff, RD, EdD, CCE

Who doesn't like a pasta dish? What could be easier? Boil up some water, throw in the pasta, toss with sauce and you've got dinner! It's even possible to avoid waiting for the water to boil with some "no boil" dried pastas or with fresh pastas.

The first step is to decide what type of pasta to use. Dried pasta stores for a long period of time, is versatile, and is available in many varieties. Fresh eggless pasta has a wonderful texture, can be quite gourmet, and cooks in what seems like only a minute or two. There are "no boil" and even "already cooked" forms of wheat pasta ready to try. Wheat noodles are available in many flavors: tomato, spinach, lemon-pepper, carrot, to name a few. There are also many shapes and also varieties such as extra protein or gluten free.

There is a world of pasta beyond wheat. Rice noodles have a neutral flavor that works well with many cuisines and hot and cold applications. The texture of rice noodles can be manipulated depending on the length of time they are cooked. Cooked for a short time, they can be chewy, great for a cold salad. Cooked for a longer time, they can add a comfort food element to a dish. For a special occasion they can be wok-fried and crispy.

Soba, or buckwheat noodles, can be used for cuisines ranging from Japanese to Russian and work well hot or cold. Check out South Asian stores for mung bean, lentil, or black bean pasta. Although not strictly pasta, Arborio rice, often called "risotto," makes its own creamy sauce, from heating and mixing the starchy rice with hot water and patience. Risotto is wonderful on its own, perhaps with a sprinkle of nutritional yeast, or mixed with mushrooms, peas, pimentos, olives, walnuts, crumbled veggie burgers, or smoked tofu.

If you have the time, you may want to forego grain-based pasta and invest in a cutting tool that allows you to cut squash or eggplant into pasta shapes or to cut cauliflower into "rice." Spaghetti squash is easily steamed or baked and then manipulated into spaghetti-like strands.

Pastas have a great flavor, but pasta does like to have a bit of company. Tomato-based sauces can range from open-the-jar to simmer-all-day, depending on your time. If open-the-jar suits you, be certain to personalize it

with minced fresh summer squash, bell peppers, chilies, carrots, celery, onions, fresh or canned mushrooms or olives, fresh or dried garlic, parsley, lemon rind, oregano, sage or basil, and/or enhance the tomato flavor with tomato pasta or diced fresh or canned tomatoes.

If you have the time, you may want to create a vegan marinara, simmering your personalized tomato sauce with some vegan "meat" crumbles or crumbled veggie burgers, smoked tofu, or flavored seitan. Using a slow cooker or crock pot, assemble a puttanesca sauce (recipe on the next page). This assertive sauce can be tossed with pasta or used to fill ravioli, stuff shells, or layer lasagna. If you have some extra olive oil and fresh basil or spinach, you can whirl together a pesto in the blender, using walnuts or pine nuts and nutritional yeast to create a sauce that works well hot or cold.

A vegan creamy sauce is easy to achieve. Select ingredients with which you are comfortable, such as nutritional yeast, almond or coconut milk (the refrigerated, lower fat type of coconut milk, rather than the canned, higher fat type), silken tofu, or winter squash. Winter squash can be cooked, mashed or puréed, mixed with vegan milk, heated and stirred until hot and creamy. You can find frozen, puréed winter squash in most markets in the frozen vegetable aisle. Silken tofu, thinned with a bit of vegan milk, can be heated and combined with a small amount of tomato purée for a creamy tomato sauce or combined with nutritional yeast and some finely grown cashews to create a "cheesy," creamy sauce. If you have the time, you may want to create a homemade cashew cheese, which can then be thinned with some vegan milk or combine cooked, puréed white beans with nutritional yeast for a cheesy sauce.

Note: For the pasta rolls and mac and cheese recipes below, if you have the time, you may want to roast a head of garlic (wrap an entire head of garlic in foil and roast in a 400 degree oven for about 10-15 minutes until very soft). Allow to cool, peel, and use as a savory garnish or mash into a paste and serve on the side as a condiment.

Be certain to make extras when creating your pasta dishes. Most hold up to refrigeration or even freezing and you'll want to have plenty on hand! *Buon appetito!*

Puttanesca Spaghetti

(Serves 6-8)

Use any type of fresh or dried pasta with this sauce. Or you can layer cooked lasagna noodles with crumbled firm tofu tossed with nutritional yeast and this sauce to create a fast lasagna to bake.

- ¼ cup olive oil
- 4 chopped garlic cloves (about 2 Tablespoons)
- 3 cups canned, no-salt diced tomatoes with juice (packed in purée if you can find it)
- 2 Tablespoons fresh shredded basil or 1 Tablespoon dried basil
- ½ cup diced, pitted black olives
- 1 Tablespoon drained capers (pickled vegetable type) or 1 Tablespoon minced green olives
- 1 teaspoon dried oregano
- 1 teaspoon dried red pepper flakes
- 1 pound box of spaghetti
- 2 Tablespoons chopped fresh Italian (flat leaf) parsley
- 2 Tablespoons nutritional yeast

Heat oil in a large pot. Add garlic and sauté until soft, about 1 minute. Add tomatoes, basil, black olives, capers or green olives, oregano, and red pepper flakes. Simmer

over low heat, stirring occasionally, until thickened. Allow to simmer until ready to use.

Boil 4 quarts of water and cook spaghetti until tender. Drain, return to pot. Toss with sauce, top with parsley and nutritional yeast, and serve hot.

Total calories per serving: 413 Fat: 12 grams
Carbohydrates: 65 grams Protein: 13 grams
Sodium: 158 milligrams Fiber: 5 grams

Spinach Ricotta

(Makes 2-2½ cups)

Use this creamy filling to layer lasagna, to fill pasta (such as ravioli), or top pizza or crostini.

- 12 ounces (1½ cups) firm tofu, pressed and drained (will be less after the pressing and draining)
- 3 cups washed, fresh spinach
- ½ cup nutritional yeast
- 1 Tablespoon maple syrup
- 1 teaspoon fresh lemon juice
- 1 teaspoon garlic powder
- ½ teaspoon white pepper

Place all ingredients in a food processor or blender and combine until spinach is chopped. Don't purée – you

want a slightly grainy texture. Refrigerate the mixture until you're ready to use it.

Total calories per ¼ cup serving: 111
Fat: 4 grams
Carbohydrates: 9 grams
Protein: 12 grams
Sodium: 18 milligrams
Fiber: 4 grams

At left:
Puttanesca Spaghetti garnished with herbs. See another photo of this recipe on this month's cover!



Pasta Roll Ups with Spinach Ricotta

(Serves 12)

This recipe can be prepared and refrigerated for up to three days. Try it with plain or spinach lasagna sheets or fresh squash, cut into pasta-sheet shapes, fresh Mediterranean flatbread, or flour tortillas.

5 cups prepared tomato sauce
12 sheets of lasagna noodles, cooked al dente and cooled
2 cups spinach ricotta (recipe on page 7)
2 cups (about 1 pound) roughly chopped fresh button-type mushrooms

Preheat oven to 350 degrees. Using a large baking dish (about 3 quarts or 12-x12-x6-inch), coat the bottom with a very thin layer of sauce. Set aside.

To create roll ups, place one noodle flat on a large plate. Spread a thin layer of spinach ricotta, a thin layer of sauce, and a sprinkle of mushrooms on the noodle and roll up. Place in the baking dish (with the roll ups horizontal, standing up) and pack closely together. Repeat until you run out of filling or the dish is full.

Cover with sauce, cover with foil or a lid, and bake until bubbly, about 20 minutes. Serve hot, right out of the oven, or allow to cool in refrigerator, cut up and serve as a cold appetizer.

Total calories per one roll up: 219 Fat: 4 grams
Carbohydrates: 34 grams Protein: 13 grams
Sodium: 413 milligrams Fiber: 6 grams

Avocado Lasagna

(Serves 4-6)

If fresh, ripe avocados aren't available, see if your grocery store stocks frozen or canned avocado purée.

Vegetable oil spray
8 lasagna noodles, cooked, drained, and cooled
1½ cups mashed avocado
2 Tablespoons nutritional yeast
½ teaspoon garlic powder
1 Tablespoon shredded fresh basil or 2 teaspoons dried basil
1 cup shredded fresh spinach leaves
⅓ cup chopped fresh tomatoes or canned, drained chopped tomatoes
1 Tablespoon fresh chopped parsley
2 cups tomato sauce

Preheat oven to 350 degrees. Spray a large baking dish (12x12x6-inch) with vegetable oil. Cover bottom of dish with 4 lasagna noodles. Set aside the pan and the remaining noodles.

In a large bowl, combine remaining ingredients, except for tomato sauce and remaining noodles and mix until well combined.

Spoon a small amount of sauce onto the noodles and spread to coat. Spoon avocado filling onto the noodles and distribute evenly. Spoon a small amount of sauce to top the filling. Top the avocado filling and sauce with remaining noodles. Top with remaining sauce. Cover and bake until bubbly, about 20 minutes.

Total calories per serving: 401 Fat: 15 grams
Carbohydrates: 57 grams Protein: 12 grams
Sodium: 495 milligrams Fiber: 12 grams

Vegan Mac and Cheese

(Serves 5)

Potato is the secret ingredient for this “creamy,” traditional mac and cheese! Eat in moderation as a treat.

1½ cups peeled and diced baking potato (Russet or Idaho)
1 cup peeled and thinly sliced carrots
½ cup diced sweet onion (yellow or white)
½ cup nutritional yeast
1½ cups water
1½ cups melted vegan margarine
½ teaspoon ground turmeric
¼ teaspoon ground white pepper
3 Tablespoons almond or coconut milk (refrigerated, not canned)
8 ounces uncooked elbow noodles (1 cup)

Place potatoes, carrots, and onions in a pot, cover with water and simmer until soft, about 20 minutes. Drain and allow to cool slightly. Place potato mixture along with remaining ingredients, except for noodles, into the canister of a food processor or blender. Process until smooth and creamy. Leave in canister.

Cook noodles following package directions, most probably with 3 quarts of boiling water, until al dente. Strain and return to pot. Re-blend sauce for 20 seconds, just to combine. Pour sauce over drained noodles, mix and serve!

Note: Some of my students tell me that “macaroni and cheese” pizza is very popular. A semi-baked pizza crust is topped with tomato sauce and covered with prepared

macaroni and cheese and then baked until crust is done and macaroni and cheese is hot... sounds interesting!

Total calories per serving: 765 Fat: 55 grams
Carbohydrates: 53 grams Protein: 15 grams
Sodium: 608 milligrams Fiber: 7 grams

Squash and Mac

(Serves 4-6)

The pumpkin provides texture, color, and creaminess to this recipe. Be certain to purchase canned pumpkin purée, rather than “pumpkin pie filling.”

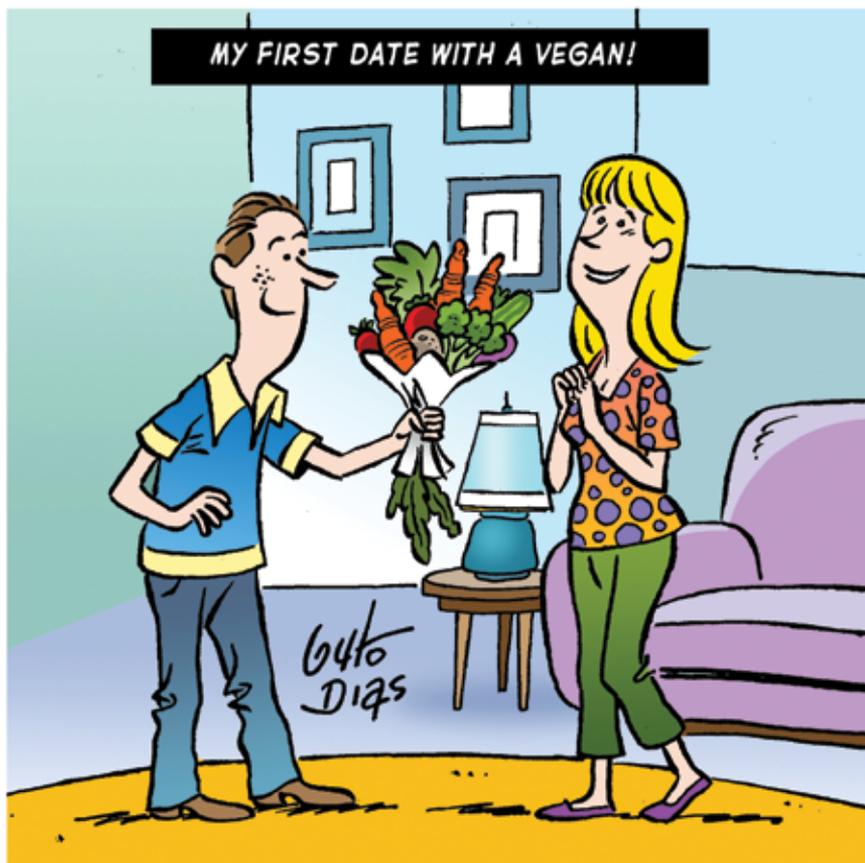
- 2 Tablespoons vegan margarine**
- 1 Tablespoon flour (used for thickening; your choice of flour)**
- ¾ cup vegan milk (your choice)**
- 2 teaspoons garlic powder**
- 4 Tablespoons nutritional yeast**
- 1 teaspoon powdered mustard (not prepared mustard)**
- ½ cup canned pumpkin purée**
- ½ teaspoon white pepper**
- Vegetable oil spray**
- 4 cups cooked and drained elbow noodles (start with 1½ cups uncooked macaroni)**

Preheat oven to 350 degrees. Melt margarine in a large pot, over medium heat. Add flour, stirring constantly, to create a paste (a roux). When margarine and flour are very well combined into a paste, usually not more than 40 seconds, slowly pour in milk, stirring or whisking. The sauce will gradually thicken; be patient. When the sauce has begun to thicken, lower heat. Stir in garlic powder, nutritional yeast, and mustard and continue to stir until desired thickness is achieved, usually three minutes or less. Remove from heat and stir in pumpkin purée and pepper.

Spray 3-quart baking dish with oil. Combine noodles and sauce in the dish, cover and bake for about 15 minutes until bubbly. Serve hot.

Total calories per serving: 289 Fat: 8 grams
Carbohydrates: 42 grams Protein: 13 grams
Sodium: 90 milligrams Fiber: 6 grams
Note: Calculated with soymilk.

Nancy Berkoff is a registered dietitian and chef. She's author of several books published by VRG including *Vegan Meals for One or Two*, *Vegan Microwave Cooking*, and *Vegans Know How to Party*.



veggie bits

Flavorful Fava Beans

For those of you who have never tried a fava bean before, now is your chance! Eat Enlightened developed seven delicious vegan flavors of Roasted Broad Bean Crisps: Sea Salt, Garlic & Onion, Wasabi, Sriracha, Mesquite BBQ, Cocoa Dusted, and Sweet Cinnamon. Each of these varieties is packed with flavor and protein, containing 7 grams of protein per one ounce serving!

The Sea Salt option brought out the flavor of the fava beans, creating a natural and delicious flavor. As we opened the Mesquite BBQ, we could smell the smoky flavor. This option resembled BBQ chips both in the smell and the taste. The Wasabi flavor had a kick to it, while the Garlic & Onion and Sriracha flavors both were milder. All three of these options had an exquisite combination of spices, creating unique and tasty flavors. The Sweet Cinnamon and Cocoa flavors are perfect to satisfy your sweet tooth or chocolate craving. We enjoyed all of the Roasted Broad Bean Crisps and think that they would make a great addition to trail mix, soups, or salads. These snacks are also perfect to take on the go! They can be found in many stores, and you can use their online locator to find a store near you <https://www.eatenlightened.com/pages/store-locator-new>. *Written by Casey Brown, VRG Intern.*



Party with Field Roast

Building on all their great products, Field Roast has rolled out a new line of party-ready frozen foods! There are three different types to choose from: Miniature Corn Dogs, Original FRuffalo Wings, and Sunflower Country-Style Katsu Cutlets. The Miniature Corn Dogs were a favorite; perfect for a get together or for anyone with picky kids. The outside of the corn dogs are sweet and crispy, and the inside is filled with an expertly spiced Field Roast Sausage. The indulgent FRuffalo wings take the same sausage but battered and fried, and then coated with a tangy buffalo sauce. The Katsu Cutlets are the heftiest offering of the three, a generous serving similar to a veggie burger, but thicker, with a crunchy breadcrumb and sunflower seed coating. They would be great served with mashed potatoes or other warm comfort foods. Visit www.fieldroast.com to find a retailer near you or contact the company at 3901 7th Ave South Seattle, WA 9810, or call 1-800-311-949. *Written by Arielle Burgdorf, VRG Volunteer Coordinator.*



Kick'n Mango

Think of Laughing Giraffe's newest product, Kick'n Mango, like a fruit snack for adults. These snacks are organic unsulphured tangy dried mangoes that have been dusted with a hint of lime and a pinch of jalapeno. The result is a sweet and sour treat that has a touch of subtle heat at the end. The flavor combination is more suited to adults (and less for kiddos) than a typical dried fruit snack. Kick'n Mango would make a nice chewy treat to take on a hike or even to keep in your desk for a midday pick-me up. *Written by Samantha Gendler.*



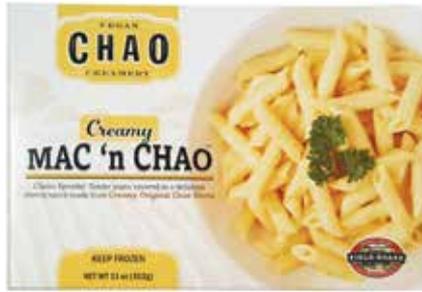
Water Wipes

At the latest Natural Products Expo East, I was lucky enough to receive a package of Water Wipes in my gift bag. As a new mom, I couldn't wait to try them out. The ingredient list is as simple as it gets: these wipes are 99% water and a drop of grapefruit seed extract. I was pleased to find that these wipes were soft, pure, and best of all, had no perfumy smell like other wipes I've tried. My baby girl has very sensitive skin and these wipes were gentle enough not to irritate her, but serious enough to get a dirty job done! This is a must-try product for parents — and not just those with kids in diapers. These would be great to keep in your purse or car for any sticky, grimy situations that arise. *Written by Samantha Gendler.*



Mac 'n Chao

We're lucky to be living in a time where there are dozens of delicious vegan mac 'n cheese recipes



available, using all sorts of cruelty-free ingredients, and they're all available at the click of a button. But for those times when you (or the kids) are craving a creamy pasta dish in a rush, Field Roast has introduced Mac 'n Chao. There are two varieties available in the freezer section: Creamy Mac 'n Chao and Chili Mac 'n Chao.

The Creamy variety is not bold, flavor wise, and likely to please picky eaters. There are no frills here, so you may want to dress it up with toppings of your own. The Chili variety, however, has a spicy, tomato-y kick, a pinch of cayenne, and pinto beans and Field Roast's Field Burger Crumbles mixed in. It's akin to something you'd get at a vegan food truck. Mac 'n Chao is quick and easy in the microwave, but if you go the extra mile and bake it in the oven or toaster oven, you'll be rewarded to end up with more of a homestyle dish, complete with crusty edges.

Mac 'n Chao is available at many natural foods stores and several traditional grocery chains nationwide. Check the Field Roast store locator at www.fieldroast.com to find a retailer near you. *Written by Samantha Gendler.*

Vegan Whipped Cream

Trader Joe's, where more and more vegan options can be found every day, has introduced its own brand of Coconut Whipped Topping in a can. This non-dairy, soy-free, nut-free, refrigerated delight comes in a spray can, just like the whipped cream of your childhood. The texture perfectly recreates memories of guzzling it straight from the can. A dollop looks beautiful atop a slice of pie, cup of hot cocoa, bowl of berries, or ice cream sundae. It's fluffy, creamy, and sweet, just as you'd expect. Unlike some coconut-based products where the coconut flavor is masked by other flavors, this is a product that tastes very coconut-y, so steer clear if you're not a fan of that. However, it does hold its shape nicely, which gives desserts a more professional look than coconut whipped cream I've made at home myself.

Obviously, there's nothing healthy about whipped cream, but this version is not overly sugary and a two-tablespoon serving contains only 15 calories and one gram of fat. This product is available exclusively at Trader Joe's nationwide, and you'll find it in the refrigerated section next to the dairy. The cost can vary slightly by location, but it's around three dollars, which is less expensive than other non-dairy whipped toppings on the market. *Written by Samantha Gendler.*



Hydroflask

From boardrooms to classrooms across the country, whether in the hands of students, parents, executives, or



even toddlers, the reusable beverage container is so ubiquitous that it seems more unusual to see someone drinking out of plastic. This is a great thing for our Earth! However, reusable beverage containers of every kind have their weaknesses, too — whether leaky, breakable, easily dented, or difficult to clean. I have tried many varieties and after years of testing, feel confident to say that Hydro Flask makes the most superior reusable beverage (and food) containers.

With double-walled stainless steel vacuum-insulated technology, Hydro Flasks keep drinks at the temperature they are when you pour them. Hot drinks can stay steaming hot for six hours, and cold drinks stay icy for 24 hours. Their newest innovation is a beverage container for tiny hands, which, as a new mom, I was excited to get my hands on. It's leak resistant and comes with an easy-to-clean straw, as well as a silicone "boot" for extra grip. It will make for a great hydration companion on playgrounds, airplanes, parks, and school. Shop for Hydro Flasks at Whole Foods, Wegmans, REI and other outdoors stores, as well as hydroflask.com. *Written by Samantha Gendler.*

SCIENTIFIC UPDATE

By Reed Mangels,
PhD, RD, FADA

A REVIEW OF RECENT SCIENTIFIC PAPERS RELATED TO VEGETARIANISM

Lower Risk of Diabetes in Vegetarian Men

Diabetes affects millions of people worldwide. In the U.S. alone, more than 9% of people have diabetes; among those age 65 and older, 1 in 4 have diabetes. Clearly, identifying ways to reduce the incidence of diabetes is important, both for individual well-being and to reduce health care costs associated with diabetes. Could a vegetarian diet help? A recent study suggests that it could. In this study, results from 14 studies were combined using a powerful statistical technique called meta-analysis. The meta-analysis determined that those choosing to follow a vegetarian diet had a 27% lower risk of developing diabetes than did non-vegetarians. This reduced risk was seen in vegans and in lacto-ovo, lacto, and ovo vegetarians. When men and women were looked at separately, vegetarian men had a lower risk of having diabetes than did non-vegetarian men; no difference was seen in diabetes incidence in vegetarian women compared to non-vegetarian women. Results show promise that a vegetarian diet may reduce the risk of developing diabetes, especially in men.

Lee Y. Adherence to a vegetarian diet and diabetes risk: a systematic review and meta-analysis of observational studies. *Nutrients*. 2017 Jun 14;9(6). pii: E603.

Vegetarians & Weight Loss

Weight loss surgery is done to help people with extreme obesity lose weight. There are different kinds of weight loss surgery. Some limit the amount of food a person can eat by shrinking the size of the stomach. Others also affect how many calories and nutrients a person can absorb. In 2015, almost 200,000 people in the U.S. had weight loss surgery. A recent study from Israel looked at people who were “vegetarians” and who opted to have weight loss surgery. The researchers compared 21 “vegetarians” to 1449 non-vegetarians. The “vegetarian” group included 4 people who ate fish and 5 vegans. Most chose to be “vegetarian” for ethical reasons and had been “vegetarian” for an average of 17 years. “Vegetarians” had lower blood sugar levels

before surgery but had similar rates of hypertension, and sleep apnea. “Vegetarians” were more likely to use iron and vitamin B12 supplements than were non-vegetarians. No information was provided about how the groups did after surgery. The study authors point out that after surgery, careful meal planning is needed. They developed nutritional recommendations for vegetarians and vegans following weight loss surgery. These include:

- 0.5-0.7 grams of protein per pound ideal body weight
- Consume a variety of plant-based proteins
- Consume foods high in iron and use an iron supplement providing 45-60 mg of iron per day
- Consume foods high in zinc and use a multi-vitamin that contains 8-22 mg of zinc daily
- Get 1200-2400 mg of calcium per day from food and supplements
- Use a multivitamin that includes iodine and other minerals
- Use vitamin B12 supplements as recommended by your health care provider
- Vitamin D supplements are recommended after surgery but the amount and whether or not a supplement is needed depends on serum vitamin D levels

In addition, it's important to consult with a registered dietitian with expertise in vegetarian nutrition.

Sherf-Dagan S, Hod K, Buch A, et al. Health and nutritional status of vegetarian candidates for bariatric surgery and practical recommendations. *Obes Surg*. 2017 Jul 11. [Epub ahead of print]

Veggies in Breastmilk

The facts about vegetables and children are sobering. One in four toddlers in the U.S. does not eat even one vegetable in a day. We're hopeful that vegetarian children do better than this. Still, many children don't care for vegetables, perhaps because they taste bitter or strange. Research has shown that babies learn about the taste of vegetables early in life through the flavors in their mothers' milk. In other words, the mother eats

broccoli and some of the flavor of the broccoli appears in her breastmilk. The more varied the mother's diet is, the more varied the flavor of her milk. This could help babies be more familiar with the taste of veggies, even before they are given vegetables to eat. It could also explain why children who were breastfed and therefore experienced a variety of flavors, are less likely to be picky eaters than children who were fed infant formula. A recent study had women who breastfed their infants drink carrot, beet, vegetable, or celery juice daily, starting when their babies were 2 weeks old. Other women did not drink vegetable juices. The babies who had been exposed to the taste of vegetables from an early age were more likely to accept cereal made with carrot juice. Although it was not studied, it is likely that having mothers eat a variety of vegetables (instead of drinking juice) would have the same effect.

Mennella JA, Daniels LM, Reiter AR. Learning to like vegetables during breastfeeding: a randomized clinical trial of lactating mothers and infants. *Am J Clin Nutr.* 2017;106:67-76.

B12 Fortified Toothpaste

Researchers in Germany developed a vitamin B12 fortified toothpaste. They conducted a trial of this product with 76 vegan adults who either brushed 2 times a day with the vitamin B12 toothpaste or with a placebo for 3 months. At the end of the trial, the group using the fortified toothpaste had higher blood levels of vitamin B12. The increase in blood vitamin B12 levels was greatest in vegans who had not ever used vitamin B12 supplements. This study suggests that vitamin B12-fortified toothpaste can be an effective way to improve vitamin B12 status, especially in those who do not use vitamin B12 supplements.

Siebert AK, Obeid R, Weder S, et al. Vitamin B-12-fortified toothpaste improves vitamin status in vegans: a 12-wk randomized placebo-controlled study. *Am J Clin Nutr.* 2017;105:618-625.

Fewer Eating Disorders

As we've reported before, studies finding that so-called "vegetarians" who eat chicken and/or fish are at a higher risk for eating disorders than actual vegetarians and those who don't claim to be vegetarians (see *Vegetarian Journal*, Issue 2, 2012). A recent study looked at eating behaviors and attitudes of vegans, a group often under-represented in studies of vege-

tarians. The researchers compared 358 vegans and 220 non-vegetarians. All subjects were over 18 and similar in terms of demographics. Subjects self-identified as vegans, meaning "they refrained from all animal products." Study subjects completed an online survey that assessed their attitudes towards food and their risk for having an eating disorder. Vegans were more likely to consider themselves healthy and to frequently eat fruits, vegetables, beans, nuts, and grains. They were less likely to be concerned about eating or about their body shape than were non-vegetarians. They also scored lower on a test measuring problematic eating behavior. This lower score means they were less likely to have an eating disorder. Scores on other tests of eating behavior were similar in vegans and non-vegetarians.

Heiss S, Coffino JA, Hormes JM. Eating and health behaviors in vegans compared to omnivores: Dispelling common myths. *Appetite.* 2017;118:129-135.

Milk and Children's Height

A recent study looked at approximately 5000 Canadian children age 2-3 years old and asked how many cups of cow's milk and what the researchers called "noncow milk" they drank per day. "Noncow milk" could include soy, rice, goat, or other milk; this category was not exclusively plant milks. About 13% of children drank "noncow milk" on a typical day. The headline-making news was that children drinking the most "noncow milk" tended to be shorter than the children drinking the most cow's milk. At age 3 years, a child drinking 3 cups of "noncow milk" daily would be expected to be about half an inch shorter than a child drinking 3 cups of cow's milk. This study is problematic because of a number of issues including that it looked at "noncow milk" as a single group and that no information was included about the other foods and beverages in the children's diet. Beverages such as soy, almond, and rice milk vary widely in the amount of calories, protein, vitamins, and minerals they provide. Soy milk, for example, has a protein and calorie content similar to that of low-fat cow's milk while other plant milks tend to supply less protein and calories. Other dietary factors could have influenced the children's growth but were not investigated.

Morency ME, Birken CS, Lebovic G, et al. Association between noncow milk beverage consumption and childhood height. *Am J Clin Nutr.* 2017;106:597-602.

south indian recipes from the land of coconuts

by julia mathew

Indian cuisine varies from state to state and even regionally, as there are small regional differences in cooking techniques. The following recipes originate from the Alleppey district, also known as Alapuzha, of the southern Indian state of Kerala. Kerala means “land of coconuts” in the local language of Malayalam and is known for its tropical backwaters and picturesque landscape.

The following recipes have been passed down from generation to generation within my family. My mother received these recipes from my grandmother after she got married and moved to the United States. My grandmother also received them from her mother, my great-grandmother.

Kerala Parippu Curry (South Indian Lentil and Coconut Dish)

(Serves 6)

Fresh curry leaves and frozen shredded coconut can be found at most Indian grocery stores. Fresh shredded coconut may be used as well. Serve this dish warm with parboiled rice.

Lentils

2½ cups of water
1 cup raw lentils

Boil 2½ cups of water in a pot. Add the lentils and cook for 20 minutes or until soft.

Curry Mixture

2 Tablespoons fresh/frozen shredded coconut
2 cloves garlic
2 whole dried red chilies
2 teaspoons minced yellow onion
¼ teaspoon turmeric
½ teaspoon ground cumin
½ cup water
Salt to taste

To create the curry, blend the coconut, garlic, chilies, onions, turmeric, cumin, and ½ cup of water in a blender. Grind until the mixture becomes smooth but still retains some chunkiness. Pour this mixture into the pot of cooked lentils and cook for a few minutes until the lentils begin to slightly steam. Stir occasionally throughout the cooking process, and make sure the lentils are not boiling. Add salt to the lentils to taste. Remove the lentils from the stovetop.

To Crack Mustard Seeds

2 Tablespoons coconut oil
½ teaspoon mustard seeds
2 teaspoons minced yellow onion
2 sprigs curry leaves

Heat the coconut oil in a small pan. When the oil heats up, add mustard seeds, cover pan, and heat until they crack. Add the onions and sauté until they become brown. Add the curry leaves, pour the oil mixture on the lentils, and stir.

Total calories per serving: 161
Carbohydrates: 20 grams
Sodium: 2 milligrams

Fat: 5 grams
Protein: 8 grams
Fiber: 10 grams



Kerala Parippu
Curry

Sambar and Dosa (South Indian Lentil and Vegetable Stew with a Sourdough Crepe)

(Serves 5)

Frozen vegetable drumsticks or *moringa* (see: https://www.asianfoodcentre.com/5187-thickbox_default/deep-premium-indian-vegetable-drumsticks.jpg), asafetida powder, and black gram are available at Asian and Indian grocery stores. Please note, once the drumsticks are cooked, they become soft on the inside and break apart easily. The outer green skin is quite hard and not fun to chew. Only the drumsticks' "insides," which contain large soft edible seeds, are supposed to be eaten. Most people in South India just scrape/run the separated pieces of the drumstick against their teeth to eat the insides and then throw the pod out. Drumsticks are actually considered to be 'pods,' and that's why there are seeds in it.

Also, make sure the pan for cooking dosa is flat and does not have edges. Do not use a traditional frying pan.

Sambar

6 vegetable drumsticks (*moringa*)

1 carrot

1 potato

1 tomato

½ cup whole broccoli (including stems)

½ cup raw spinach

½ yellow onion

½ cup yellow lentils (*dal*)

2-3 sprigs curry leaves

2 cups water

1 teaspoon fennel seeds

2 teaspoon asafetida powder

1 teaspoon red chili powder

Chop the drumsticks, carrot, potato, tomato, broccoli, and spinach into medium-sized pieces. Chop the onion into fairly large pieces.

Cook the drumsticks, onions, lentils, and curry leaves together in water over medium heat. Once the lentils and vegetables are about half cooked (approximately 10-15 minutes), add the carrots, potatoes, tomatoes, broccoli, and spinach. Make sure the level of the water is right above the vegetables; add more water if needed.

On a small heated pan, lightly toast the fennel seeds. Crush in a mortar until the seeds become a fine powder. Add the fennel seed powder, asafetida powder, and red chili powder into the lentil-vegetable mixture. Cook until the mixture becomes thick in texture.

To Crack Mustard Seeds

2 Tablespoons coconut oil

¼ teaspoon mustard seeds

2 teaspoon minced yellow onion

Heat the coconut oil in a small pan. When the oil heats up, add mustard seeds, cover pan, and heat until they crack. Add the onions and sauté until they become brown. Pour this mixture on top of sambar and stir. Allow to cool and serve with dosa or rice.

Dosa

2 cups long-grain rice

¼ cup parboiled rice

1 cup black gram (*urad dal*)

½ cup water

Salt to taste

Cooking spray

Soak long-grain rice, parboiled rice, and black gram for a minimum of four hours. Strain and wash the ingredients thoroughly.

In a blender, add the rices and black gram one at a time along with slowly adding the water and blend until the consistency is not too watery or too thick. Once the blended ingredients form a batter, add salt to taste. Put the batter in a pot and cover. Allow the mixture to sit overnight at room temperature, allowing it to ferment. The next day the batter should have risen and appear fluffy.

To cook the dosa, spray a flat, nonstick pan with cooking spray and place over a medium heat. Pour 1½ ladles of the batter into the pan. Use the bottom of the ladle to create a circular-shaped dosa after pouring the batter. Once small holes appear on top of the dosa, use a spatula to turn it over and cook the other side. Make sure both sides are both light to medium brown in color. Allow to cool and then serve with sambar or coconut chutney (page 17).

Total calories per serving: 508

Carbohydrates: 98 grams

Sodium: 27 milligrams

Fat: 7 grams

Protein: 15 grams

Fiber: 7 grams

Masala Dosa (South Indian Potato and Vegetable-Filled Crepes)

(Serves 5)

Filling

2 potatoes
4-5 green beans
1 yellow onion
1 carrot
Water as needed
¼ teaspoon turmeric
¼ teaspoon red chili powder or 1 green chili
2½ Tablespoons coconut oil
¼ teaspoon mustard seeds
2 cups raw spinach
Salt to taste
1 sprig curry leaves

Cut the potatoes, green beans, onion, and carrot into small pieces and cook them in boiling water. Pour enough water to cover all of the chopped vegetables. Once the vegetables are soft (approximately 20-25 minutes), add the turmeric and red chili powder or green chili. Allow the vegetables to cook for a few more minutes and then drain the vegetables.

Heat the coconut oil in a small pan. When the oil heats up, add mustard seeds, cover pan, and heat until they crack.

Sauté the cooked vegetables in the oil and add the spinach and salt to taste. Finally, add the curry leaves

to the oil. The cooked vegetable mixture will turn into a soft filling.

Dosa

2 cups long-grain rice
¼ cup parboiled rice
1 cup black gram (urad dal)
1 cup water
Salt to taste
Cooking spray

Soak long-grain rice, parboiled rice, and black gram for a minimum of four hours. Strain and wash the ingredients thoroughly.

In a blender, add the rices and black gram one at a time along with slowly adding the water and blend until the consistency is not too watery or too thick. Once the blended ingredients form a batter, add salt to taste. Put the batter in a pot and cover. Allow the mixture to sit overnight at room temperature, allowing it to ferment. The next day the batter should have risen and appear fluffy.

To cook the dosa, spray a flat, nonstick pan with cooking spray and place over a medium heat. Take 1-1½ ladles of batter to make a thin circle on the pan. Cook the dosa until the top is dry and make sure not to flip it. Add two heaping tablespoons of the filling in the middle of the dosa, then flip both the left and right sides of the dosa over the filling. Serve with coconut chutney (opposite) or sambar (see page 15).



Total calories per serving: 360 Fat: 7 grams
Carbohydrates: 66 grams Protein: 8 grams
Sodium: 31 milligrams Fiber: 5 grams

Thenga Chammanthi (South Indian Coconut Chutney)

(Serves 5)

Fresh curry leaves and frozen shredded coconut can be found at most Indian grocery stores. Fresh shredded coconut may be used as well.

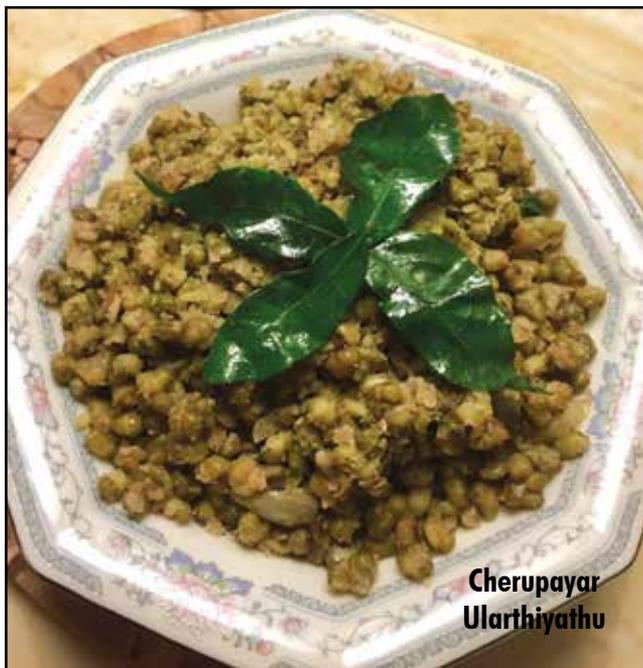
Chutney

½ pound of frozen coconut, thawed to room temperature
2 dried whole red chilies or 1 teaspoon red chili powder
1-inch piece of fresh ginger
2 heaping Tablespoons minced yellow onion
Water as needed

Blend the coconut, chili or chili powder, ginger, and onions in the blender. Be sure to add enough water to keep the blender going. The mixture should be fairly thick but not paste like.

To Crack Mustard Seeds

2 Tablespoons coconut oil
¼ teaspoon mustard seed
1 heaping Tablespoon minced yellow onion
2 sprigs curry leaves



Cherupayar Ularthiyathu

Heat the coconut oil in a small pan. When the oil heats up, add mustard seeds, cover pan, and heat until they crack. Add the onions and sauté them until they become brown. Add the curry leaves and coconut chutney mixture, while consistency stirring. Add water if the mixture is too thick. Keep stirring until the mixture stops steaming; be sure not to boil it. Serve at room temperature with dosa.

Total calories per serving: 212 Fat: 21 grams
Carbohydrates: 8 grams Protein: 2 grams
Sodium: 10 milligrams Fiber: 4 grams
Note: Dosa is not included in this analysis.

Cherupayar Ularthiyathu (Kerala Mung Bean Stir-Fry)

(Serves 5)

Serve this dish at room temperature with parboiled rice.

Mung Beans

1 cup mung beans
2 cups water

Cook the mung beans in boiling water for approximately 30 minutes or until they become soft. Strain the water from the cooked beans.

Oil Mixture

2 Tablespoons coconut oil
1 small yellow onion, minced
1½ teaspoon crushed black peppercorn
2 sprigs curry leaves
Salt to taste

Heat the coconut oil in a small pan and sauté the onions until they shrink slightly in size. Be sure not to overcook the onions to the point where they brown. Add the black peppercorn to the onion mixture, sauté them for a few seconds, and add curry leaves. Put the mung beans into the pan and stir into mixture. Add salt to taste and allow stir-fry to cool before serving.

Total calories per serving: 196 Fat: 6 grams
Carbohydrates: 27 grams Protein: 10 grams
Sodium: 7 milligrams Fiber: 7 grams

Julia Mathew is a former VRG intern.

UPDATES: VEGAN FOOD IN RESTAURANT CHAINS

BIG BOWL® CHINESE AND THAI

With seven locations in Illinois, Minnesota, and Virginia, Big Bowl offers several vegan items on its menu as well as a stir-fry bar. The menu displays a “V” icon next to entrées that are vegetarian. See: <http://bigbowl.com/>.



Based on information that we've received from this restaurant chain, here's a listing of meatless menu options without dairy or egg at Big Bowl:

- **Appetizers:** Vegetable Potstickers*, Vegetable Dumplings*, Steamed Edamame, Vegetable Summer Roll, and Sesame Peanut Noodles
- **Salads:** House Mixed Greens Salad
- **Fried Rice:** Vegetable Fried Rice** with Crispy Garlic Tofu
- **Curries:** Thai Green Vegetable Curry with Tofu
- **Stir Fry Bar:** Vegetables and Tofu
- **Sauces:** Mushroom Shanghai Ginger Garlic, Thai Green Curry, Orange Sauce, Sichuan Sauce, and Kung Pao

* = Unknown sugar processing (filling)

** = Upon special request only

GARBANZO®

Based on our multiple phone discussions and emails, we generated the following list of Garbanzo's vegan menu options (excluding raw vegetables) according to the website menu scrolling from top to bottom:



Vegan Menu Options at Garbanzo

- Pita bread* (white, wheat, gluten-free)
- Tortilla* (white)
- Falafel
- Portobello mushrooms
- Original hummus

- Seasonal hummus
- Tabbouleh salad
- Tomato cucumber salad
- Seasoned rice
- Baba ganoush
- Cilantro sauce
- Red chili sauce
- Greek vinaigrette*
- Tahini sauce
- Homemade fries
- Homemade chips

*Items contain sugar.

For information on this chain, see: <http://www.eatgarbanzo.com/>

INCHIN'S BAMBOO GARDEN

Inchin's restaurant chain indicates on its menus which items are vegan. For example, items they indicate as vegan are: sweet corn soup, hot and sour soup, lotus root chips, Thai curry puffs, and cauliflower Manchurian. To see a menu by location, go to: <http://www.bamboo-gardens.com/menu#>.



NOODLES & COMPANY®

Noodles & Company defines vegan as menu items that don't contain meat, fish, dairy, eggs or other animal products. If your definition matches theirs, try these menu items:



- Japanese Pan Noodles
- Tossed Green Side Salad with balsamic vinaigrette
- Penne Rosa without cream and cheese
- Whole Grain Tuscan Fresca without cheese
- Spaghetti with Marinara without cheese

*Dishes may contain sugar and/or wine.

PRET

On their website, Pret names these items as vegan:

- Miso Sweet Potato Banh Mi
- Asian Greens Veggie Pot
- Chipotle Corn & Avo Veggie Pot
- Chakalaka Wrap
- Asian Tofu Sushi Salad
- Turmeric Tofu Balance Box
- Mediterranean Mezze Salad
- Spicy Black Bean and Mango Wrap
- Carrot Turmeric Soup
- Almond Matcha Latte



For more information, see <https://www.pret.com/en-us/not-just-for-veggies>.

STARBUCKS®

Starbucks added a Vegan Lentils & Vegetables Protein Bowl with Brown Rice to its year-round menu in select San Francisco, Los Angeles, San Diego, New York City, and Washington, D.C. locations. See: <https://news.starbucks.com/facts/whats-new-at-starbucks-this-summer>.



The bowl features black lentils and brown rice along with butternut squash, kale, broccoli, cabbage, beets, peas and green onion along with roasted tomatoes, red bell pepper, and sunflower seeds. It is served with lemon-tahini dressing.

SUBWAY®

Subway's US Product Ingredients Guide appears as a PDF



link accessible from the right side of its Nutrition Information webpage: <http://www.subway.com/en-us/menunutrition/nutrition>.

Based on this Product Ingredient Guide and confirmed information from Subway, The VRG has developed this list of Subway's Vegan Bread Products:

- Hearty Italian Bread
- Italian (White) Bread
- Roasted Garlic Bread
- Sourdough Bread
- Wrap

SWEET FROG

According to Sweet Frog, they have added Dole Whip, which they say is vegan, to their offerings.



Please note that sugar appears to be the first ingredient. For more information, see: <http://sweetfrog.com/yogurt/flavors> and <http://www.dolesoftserve.com/prod-info.cfm>

Thank you to Jeanne Yacoubou, MS for assistance with this research. We depend on company statements for ingredient information. It is impossible to be 100% sure about a statement, information can change, people have different views, and mistakes can be made. Please use your own best judgement about whether a product is suitable for you.

Bequests

The VRG depends on the generous contributions of our members and supporters to continue our educational projects. Though the world may not become vegetarian in our lifetimes, we realize that we are planning and working for future generations.

- Your will and life insurance policies enable you to protect your family and also to provide a way to give long-lasting support to causes in which you believe. Naming The Vegetarian Resource Group in your will or life insurance policy will enable us to increase our work for vegetarianism.
- One suggested form of bequest is: I give and bequeath to The Vegetarian Resource Group, Baltimore, Maryland, the sum of _____ dollars (or if stock, property, or insurance policy, please describe).
- To be sure your wishes are carried out, please speak with your attorney specifically about writing the correct information in your will.

2017 Essay Contest Winner

What Tofu Taught Me

By Mira Yang (age 16)

As a Chinese-American whose culture is centered around food and family (the typical “hello” greeting replaced by “Did you eat yet?”), my diet is an integral part of my identity. Part of the standard Chinese diet, there was never an absence of pork and chive dumplings or kung pao chicken at the dinner table, eaten with matching wooden chopsticks. Celebrations were filled with meat-based traditions, such as fish to bring abundance for the New Year and “longevity” noodles, dressed in a ground pork and black bean gown, to symbolize a long life ahead. Though our fridge was constantly filled with produce such as bok choy, napa cabbage, and taro root, it seemed impossible for me to give up my carnivorous ways. Those were the days I was shielded from the reality of factory farming by the fluorescent advertisements for the latest greasy bacon bomb. The slaughterhouses for me were still covered by images of happy cows prancing in lush meadows, eating their fill and enjoying long lives with their families. This couldn't be further from the truth.

After watching a snippet of the acclaimed documentary *Earthlings* and reading Dr. McDougall's *The Starch Solution*, the “eating” component of becoming a vegetarian was surprisingly simple once I set my mind to it. I told myself I could only have one omnivorous meal a day, and within a week, I was completely away from meat. After a couple more months, I had weaned myself off of dairy and eggs. At first, my mother believed that it was just a phase, like Kool-Aid hair dye or a fad diet. While the rest of my family feasted on multi-faceted

meals, I was served a plate of boiled broccoli, and my mother told me to just “pick the meat out” of the stir-fry as another option. However, I was determined to stick to my new lifestyle, and the next day I attempted to cook my first dinner.

Enter tofu. A spongy, soft substance that had been part of my culture since birth. If my mother hadn't invited half of her American co-workers to my first birthday party, I'm sure that my cake would have been

a slab of firm tofu slathered with tofu cream cheese and silken tofu mousse. Despite its constant presence, I had rarely chosen it over animal-based dishes, proclaiming it bland and oddly textured. However, converting to tofu has taught me many more lessons than plates of chicken fingers ever have.

Treasure all support. Not every restaurant serves meatless options, and not every human will support your decisions. Every encounter with a fellow vegetarian or vegan has brought me excitement and relief that I am not the only one who has seemingly seen the light.

Though I have received my fair share of judgement, I have also received an overwhelming amount of support. Despite my mother's initial reluctance to provide a vegetarian option at the dinner table, on my first “veg-iversary,” she too decided to adopt a plant-based lifestyle. One of my best friends has committed to becoming vegetarian, and every time I remember that I have made a difference, I can only help but smile.

Open your eyes. Suffering occurs all around us, in the forms of handbags, shoes, and restaurants. Tofu has



taught me to see things beyond its glossy packaging. No celebrity has worn a tofu-stache on their lips and asked us to consider it for its high calcium and iron content. No happy soybeans have been pranced around on national television, asking you to sample a new chocolate or strawberry version. Beyond its extravagant packaging, meat is a euphemism for “flesh.” Tofu, on the other hand, is simply the translation of the Chinese word “dofu” or soy bean curd. And soy bean curd it surely is.

Find the lifestyle that works for you. Nobody can become the “perfect” vegetarian or vegan. We are all at different places on our journeys to “making the connection,” and it is important to respect that. Not everybody is ready for tofu in their meals, but perhaps they are ready to give up beef, or pork, or seafood. Tofu is accepting, still welcoming me with open arms even when I covered it with a meat sauce and forced it to play a supporting role alongside an animal-laden main dish. However, eventually, it became the star.

Use every resource. Without all of the books, blogs, and YouTube videos promoting a plant-based lifestyle, I would never have escaped my usual meat-eating habits in search of self-development in the aspects of health, sustainability, and ethics. In order to give back to the online community that supported me during my transition, I’ve slowly begun coming out of my shell by posting some of my favorite cruelty-free recipes, answering questions on cruelty in the cosmetic industry, and sharing a fresh perspective from a Chinese, high school vegan who faces daily challenges. No matter your ethnicity, your religious beliefs, or your age, it is possible to eliminate animals and animal products from your diet.

Though tofu may not have played a major role in other people’s journeys to finding vegetarianism or veganism, I have it to thank for allowing me to find a sustainable lifestyle that has assimilated with my culture. Long gone are my days of wrapping pork and chive dumplings with my grandmother; however, I’m sure she’ll agree to make some tofu and vegetable ones instead.

NOTES FROM THE VRG SCIENTIFIC DEPARTMENT

VEGAN Education

VRG’s Nutrition Advisor Reed Mangels had an article for *American Journal of Nursing* accepted. It has a small piece about vegetarian diets that are mentioned and presented as a healthy choice. Dr. Mangels also assisted a dietitian in Denmark concerning references for vegan diets and kids.

Reed Mangels PhD, RD and Catherine Conway MS, RD spoke to hundreds of health professionals at our booth during the American Academy of Nutrition and Dietetics FNCE conference. We also had an outreach booth at the Maryland Dietetics in Health Care Communities conference. Marcia Pearson answered questions and gave out vegan information at Everett Community College Food Day in Washington State and Karen Peissinger tabled at the University of Buffalo (NY) Sustainability Fair. Former VRG intern Casey Brown (who just graduated with her nutrition degree from UMD) and is doing her internship towards her RD credentials, had a booth for VRG at the NC Asheville VegFest. Former VRG intern Heather Francis did a VRG outreach booth at the New Jersey VegFest. Longtime volunteer (science teacher) Phil Becker represented VRG at the World Vegetarian Festival in San Francisco, CA. Elsa Spencer, PhD gave out information at the Charlottesville (VA) VegFest, Whitney Blomquist coordinated our presence at the DC VegFest (Mark Rifkin RD from Balanced Nutrition was answering diet questions), and Matt Baker RN helped scores of people at the Vegan SoulFest in Maryland.

Pearson Education is preparing for publication an educational textbook for higher education students entitled: *Nutrition: From Science to You 4th Edition*, by Stella Volpe, Joan Salge Blake and Kathy Munoz, and asked for permission to reprint VRG’s “My Vegan Plate.” We responded to requests for information for a summer food service, a food bank, and a vegan diabetes book. We had requests for materials from a Home School, several VegFests, a Head Start, a Food Not Bombs chapter, an animal ministry, and a person needing Spanish materials for a service trip in Peru.

Vegan in BERMUDA

By Samantha Gendler

When I first planned my vacation to Bermuda, I thought access to vegetarian and vegan food would be the same as any other tropical destination. To me, one of the best parts of island vacations is the abundance of fresh, ripe, tropical fruits. I didn't think Bermuda would be any different. However, I was in for a rude awakening. As it turns out, Bermuda is completely reliant on food being shipped onto the island. They grow almost nothing. Because of this, prices on everything, but especially on fresh fruits and veggies (vegan staples) are high because of fuel prices, transportation costs, importing duties, and food taxes.

Imagine my surprise when, fresh off the plane, my husband and I walked into The Supermart, the most popular chain grocery store in Bermuda, to see that watermelons were on sale – for \$15.99 each. I tried not to panic as I noticed that apples were only \$2.39 a pound – pricey, but not beyond reach – but then my husband pointed out that it was actually about \$2.39 per apple.

On the plus side, The Supermart had an abundance of vegan food. I was surprised to find a large selection of plant-based milk, including soymilk, cashew milk, and almond milk. One carton of Silk Almond Milk, however, was six dollars. I also found vegan cheese, vegan burgers, vegan frozen pizza, and more. It's possible to eat a varied vegan diet in Bermuda, including convenience foods, but it's about 25% - 75% more expensive than in the United States. Basic pantry staples, such as rice, beans, pasta, and canned fruits and veggies are some of the more reasonably-priced choices.

Eating at restaurants as a vegan in Bermuda also posed unique challenges, as fried fish sandwiches seem to be the main draw everywhere. I found myself in a few places where the only things I could eat were garden salads and French fries from the kids menu. These are the restaurants I visited that had good vegan options:

JUICE N' BEANS CAFE

55 Court Street, Hamilton HM 12, Bermuda

This little café is a short walk from the main bus terminal in Hamilton (about three blocks) and is one of the only places in Bermuda where I saw the word “vegan” on the menu. If you're planning to stop by for lunch, be aware that there are no tables and it is very tiny. There is a small counter with one or two stools, but it is not a place to sit down, and certainly not conducive to groups. Instead, grab your food and head to a nearby park or beach to enjoy it in the gorgeous Bermuda weather. At first glance, Juice n'Beans is an entirely vegan menu, but be aware that some of their smoothies do contain whey powder. You can easily ask these to be swapped for a plant-based protein powder. I enjoyed a Matcha Green Tea Frappe made with soymilk and my husband had a frozen blended Java Jolt.

Close-up of Cinnamon Roll from Juice n' Beans Cafe



Besides smoothies, other vegan breakfast options include a Scrambled “Eggless” Sandwich (\$7.00) made with organic tofu, Steel Cut Oats Porridge with fresh fruit (\$5.50), and vegan Cinnamon Rolls (\$3.75). Lunch options include vegan soups and curries of the day, veggie burgers, “Chick’n” Sandwiches, and Fishless Fillet sandwiches. I couldn’t resist grabbing one of their giant cinnamon rolls for our beach picnic (see photo).

WONG'S GOLDEN DRAGON

13 York Street, St. George’s GE 05, Bermuda
See: <https://www.facebook.com/WongsGoldenDragon>

Wong’s is a small Chinese take-out place with generous portions and reasonable prices. They have three veggie dishes on their menu, but you must specifically ask that they don’t use oyster sauce. I had the Golden Fried Tofu with Vegetables and Rice (\$11.95) and it was delicious! I found the food less spicy than most American Chinese food I’ve tasted, so don’t be afraid to ask for a little extra kick!

THE WHARF

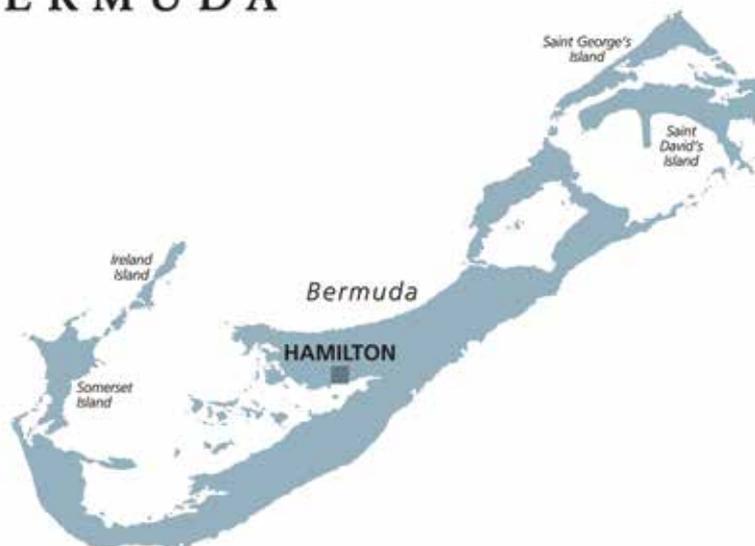
14 Water Street, St. George’s GE 05, Bermuda
See: <https://www.wharf.bm/>

At first glance, I thought The Wharf would be one of those places I’d end up with a garden salad and fries, or plain pasta if I was lucky. However, my husband noticed a “Chef’s Specialties” corner of the menu that included a Vegetable Curry (\$22.50). I confirmed that it was cooked in a coconut-milk based sauce with tomatoes and onion, making it vegan, and ordered it, hesitantly. It ended up being my favorite meal of the entire trip (we went back twice!). As it turns out, the chef is Indian and his cooking was incredibly authentic. I highly recommend it.

Bermuda is a gorgeous destination, with pink sand, turquoise water, and a continuous gentle tropical breeze. I can’t imagine a more gorgeous setting and would love to return, but next time, I’ll be packing some of my own food and doing more research on vegan-friendly options in advance.



BERMUDA



reviews

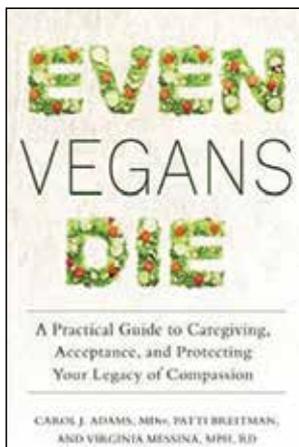
EVEN VEGANS DIE

by Carol J. Adams, MDiv, Patti Breitman, and Virginia Messina, MPH, RD

Some vegan advocates can make it sound as if we vegans will live forever. After all, we're not supposed to get heart disease, cancer, or diabetes. But, as Benjamin Franklin said, "in this world nothing can be said to be certain, except death and taxes." Yes, vegans die and they die of many of the same chronic diseases that plague nonvegans. While diet is important it's not the only factor that affects our risk for health problems. We don't always know why things go wrong. What we do know is that developing an illness is nothing to be ashamed of. It does not mean that you've done something wrong. In the same vein, vegans come in all shapes and sizes and have different health/illness experiences. Some vegans have been made to feel uncomfortable if they're not svelte or if they have a chronic illness. They may hear hurtful comments like "I didn't think vegans got breast cancer." The authors of *Even Vegans Die* recognized the importance of acknowledging that we all die, that vegans can get sick, and that disease shaming and body shaming are detrimental to the vegan community.

Even Vegans Die tackles difficult topics ranging from coping with chronic illness to death and dying in a sensitive, practical way. This small book is packed with advice and resources for making the vegan community more inclusive, for mindful care-giving, for mourning, and for preparing for your own death. I was especially interested in sections on making arrangements for companion animals, on choices about your remains, and on continuing to support causes that are meaningful to you even after your death.

This book will be a resource that I anticipate referring to frequently. It belongs on every vegan's bookshelf and will be useful to anyone, whether vegan or not, who is grappling with illness, death and dying. I commend these authors for generously sharing their wisdom and helping us all to remember that "our time on Earth will be more meaningful and more rewarding when we fully and consciously acknowledge that it is limited."



Even Vegans Die (ISBN: 978-1-59056-553-7) is published by Lantern Books. It has 152 pages and retails for \$14. Look for this book in your local bookstore. Reviewed by Reed Mangels, PhD, RD.

VEGANIZE IT!

By Robin Robertson

This cookbook offers a wide variety of recipes for vegans or anyone thinking of going vegan. One section provides recipes for dairy and egg alternative dishes including Smoky Queso Sauce, Spinach-Artichoke Dip, Chickpea Flour Omelets, and Cheesy Mushroom Scramble. This is followed by recipes for meat alternatives including Marinated Baked Tofu, Piccata Meatballs with Penne and Asparagus, Barbecued Seitan Ribs, Mushroom Bacon, Veganized Scrapple, and No-Meat Loaf.

A chapter on seafood alternatives includes dishes such as Vegan Fish and Chips with Tartar Sauce, Hearts of Palm and Artichoke Cakes, and Vegan Crab Louis. Robin also offers recipes focusing on vegetables such as Mushroom Stroganoff, Pulled Jackfruit BBQ Sandwiches, and Eggplant Paprikash.

Other chapters include Global Condiments, Sauces, and Dressings; Flour Power; and Sweets from Scratch. You will also find color photos throughout this book.

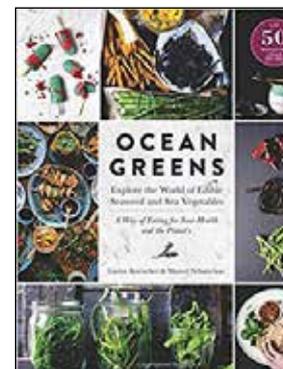
Veganize It! (ISBN 978-0-544-81556-8) is a 294-page book. It is published by Houghton Mifflin Harcourt and retails for \$25. You can purchase this book online or from your local bookstore. Reviewed by Debra Wasserman.



OCEAN GREENS

By Lisette Kreischer and Marcel Schuttelaar

This book will teach you everything you ever wanted to know about edible seaweed and sea vegetables. Included are 50 vegan recipes (including beautiful color photos) such as



Sweet Wakame Dressing, Warm Dulce & Fava Bean Salad, Japanese Dashi & Nori Crisps, Sea Chowder & Shiitake Bacon, Cut the Crab Salad, Zucchini Spaghetti with Sea Pesto, Autumn Wild Rice Salad with Hijiki, Seaweed Socca Pizza, and Festive Chocolate Raspberry & Seaweed Cake. You'll also find numerous helpful tips.

***Ocean Greens* (ISBN 978-1-61519-352-3) is a 168-page book. It is published by The Experiment and retails for \$24.95. You can purchase this book online or from your local bookstore. Reviewed by Debra Wasserman.**

NYC VEGAN

By Michael Suchman and Ethan Ciment

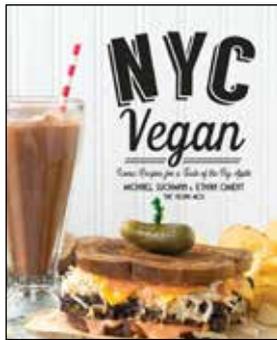
During my childhood I spent a lot of time in New York City and ate at many different restaurants. *NYC Vegan* serves up a wide variety of creative vegan recipes for dishes that you'll find in the Big Apple.

If you enjoy dining in NYC, you'll love this book!

Let's start with breakfast. Try Tofu Benedict, Irish Soda Bread, and New York-Style Bagels. Move on to lunch, and prepare dishes including New-Fashioned Jewish Chick'n Soup, Manhattan Glam Chowder, Knishes, Falafel, and Street Cart Pretzels.

Supper items include Lasagna, Southern-Fried Seitan, General Tso's Chick'n, Brisket of Seitan, Classic NYC Pizza, and Pierogi. And of course, there's dessert recipes including Platform Churros, Caramel Corn, New York Cheesecake, Brooklyn Egg Cream, and Zepole.

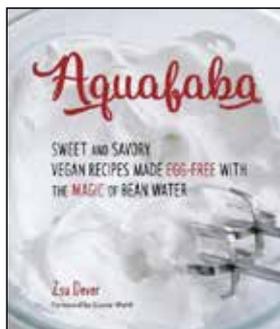
***NYC Vegan* (ISBN 978-1-941252-33-8) is a 224-page book. It is published by Vegan Heritage Press and retails for \$21.95. You can purchase this book online or from your local bookstore. Reviewed by Debra Wasserman.**



AQUAFABA

by Zsu Dever

This cookbook shows you how to prepare sweet and savory egg-free vegan recipes using aquafaba, the liquid from cooked beans. Enjoy dishes such as Classic



Waffles, Fluffy Pancakes, Frittata, Chile Relleno Quiche, Swedish Meatballs, Levantine Kebabs, Portobello Schnitzel, Challah, Marshmallows, Sweet Whipped Topping, Lemon Meringue Pie, Pistachio and Cranberry Biscotti, Madeleines, Pound Cake, Meringue Cookies, Espresso Macarons, and much more.

Helpful tips are provided, as well as photos. You will also find a bonus chapter that offers recipes for all the chickpeas you might have leftover after using the bean liquid. Try Pulled Seitan Chickpea Roast or Curried Caribbean Coconut Chickpeas.

***Aquafaba* (ISBN: 978-1-941252-27-7) is a 192-page book. It is published by Vegan Heritage Press and retails for \$21.95. You can purchase this book online or from your local bookstore. Reviewed by Debra Wasserman.**

T.VEG

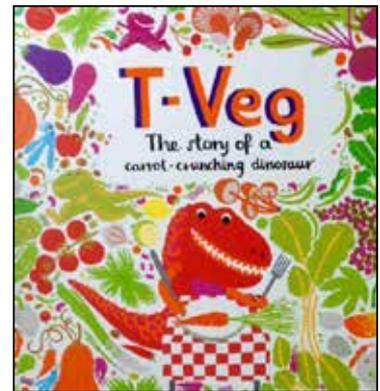
By Smriti Prasad-Halls and illustrated by Katherina Manolessou

Often young veggie kids might feel like they're the only one that is vegan. *T. Veg* is a terrific book for vegetarian children ages 4-8.

Reginald is a T. Rex and is just as strong as all the rest. He is fast and roars loud, but when it comes to mealtime, he would rather dine on vegetables, beans, and other veggie food. One day, Reginald realizes he's different from the other T. Rex dinosaurs and decides to run away and see if he could fit in with herbivore dinosaurs.

Unfortunately, Reginald scares away the herbivore dinosaurs when he charges to greet them. But later on when a falling large rock threatens the safety of his old T. Rex clan, Reginald returns and shows them how strong a vegetarian Tyrannosaurus Rex actually can be. His former herd is very happy to see him return, after all he saved them from harm. They all celebrate with some delicious veggie cuisine.

***T. Veg* (ISBN 978-1-4197-2494-7) is a 32-page hardcover book. It is published by Abrams Books for Young Readers and retails for \$16.95. You can purchase this book online or from your local bookstore. Reviewed by Debra Wasserman.**



A GUIDE TO FROZEN VEGAN PIZZAS

BY CASEY BROWN, LANECE HURD, AND VEENA MANOHAR,
ALONG WITH OTHER VRG INTERNS AND VOLUNTEERS

Pizza is a popular meal for many Americans and has become a staple at countless events. Frozen pizzas have made it even more convenient for individuals to prepare this meal. Luckily, there are many frozen vegan pizzas on the market to choose from. There are multiple brands that offer different styles of vegan pizza, making it convenient and exciting to try the different flavors.

In this guide, we have compiled a list of frozen vegan pizzas to compare the costs, nutrition facts, taste, and other characteristics of each. This guide can help you to decide the perfect frozen pizza to purchase next!

TASTE TEST

We were able to sample some – not all – of the brands of frozen vegan pizza that are in this guide.

Amy's



We sampled Amy's Vegan Margherita and Roasted Vegetable pizzas. The Vegan Margherita pizza bakes in 9-10 minutes, while the Roasted Vegetable pizza bakes in 10-12 minutes. These options had a thick and crispy yet tender crust, and they tasted incredible. The Vegan Margherita pizza was the most similar to dairy pizza in terms of look and taste. It seemed to have the perfect amounts of tomato sauce, vegan cheese, and spices, creating a flavorful and delicious pizza. This option was also pleasantly oily, allowing it to better resemble dairy pizzas. The Roasted Vegetable option did not contain any cheese, and instead it was packed with an assortment of vegetables. The roasted vegetables were soft and flavorful, and the pizza was sweet in taste.

Daiya



We sampled Daiya's Pepperoni and Supreme pizzas, which cook in 10-15 minutes. Both of these options looked and tasted delicious. The Daiya pizzas had thinner, crispier crusts with a gooey, well-melted layer of cheese. The Pepperoni pizza was topped with savory slices of vegan pepperoni, which complemented the pizza well. The pepperoni slices were mildly spicy with a similar taste, texture, and consistency as meat pepperoni. The Supreme pizza was loaded with toppings, making for a beautiful blend of colors. It was full of flavor from the combination of mushrooms, peppers, Beyond Meat sausages, and more.

Tofurky



Tofurky's Pesto Supreme Pizza is a great vegan and gluten-free alternative to traditional supreme-style pizza. The frozen pizza cooks in about 10-12 minutes. The crust is made of rice flour and is relatively thin but crispy when cooked. The pizza itself had a mix of herbs in the pesto, such as basil and oregano, as well as many toppings including roasted bell pepper, onion, and Italian veggie sausage. The sausages had a smoky flavor that was well-balanced by the lightly flavored cheese. Additionally, we sprinkled some dried red chili flakes and cracked black peppercorn on the pizza to give it some extra heat! We really enjoyed this pizza and found it to be light and not too oily. We also liked how flavorful each slice was due to the variety, abundance, and tenderness of the toppings.

American Flatbread



We sampled both the Vegan Harvest and Farmers Tomato Pie by American Flatbread. Both of these options cook in just 5-8 minutes in the oven! The Vegan Harvest had a layer of Daiya cheese that gave it a gooey and satisfying taste.

The pizza was also topped with fresh parsley that made it even more flavorful. The Farmers Tomato Pie did not appear as appetizing as the other pizzas since there was no cheese on the pizza, but it had a light and refreshing taste. This option had more tomato sauce than the Vegan Harvest, and it had additional tomato chunks on top. There was a blend of spices mixed into the sauce, creating a delicious, light, and flavorsome pizza. Both of these options had thin and crispy crusts.

NUTRITION (See chart on page 30)

For the comparison, we used DiGiorno's Crispy Pan Pepperoni, Crispy Pan Four Cheese, and Crispy Pan Supreme pizzas. None of these comparison pizzas are vegan. The vegan pizzas tended to be lower in calories, protein, fat, and saturated fat than non-vegan pizzas.

The serving weight of each pizza varies based on the size of the pizza, and it ranges from 113 grams to 194 grams for the vegan options. This is generally between one-quarter to one full pizza. Rachel's Cosmic Cuisine offers pizza bagels, and the serving size is two bagels, which is only 91 grams. In comparison, DiGiorno's non-vegan pizzas were larger, and the serving size ranged from one-fifth to one-sixth of a pizza. The serving weight was between 140 and 151 grams, which is comparable to the vegan options.

The calories in the vegan pizzas ranged from 160 to 480 calories per serving. This is a large variation, which is likely due to the difference in serving size. Other factors, including additional toppings and the amount of vegan cheese, would also affect the calorie total. DiGiorno pizzas ranged from 380 to 430 calories per serving. This is comparable to the upper end of the vegan pizza options, but it is higher than the majority of the vegan options.

The vegan pizzas have lower amounts of protein than the non-vegan pizzas. The vegan options range from 3 to 15 grams of protein per serving, while DiGiorno pizzas have 16 to 18 grams of protein per serving. Of the vegan options, Tofurky's pizzas contain the highest amount of protein with 15 grams of protein per serving, while Ian's Natural Foods and BOLD Organics are on

the lower end with only 3 grams of protein per serving. Most of the other options range from 5 to 10 grams of protein per serving. DiGiorno has about double the amount of protein than most of the vegan options.

While DiGiorno pizzas are higher in protein, they also have much higher amounts of fat and saturated fat than most of the vegan options. Pizzas from Daiya and Amy's Kitchen contain higher amounts of fat than the other vegan brands. These range from 9 to 28 grams of fat per serving, although most of the Daiya and Amy's Kitchen pizzas have between 14 and 19 grams of fat. The majority of the other vegan brands contain less than 10 grams of fat per serving. In comparison, DiGiorno pizzas have between 20 and 22 grams of fat per serving. This is similar to Daiya pizzas, but much higher than most vegan brands. Many of the vegan pizzas contain less than 3 grams of saturated fat per serving. Daiya had slightly higher amounts of saturated fat ranging from 3.5 to 7 grams of saturated fat per serving. Again, DiGiorno is higher than most vegan brands but similar to Daiya since it contains 6 to 8 grams of saturated fat per serving.

"THE VEGAN PIZZAS TENDED TO BE LOWER IN CALORIES, PROTEIN, FAT, AND SATURATED FAT THAN NON-VEGAN PIZZAS."

Generally frozen food, including frozen pizzas, are known to be high in sodium. DiGiorno pizza contains 570 to 620 milligrams of sodium per serving, while a serving of vegan pizza has between 300 and 930 milligrams of sodium. Brands including Tofurky, Rachel's Cosmic Cuisine, Ian's Natural Foods, and BOLD Organics all contain less than 400 milligrams of sodium per serving.

All of the brands of vegan pizza contain under 80 milligrams of calcium except for Ian's Natural Foods, which contains 200 milligrams of calcium in one serving. These products also contained small amounts of iron (less than 15% of the Daily Value) and Vitamin A (less than 20% of the Daily Value) per serving. DiGiorno pizzas have higher amounts of calcium and contain between 200 to 300 milligrams of calcium per serving. They also have low amounts of iron (10% of the Daily Value) and Vitamin A (4-6% of the Daily Value) in each serving.

COST

There is a common misconception that vegan foods will cost more, which can sometimes discourage people from adopting a vegan diet. The truth is that many of the staples on a vegan diet are quite affordable. Foods like legumes, rice, fruits, vegetables and nuts are on average much cheaper overall than the non-vegan staples commonly found in the grocery store.

“CURRENTLY, VEGAN PIZZA OPTIONS ARE STILL SOMEWHAT MORE EXPENSIVE THAN THEIR NON-VEGAN COMPETITORS.”

Currently, vegan pizza options are still somewhat more expensive than their non-vegan competitors, which may be due to the higher cost of vegan cheese. A 6.8 oz. personal pizza (vegan) from Whole Foods 365 costs \$3.99, and a 6 oz. vegan pizza from Amy's costs \$6.99. A 7 oz. non-vegan personal pizza from DiGiorno costs \$4.69, and a 6.05 oz. frozen non-vegan pizza from California Pizza Kitchen costs \$4.50. Larger vegan pizzas are also available with between 3-4 servings per pie such as Bold's 11.9 oz. pizza, Daiya's 15.3 oz. pizza, and Tofurky's 18 oz. vegan pizzas, which all cost \$9.99. Non-vegan brands such as Tombstone sell a 19.8 oz. pie for \$4.99.

*All prices from Whole Foods Market and Ralphs Supermarket.

CHARACTERISTICS

Multiple brands use **Daiya cheese** on their products. This includes American Flatbread, Amy's Kitchen, Daiya, and Whole Foods. Daiya cheese options are soy-free and are made using pea protein. In addition to Daiya cheese, some of Amy's pizzas use a soy-based cheese or no cheese. BOLD Organics uses Follow Your Heart's Vegan Gourmet Mozzarella. Ian's Natural Foods, Rachel's Cosmic Cuisine, and Tofurky use **their own cheese option**. While many of these products use soy-free cheese, some of them have toppings containing soy, so it is important to verify on the packaging if you have a soy allergy.

Many companies also offer **gluten-free** pizza options. The full list of gluten-free pizzas is below:

- All Daiya pizzas
- Amy's vegan pizzas made with rice crust
- All Tofurky pizzas
- All BOLD Organics vegan pizzas

OTHER PIZZA OPTIONS

In addition to the many options of frozen pizza, vegan pizza can be customized and ordered through some chains or made fresh at home. Vegan pizza crust can be homemade or purchased from chains such as Wegmans or Trader Joe's. This can be topped with tomato sauce and an assortment of veggies and/or vegan cheeses. Nutritional yeast also makes a delicious pizza topping! Chains including &Pizza and Mellow Mushroom have vegan pizza selections and offer vegan cheese. More information about ordering vegan pizza at chain restaurants can be found on our website at <http://www.vrg.org/fastfoodinfo.php>.

VEGAN PIZZA BRAND AND PURCHASING OPTIONS

American Flatbread



Products: Vegan Harvest and Farmers Tomato Pie

Brand Characteristics: Non-GMO (Vegan Harvest only)

Where to Purchase: <https://americanflatbreadproducts.com/product-locator/>

Amy's Kitchen



Products: Vegan Margherita, Roasted Vegetable, Pesto Pizza Rice Crust, Spinach Pizza Rice Crust, Roasted Vegetable Rice Crust, and Dairy Free Cheeze Rice Crust.

Brand Characteristics: Non-GMO, gluten-free options, soy-free options, and kosher options.

- Soy-free options include Roasted Vegetable Pizza and Vegan Margherita Pizza.

- Kosher options include Pesto Pizza, Spinach Pizza, Vegan Margherita Pizza, and Cheeze Pizza.

Where to Purchase: <https://www.amys.com/where-to-buy>

BOLD Organics



Products: Gluten-Free Dairy-Free Vegan Cheese Pizza and Gluten-Free Dairy-Free Veggie Lovers Pizza.

Brand Characteristics: Non-GMO and gluten-free.

Where to Purchase: Whole Foods and selected grocery store chains

Daiya



Products: Pepperoni, Supreme, Spinach & Mushroom, Cheeze Lovers, Margherita, Fire-Roasted Vegetable, and Mushroom & Roasted Garlic.

Brand Characteristics: Gluten-free and soy-free

Where to Purchase: <http://daiyafoods.com/find-us/where-to-buy/>

Ian's Natural Foods



Products: Cheesy French Bread Pizza

Brand Characteristics: Gluten-free and soy-free.

Where to Purchase: <http://iansnaturalfoods.com/where-to-buy/>

**Ian's Natural Foods pizza is not labeled "vegan." Note that it contains unspecified cane sugar.

Rachel's Cosmic Cuisine



Products: Pizza Bagels

Brand Characteristics: Non-GMO

Where to Purchase: <http://www.rachelscosmiccuisine.com/where-to-buy/>

Tofurky



Products: Barbecue Chick'n with Roasted Corn, Pesto Supreme, and Pepp'roni & Mushroom.

Brand Characteristics: Gluten-free and non-GMO.

Where to Purchase: <http://www.tofurky.com/find-a-store/>

Whole Foods 365



Products: Everyday Value Vegan Pizza

Where to Purchase: Whole Foods stores

"IN ADDITION TO THE MANY OPTIONS OF FROZEN PIZZA, VEGAN PIZZA CAN BE CUSTOMIZED AND ORDERED THROUGH SOME CHAINS OR MADE FRESH AT HOME."

FROZEN PIZZA NUTRITIONAL INFORMATION

Flavor	Serving Size	Calories	Protein	Saturated Fat	Carbohydrates	Sodium
American Flatbread Vegan Harvest	1/2 pizza (145 g)	260	6 g	4 g	38 g	750 mg
American Flatbread Farmers Tomato Pie	1/3 pizza (146 g)	160	4 g	0.5 g	24 g	300 mg
Amy's Kitchen Vegan Margherita	1/3 pizza (128 g)	320	7 g	2.5 g	40 g	630 mg
Amy's Kitchen Roasted Vegetable	1/3 pizza (113 g)	280	7 g	1.5 g	42 g	540 mg
Amy's Kitchen Pesto Pizza Rice Crust	1/3 pizza (127 g)	370	6 g	3.5 g	43 g	670 mg
Amy's Kitchen Spinach Pizza Rice Crust	1/3 pizza (132 g)	350	8 g	2 g	34 g	580 mg
Amy's Kitchen Roasted Vegetable Rice Crust	1 pizza (170 g)	430	7 g	2.5 g	55 g	680 mg
Amy's Kitchen Dairy Free Cheeze Rice Crust	1 pizza (170 g)	480	10 g	3 g	46 g	680 mg
BOLD Organics Gluten-Free, Dairy-Free Vegan Cheese Pizza	1/3 pizza (112 g)	210	3 g	1 g	29 g	380 mg
BOLD Organics Gluten-Free, Dairy-Free Veggie Lovers Pizza	1/3 pizza (123 g)	210	3 g	1 g	30 g	360 mg
Daiya Pepperoni	1/3 pizza (157 g)	470	7 g	7 g	64 g	930 mg
Daiya Supreme	1/4 pizza (138 g)	340	7 g	3.5 g	45 g	570 mg
Daiya Spinach & Mushroom	1/4 pizza (135 g)	340	6 g	3.5 g	46 g	560 mg
Daiya Cheeze Lovers	1/3 pizza (148 g)	390	4 g	4.5 g	54 g	670 mg
Daiya Margherita	1/3 pizza (154 g)	370	6 g	4 g	53 g	650 mg
Daiya Fire-Roasted Vegetable	1/3 pizza (164 g)	370	5 g	4 g	56 g	560 mg
Daiya Mushroom & Roasted Garlic	1/3 pizza (161 g)	390	6 g	3.5 g	58 g	610 mg
Ian's Natural Foods Cheesy French Bread Pizza	1/2 pizza (113 g)	240	3 g	0 g	33 g	350 mg
Rachel's Cosmic Cuisine Pizza Bagels	2 pizza bagels (91 g)	180	5 g	0.5 g	28 g	390 mg
Tofurky Barbecue Chick'n with Roasted Corn	1/4 pizza (135 g)	260	15 g	0.5 g	35 g	365 mg
Tofurky Pesto Supreme	1/4 pizza (124 g)	250	15 g	0.5 g	27 g	335 mg
Tofurky Pepp'roni & Mushroom	1/4 pizza (128 g)	230	15 g	0.5 g	26 g	315 mg
Whole Foods 365 Everyday Value Vegan Pizza	1 pizza (194 g)	380	9 g	3 g	55 g	880 mg
Non-Vegetarian Options (Comparison)	Serving Size	Calories	Protein	Saturated Fat	Carbohydrates	Sodium
DiGiorno Crispy Pan Pepperoni Pizza	1/5 pizza (147 g)	430	18 g	7 g	39 g	620 mg
DiGiorno Crispy Pan Four Cheese Pizza	1/5 pizza (151 g)	420	19 g	8 g	40 g	570 mg
DiGiorno Crispy Pan Supreme Pizza	1/6 pizza (140 g)	380	16 g	6 g	34 g	570 mg

VEGAN SNACKS FOR A RUNNER

BY CHRISTIANA BUTKOWSKI

As an athlete, it is imperative to fuel your body correctly. Athletes have often been compared to cars. For a car to run efficiently, it needs adequate fuel. And the better the fuel, the better the car runs. The same applies to athletes, especially to runners—running requires energy, focus, and consistency. If runners are not supplying themselves with adequate energy, nutrition, and fuel, they will not be able to perform to the best of their abilities. Not getting enough calories and a lack of nutritious food can result in fatigue, inability to perform, injury, and other detrimental consequences.

As a runner myself, I know that when I have not eaten enough prior to a run, I definitely feel it. I often feel lethargic, unmotivated, very sore, or experience intense fatigue when I have not consumed enough calories. There is so much to say about nutrition for athletes and runners, but to keep it simple, I will touch on a few snacks that are great not just before a run, but after as well, and throughout the day to keep you satisfied, energized, and content.

Some snack ideas that provide nutrients, calories, and keep you satiated include:

- Toast with any of the following: nut butters, avocado, fruit, jam, jelly, or hummus
- Bagels with nut butters, vegan butter, or vegan cream cheese
- Fruit smoothies with additional items like ground flaxseed, chia seeds, hemp seeds, dates, non-dairy yogurt, or vegan protein powder
- Oatmeal with fruit (fresh or frozen), maple syrup or agave, seeds, cinnamon, and nuts
- Trail mix
- Banana with peanut butter
- Whole grain cereal with almond milk (or other non-dairy milks)
- Nutritional bars such as Clif bars, Larabars, D's Naturals No Cow bars, and other vegan options (or homemade—check out websites like Oh She Glows and No Meat Athlete for recipes)
- Dried fruit
- Fruit (fresh or frozen) by itself
- Juice such as orange, apple, and grape juice
- Vegetables such as carrots, cucumber, bell peppers, celery, grape tomatoes, and broccoli with hummus
- A pita wrap with vegetables like bean sprouts, tomatoes, bell peppers, shredded carrot, broccoli slaw, spinach, mixed greens, cucumber, shredded lettuce and hummus, as well as avocado
- Non-dairy vegan yogurt with granola and fruit
- Dates with peanut butter
- Peanut butter and jelly/peanut butter and banana sandwich

Above are just some of many vegan snack options that can be included in an athlete's/runner's diet. Not only are they all incredibly tasty, but they are also very easy to pack and carry around in a bag on-the-go as well. Some snacks may require an insulated lunch bag or an ice pack to keep them cool.

Some of my personal favorite snacks to eat before running (and that make me feel best, especially if it is very early in the morning) are either ½-1 Clif bar, dates (preferably Medjool) with peanut or almond butter, fruit (usually bananas or apples), cereal with sprinkled ground flaxseed and almond milk, and/or bagels/toast with peanut butter and banana slices.

If you're anything like me, I like to eat every 2-3 hours and I snack a lot. To make it convenient, I always bring a snack with me wherever I go. It isn't hard to pack some trail mix, a banana, an energy bar, other fruit, dried fruit, or things like pretzels and rice cakes. Simply keep some non-perishable items in places like your backpack, your purse, your car, or anywhere else you can easily get access to some food.

The good thing about these snack ideas is that they take little prep and require no fuss. They also are all, for the most part, inexpensive and very easy items to find in your grocery store. I personally am the biggest fan of Clif bars, Clif Builder bars, and D's Naturals No Cow bars. They're dense, tasty, and easy to take around.

Make sure to include foods in your everyday diet that provide a variety of micronutrients and macronutrients to help you feel your best and train your best.

For more information, see: <http://www.vrg.org/teen/#athletes> and <http://www.vrg.org/athlete/>.

Help Create a Veggie World

My Once-in-a-Lifetime Experience as an Intern for The Vegetarian Resource Group By Davin Cheyenne

Before starting as a summer intern for The Vegetarian Resource Group, I knew very little about the intricate details involved in supporting the vegan movement on such a wide scale. However, I have met so many fascinating and hardworking people, people who work day in and day out fighting for things most people have no idea are happening.

I had the pleasure of interviewing Najjha Wright Brown, the co-owner of vegan soul restaurant Land of Kush in Baltimore, Maryland (page 35). It was taking part in this that allowed me to see the beauty in being an intern for VRG with the opportunity to network and meet so many amazing people who are just as passionate about veganism as I am. While interviewing Najjha, I was able to tour the restaurant, try the delicious food, and write an article about my experience that many will read in this issue of *Vegetarian Journal*.

I had a lot of experiences with visiting locations outside the VRG office and volunteering, which was my favorite part of this internship. Networking allowed me to connect with Marvin, who has been vegetarian most of his life, and keeps his 23 acres of land and all the wild animals that live there protected from poachers. It was here that I saw gorgeous deer, learned the importance milkweed has on the environment, and learned about the passage of butterflies from his farm to Mexico. He explained how the vegan movement is bigger than any one person and that by simply putting the needs of

others above your own, you gain so much back. This way of life he talks about I have found to be true.

I was able to volunteer at The Vegetarian Resource booth at Waverly Farmer's Market, where I met a lot of amazing residents from the community who expressed some of their experiences with veganism. These conversations allowed me to connect personally with people from all walks of life and make lifelong connections. I even friended some visitors on Facebook.

Finally, I visited TuTTies Place, a non-profit community-based group foster care model, which works with young men amid the environment in which they currently live. Every summer TuTTies Place opens for children ages 5-18 to have a safe and fun place to come to every day. It was while visiting with other VRG interns and volunteers that I was able to teach children about veganism. However, what I found was the lesson was mutual. I had explored so much about the importance of family, education, and the impact children have to the world that I left feeling more whole than when I came.

I can honestly say that having the experience as an intern at The Vegetarian Resource Group has filled my summer with amazing opportunities, lifelong connections, and an extensive amount of skills I will be able to use for my future. I would like to thank every single person who is a part of The Vegetarian Resource Group for this once-in-a-lifetime experience.



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Quick & Easy Soups

By Nancy Berkoff,
RD, EdD, CCE

Soup meals are comforting and convenient meals. One way to ensure that there can always be soup on the table is to make a basic soup to use as a base for other types of soup.

For example, create a basic vegan vegetable soup. Use your broth or stock of choice, add diced or chopped seasonal or frozen veggies, allow to simmer, and you have a basic soup. Use your favorite fresh or dried herbs, such as parsley, cilantro, basil, sage, thyme or rosemary, to create your own flavor profile. Next...add some cooked beans, purée, and you have a creamy soup.

Another way to create a creamy soup is to place your vegetable soup in a blender, add silken tofu, and blend. Canned creamed corn (the “cream” comes from corn starch) can also be used to stir in some creaminess. Just be sure to read the label so you aren’t getting extra unwanted sugar.

For a “cream of” soup, start with a blender. Add silken or soft tofu, a dash of tomato paste, and a small amount of beans. Purée to create your base; you can thin with water or plant-based milk. Heat your base, and then add canned or fresh, cooked mushrooms for a cream of mushroom soup. Check your local market to see if they sell “riced” fresh cauliflower or broccoli (veggies that have been cut into rice-sized pieces). They cook quickly, and can be added to your cream soup base. If riced fresh veggies are not available, then use frozen, thawed cauliflower or broccoli that has been minced to create a cream of cauliflower or broccoli soup. If you would like a creamy tomato soup, add prepared tomato sauce to your cream base, and flavor with hot sauce or salsa or oregano and garlic powder and nutritional yeast.

If you want to give everyone an opportunity to “create their own,” have some sliced fresh lemon or lime, fresh herbs, fresh bean sprouts or other types of sprouts, various types of hot sauces or chili sauces, sliced fresh peppers or chilies and chopped onions and chopped nuts “on the side.” Add cooked pasta, barley, rice, buckwheat, or quinoa and beans to a basic soup and you have your own version of minestrone. Crumble and sauté some burgers or other vegan meat such as tempeh, shred tortillas, add to the soup, and you have a soup entrée.



You might want to try a soup with an interesting flavor and texture such as a West African-style soup. Mince and sauté garlic and onions, stir in tomato paste, stir in peanut butter (or soy nut butter), stir, and allow to heat, then add in broth or stock, add in shredded greens, and allow to simmer. This soup is ready to go, or you can add in veggie crumbles, shredded coconut, chopped nuts, raisins, leftover cooked veggies, cooked rice or couscous, etc. This soup lends itself to being served over cornbread, steamed breads, or potato pancakes.

When there’s “no time” to create from-scratch soups, use canned or frozen soups to help create your own “signature” soup. To add some smokiness, add diced veggie hot dogs or smoked tofu to vegan split pea or bean soups while the soup is cooking. Create an “everything in the pot” soup by stirring in leftover cooked rice, pasta or grains, veggies (even Asian leftovers) into vegan vegetable soup. Add salsa, shredded tortillas, or cooked beans into vegan tomato soup for a Central American accent or cooked pasta, beans, and leftover veggies for a Mediterranean accent. Nutritional yeast is a good “stir in” to add flavor to soups, as well.

If you have a “bit of time,” create a speed-scratch soup. Heat vegetable broth or stock and stir in leftover rice or noodles and leftover cooked veggies. If you don’t have leftover veggies, quickly cook some frozen veggies and add to your broth, along with dried herbs or spices of your choice. Canned or fresh mushrooms, sprouts, diced firm tofu and seitan add texture and taste.

When you are planning on “souping” it up, add “soup sides” to your shopping list, such as savory crackers, matzah, pretzels, popcorn, crispy noodles, hard or soft tortillas, nori sheets, or veggie chips. Simply serve these with your soup and enjoy!

Naijha Wright Brown Brings VeganSoul to Baltimore by Davin Cheyenne

In a city best known for its crab cakes, Baltimore houses a land where you can feed your soul. This place is called The Land of Kush, and it has the simple goal of bringing the community together by providing quality vegan food that is accessible to all.

Naijha Wright Brown co-owns The Land of Kush, a vegan restaurant famous for its ribs, raw kale salad, and macaroni and cheese, with her husband Gregory, who serves as the restaurant's chef. The Land of Kush was founded on the concept of "VeganSoul," which Naijha describes as the compassion housed by every being on this planet and encompasses everything from the spirit, mind, and body to perform no harm to others. It is the first word you see on the restaurant's menu and website.

Naijha's journey to VeganSoul, and eventually to The Land of Kush, began during her childhood. A native New Yorker born on Manhattan's Lower East Side, she said that soul food, typically Southern-style African-American cooking, was an influential cuisine. In addition, she credits her involvement as a youth in The Fresh Air Fund, a program that teaches about gardening, farming, environmentalism, sustainability, and the basics of healthy eating.

The Land of Kush deems itself different from the average restaurant. Since VeganSoul resides deep within Naijha's being, it is only natural that this compassion reaches far past the restaurant and spills out onto the streets of Baltimore City. The restaurant and the community are intertwined, which is why their staff consists mostly of inner-city African-American youth, and local artists donated the shop's artwork. The day

before my interview with Naijha, the Land of Kush donated 200 bags of fresh produce to the community, addressing the issues associated with the city's food deserts. Naijha and Gregory also are helping support the growth of black-owned businesses.

Along with supporting a movement and helping to build a stronger community, Naijha is a mom in an urban environment where a processed meat-based diet is readily available everywhere one goes. Naijha deals with this challenge by simply fostering a home of compassion and health in which to raise her daughter. Naijha explains that she and Gregory must set an example so their little one can go into the world without succumbing to mainstream diets and lifestyle.

As my interview with Naijha came to an end, I couldn't help but notice the diversity of people who came into the restaurant, from police officers to artists, from nurses to college students. One sight in particular made me smile. At one table sat an older black woman and a Caucasian male, laughing and sharing each other's food and enjoying the atmosphere. After my conversation with Naijha, it was clear

that compassion and love are available to all who make the journey to The Land of Kush.

For more information on Naijha's activities, see <http://landofkush.com/> and <https://www.facebook.com/BlackVegofMD/>.



Davin Cheyenne wrote this article during an internship with The Vegetarian Resource Group.



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VRG Continues Outreach Across United States

Thank you to Karen Peissinger, Dorian Dalls, and Matthew Venhaus, who helped table for The VRG at the Western New York VegFest.



Karen (pictured above) organized the booth and reported, "There was a constant flow of people at the table from opening to about 4 PM – so much so that my voice became hoarse from talking to everyone!"

Plus, a Cool Tabling Idea!

These colorful paper weight rocks were made by VRG interns Julia Mathew and Casey Brown. Terrific way to keep vegan literature from flying away at outdoor festivals or you can decorate your backyard garden and spread the veggie message!



Thanks also to Elsa Spencer, PhD (pictured above) for staffing VRG's booth at Vegan Roots Fest in Charlottesville, VA.

