Imagine a world… where the land is fertile, the water is clean, the air is fresh and all are fed. In this world, nature is treated as a community, not as a commodity and the food is healthy for us as well as for the environment. EarthSave is committed to helping create this world.

EarthSave is a 501 (c) 3 nonprofit organization supported by memberships, donations and grants. Founded in 1988 in response to the enthusiasm for a healthy, ecologically friendly eating choices generated by John Robbins’ landmark book *Diet For A New America*, EarthSave's mission is to promote food choices that are healthy for people and the planet. To that end, we produce a wide variety of educational materials and programs, including a quarterly newsletter, a series of educational brochures, “The VEGPLEDGE!”™ and this Healthy Beginnings Care Package.

For more information on EarthSave, please call 1-800-362-3648 or email us at info@earthsave.org. You can also visit us on the web at www.earthsave.org.

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Whether you are planning to reduce your meat and dairy intake, or whether you’re ready to eat a vegetarian or even a vegan diet (free of all animal products), you’re about to embark on the greatest, healthiest, and most fulfilling journey of your life. Chances are you have read about some of the incredible benefits of shifting toward a plant-based diet. Scientific evidence shows that balanced vegetarian and near-vegetarian diets are protective of your health as well as the health of our planet. And if that weren’t enough, these diets also greatly reduce animal suffering.

TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Environment</th>
<th>4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Compassion</td>
<td>5</td>
</tr>
<tr>
<td>Health</td>
<td>6</td>
</tr>
<tr>
<td>Diet-Related Diseases</td>
<td>6</td>
</tr>
<tr>
<td>Nutrition</td>
<td>8</td>
</tr>
<tr>
<td>Meeting Nutritional Needs</td>
<td>8</td>
</tr>
<tr>
<td>Protein</td>
<td>8</td>
</tr>
<tr>
<td>Iron</td>
<td>9</td>
</tr>
<tr>
<td>Calcium</td>
<td>9</td>
</tr>
<tr>
<td>Fats</td>
<td>9</td>
</tr>
<tr>
<td>Vitamins</td>
<td>10</td>
</tr>
<tr>
<td>The Bottom Line</td>
<td>10</td>
</tr>
<tr>
<td>Shopping</td>
<td>11</td>
</tr>
<tr>
<td>Shopping List – Stocking your pantry</td>
<td>11</td>
</tr>
<tr>
<td>Where to Shop</td>
<td>14</td>
</tr>
</tbody>
</table>

The Pyramid....................................................15
Following the Plant-Based Food Guide Pyramid ....15
Transition .........................................................17
The Practical Side to Your New Way of Eating......17
Making the Transition Step-by-Healthy-Step ......18
Planning, Cooking and Preparing....................19
Eating Out .......................................................19
Vegetarian Diplomacy and Where to Find Support .20

Recipes ..........................................................21
Recommended Readings ......................................25
Glossary ..........................................................25
Works Cited .......................................................26
What is EarthSave?.............................................27
EarthSave Membership Form ...............................27
Eating less meat may be your single most important environmental choice, even more than your transportation. Raising animals for food consumes vast quantities of natural resources (water, farm crops and fossil fuels), is a primary cause of water and air pollution, and is possibly the largest cause of biodiversity and habitat loss.

But we all have to eat, right? Meat's inefficiency is exposed when compared to the production of fruits, vegetables, grains and legumes. Compared to pasta, red meat uses 20 times the land, and causes three to seven times the air and water pollution, five times the water use, and three times the greenhouse gas emissions. Compared to soy protein, meat uses 5-26 times as much land, water, and fossil fuel. Livestock thus is the single largest cause of global warming, and one respected group declares meat and livestock feed to be petroleum by-products. Producing 1 one pound of edible animal product requires 2-50 pounds of feed grain and pasture grasses. And raising cattle and their feed is the primary factor behind deforestation, both in the US and in the tropical regions.

**WATER USE**

Animal agriculture is by far the single largest user of water in the US, with some data reporting up to 12,000 gallons or more per pound of beef. Even the cattlemen admit that each pound of beef represents 435 gallons. Even using the industry figure, over 200,000 gallons of water is consumed by the average beef cow, enough to float a small naval submarine! In contrast, producing the same amount of grain protein would require 1% of the water used for beef.

**WASTE**

Livestock produces 130 times as much waste as people do, or 220 billion gallons annually—virtually all of it unregulated. Unfortunately, that waste doesn't just disappear. Waste lagoons, each of which can hold up to 45 million gallons of a putrid, pathogenic 'fecal soup', routinely break or overflow, contaminating the landscape for miles around with bacteria and putrid odors for weeks. Imagine living near one of these lagoons during a hurricane! Livestock waste is also responsible for outbreaks of foodborne illnesses, including the spinach contamination incident of late 2006. Almost 80% of all U.S. farms drain into one single body of water—the Mississippi River, pushing a huge load of nutrients downriver, creating a massive 'dead zone' in the Gulf of Mexico devoid of oxygen.

What about seafood? While our ancestors used poles and small nets, today, the fishing industry uses 80-mile long lines with thousands of hooks, or they use huge gillnets. These gillnets drown everything in their way—including birds, seals and dolphins. Thus, about a quarter of the catch is non-target species (bycatch), meaning it's thrown away, left to rot, or ground into meal and fertilizer. The weighted gillnets also destroy the ocean floor, wreaking havoc on our ecosystems. No wonder that 100 species of fish have been driven to full or near extinction, and 3/4 of wild-caught species are fully fished or overfished. And fish "farms" have their own environmental problems, including heavy antibiotic use, damage to wild fish populations, large amounts of fecal waste along sensitive coastlines and depletion of smaller "feed fish" populations. Clearly, the high animal-protein diet is not environmentally sustainable, especially given starving populations.

"And God said, ‘Behold. I have given you every herb bearing seed which is upon the face of the earth, and every tree, in which is the fruit of a tree yielding seed; to you it shall be for food.’”

– Genesis 1:29
Your decision to reduce your meat, dairy and egg consumption has a great impact on reducing the suffering of the 10 billion animals killed each year (90% chickens). Because the average American will eat 1100 animals in his or her lifetime, each of us literally has life-or-death power over hundreds of animals. Gone are the days when animals raised for human consumption were allowed to live naturally and breed naturally on the family farm. Gone also are the days of treating those animals with some basic level of human decency.

The vast majority of animals eaten in the United States are raised in huge factory farms—yes, the same ones noted earlier for their horrible environmental impact. These factory farms are designed for maximizing meat, dairy and egg production and minimizing cost. To that end, most animals are overcrowded, denied the opportunity to move around, and given as little care as possible.

Chickens, pigs, turkeys and cows are given loads of antibiotics to keep them alive under these conditions, and growth hormones to fatten them up and shorten the time from birth to slaughter. While anti-cruelty laws prohibit cramming dogs and cats into crates, dragging them in chains, and transporting them in freezing temperatures, most state cruelty laws specifically exempt “customary agricultural practices”. Somehow we have been conditioned, culturally, to distinguish between companion animals and animals designated for human consumption. But certainly these ‘food animals’ feel the same pain and fear as do our dogs and cats.

In the name of ‘efficiency’ factory farm animals are typically taken from their mothers at very early ages, forced to grow (or produce eggs or milk) at unnatural rates and times, denied sunlight and fresh air, and kept in the dark virtually their entire lives. Even their breeding is artificially manipulated in every way imaginable—to suit the “producer.”

Finally, they are slaughtered by means that are far from humane. Indeed, many animals are hung upside down, boiled and slaughtered while fully conscious. If you care about animals—and, after all, who doesn’t?—the best way you can prevent cruelty is to reduce or eliminate the animal products in your diet.

“I am conscious that flesh eating is not in accordance with the finer feelings, and I abstain from it.”

— Albert Schweitzer, MD, Ph.D., 1875-1965
Philosopher, Theologian
Nobel Laureate
OK, so a vegetarian diet is environmentally sustainable and compassionate, but is it truly safe and healthy? You can bet your life on it! In its position paper on vegetarian diets, the American Dietetic Association (ADA) writes that “appropriately planned vegetarian diets are healthful, are nutritionally adequate, and provide health benefits in the prevention and treatment of certain diseases.” In 1988, the Surgeon General reported that approximately 68% of all deaths in the U.S. were caused by diet-related diseases and the problem today is as bad as ever. And scientific data shows that a vegetarian diet can reduce your risk of developing or dying from diabetes, obesity, hypertension, heart disease, and some types of cancer.

Compared to meat-centered diets, balanced plant-based diets tend to...

- contain less overall fat, especially saturated fat
- be lower in cholesterol, or even cholesterol-free if no animal products are consumed
- include an abundance of vitamins and minerals, including antioxidants (such as vitamins C and E, carotenoids—or plant vitamin A—and selenium), which can help prevent or fight cancer by attacking “free radicals”
- contain more phytochemicals—or plant chemicals which are believed to help prevent and fight disease
- include more dietary fiber, which is protective against many diseases, including coronary artery disease, cancer and diabetes
- include more plant proteins, which have many advantages over animal proteins, such as lowering blood cholesterol levels and protecting kidney function.

DIET-RELATED DISEASES

Coronary Artery Disease (CAD)

Research has shown that the typical American diet high in animal foods and processed foods, total fat, saturated fats and trans fats, usually causes an increase in blood cholesterol (especially the unhealthy LDL cholesterol), and contributes to plaque buildup in the arteries (atherosclerosis) or coronary artery disease (CAD). The typical American diet is also high in simple sugars and refined carbohydrates, which can increase triglycerides (blood fats also associated with CAD). And because we generally consume so few colorful fruits and vegetables, we don’t get enough of their healthy fiber, anti-oxidants and plant chemicals; this poor intake...
“In my view, no chemical carcinogen is nearly so important in causing human cancer as animal protein.”
—T. Colin Campbell, Ph.D. Director, the China Health Project

We are living in a cancerous world. One in four individuals in North America will likely die of cancer. It is estimated that as much as 30-40% of cancers are diet-related.1

The cancers that are most often associated with diet are cancer of the mouth, throat, esophagus, stomach, colon, rectum, liver, pancreas, lung, breast, uterus and prostate. Vegetarians tend to experience a lower rate of developing or dying from all forms of cancer than do nonvegetarians, although other lifestyle factors play a role too. Why do plant foods tend to be more protective against cancer than animal foods?

Cancer

Plant foods—unlike animal foods, contain fiber (probably helpful to prevent colon cancer)
• often contain carotenoids—or plant chemicals —that are usually lower in overall calories (can protect against obesity, which may increase risk of cancers of breast, prostate, colon, rectum and female organs)
• often contain Vitamin C—an antioxidant (believed to lower incidence of stomach, esophagus and mouth cancers)
• are usually lower in fat (helpful against colon, breast and prostate cancers in particular)
• often contain Vitamin E, folic acid, selenium and many minerals (believed to be helpful in preventing certain types of cancer)
• unlike meat, won’t undergo carci-no- genic chemical changes when grilled or blackened
• contain thousands of phytochemicals—or powerful plant chemicals—that help defend against cancer

Diabetes

Diets high in fat and total calories and low in fiber, fruits and vegetables, can lead to obesity and Type 2 diabetes, which typically develops in adulthood. This type of diabetes has been shown to respond very well to improved eating habits and physical activity. In fact, research has shown that a low-fat, high fiber, plant-based diet combined with regular exercise helps restore healthy blood sugar levels and could reduce and even eliminate the need for diabetes drugs or insulin. Not having excessive amounts of body fat can enhance insulin production and make the cells more sensitive to insulin. And fiber helps to slow the body’s metabolism of sugar, helps control blood sugar. That’s why it is important for people with diabetes to consume whole grains instead of refined grains like white pasta, white rice and white bread. Plus, colorful fruits and vegetables help restore heart health (as mentioned above), which is a common problem in diabetes. In addition, plant-based diets can prevent or delay many of the complications of diabetes. For example, while animal proteins increase the kidney’s workload and increase blood pressure, plant proteins decrease this workload and helps maintain healthy blood pressure. This one-two punch can help reduce the risk of kidney disease—one of the leading causes of death among diabetics. Additionally, soy, legumes and omega-3 fats can also help with diabetes by reducing risk of CAD, as discussed above.

Health Continued

Further increases the risk of CAD. A healthy plant-based diet, on the other hand, can help protect you against coronary artery disease. Plant-based diets are lower in total fat, saturated fat and cholesterol than the typical meat-based diet. Plus, they are higher in fiber, antioxidants and plant chemicals. Plant-based diets have also been shown repeatedly to help maintain healthy blood pressure. Furthermore, while the saturated fats in animal foods are damaging, many plant oil monounsaturated fats (found in olive and canola oils, nuts and seeds and avocados) and omega-3 oils (in flax and hemp)—have been found to be helpful in improving cholesterol and triglyceride levels, and thus are protective against CAD. And the soluble fiber found in plant foods (such as oats, barley and beans) also helps lower cholesterol, further reducing the risk of heart disease. Plus, omega-3 fats can lower blood pressure, reduce arterial inflammation (which is related to heart attacks and strokes), reduce platelet aggregation (or “stickiness” of blood cells) and prevent cardiac arrhythmia and sudden death. Soy protein in particular is noted for its ability to lower total and LDL cholesterol, and thus reduce the risk of CAD. Phytochemicals—or plant chemicals—are found in all types of plant foods. Some that have received recent attention for their role in protecting against heart disease are phytoestrogens (soy), organosulfur compounds (garlic and onions), flavonoids (berries, grape juice, red wine, green vegetables, tea and many herbs), and plant sterols (many plant foods).
MEETING YOUR NUTRITIONAL NEEDS

During the first half of the twentieth century, poverty and poor food intake frequently led to nutritional deficiencies. Today, nutritional deficiencies have been largely replaced by excessive consumption of calories, protein, fat, refined grains, and sugar, which has led to a number of diseases, as we just mentioned. Now let’s examine how you can fulfill your nutrient needs on a plant-based diet.

Protein

The most common question you will get from concerned loved ones (and sometimes even doctors!) who know you are reducing your meat consumption may be: “But where will you get your protein?” This is an area where our knowledge has indeed come a long way. Protein deficiency, which is rare, is usually caused by an extreme restriction in calories (as in starvation or eating disorders) or a particularly poor diet devoid of variety. Keep these facts in mind:

• Most people, especially men, in developed countries eat too much protein. Even athletes can do well on a vegetarian diet.
• High animal protein intake may increase excretion of calcium in the urine, which can contribute to calcium loss, which can lead to osteoporosis. The excess protein content can also contribute to kidney disease.
• Animal foods are often high in saturated fat, which raises blood cholesterol levels and can contribute to heart disease.
• It is not at all necessary to “combine” plant proteins at the same time or even at the same meal in order to get adequate protein. Eating enough calories and a wide variety of foods, including legumes, soyfoods, nuts/seeds and whole grains, will ensure adequate protein intake.
• Soy protein is now recognized as a complete protein.
• Due to high sodium content and extensive processing, soy-based meat substitutes should not be a primary protein source. Intake should be limited to less than one serving per day. Focus on beans, nuts and less-processed soyfoods, such as tofu, tempeh, soymilk and yuba. On the other hand, soy is not the devil some anti-soy campaigners claim it is. Like many foods, soy can fit well into a balanced eating plan, but it is neither a magic bullet, nor the most unhealthy food imaginable.

“The human body has absolutely no requirement for animal flesh. Nobody has ever been found facedown 20 yards from the Burger King because they couldn’t get their Whopper in time.”
– Michael Klaper, M.D.

“The health effects of being overfed and underfed are the same – increased susceptibility to illness, reduced life expectancy, and reduced productivity.”
NUTRITION Continued

“Animal source food is adaptive when there’s not enough food, but in a world with abundant and diverse plant foods, animal source food is obsolete and only causes problems.”
— William Harris, M.D.

Iron

Good plant sources of iron include beans and legumes, nuts, tofu, whole grains, dark green vegetables such as spinach and other greens, dried fruits, prune juice, blackstrap molasses and fortified breads and cereals. Although plant iron is not as well absorbed as meat iron, plant iron absorption is greatly increased by vitamin C, which is found in many fruits and vegetables, such as fruits or juices, broccoli, tomatoes, green or red peppers, etc. Dairy foods, on the other hand, are low in iron and tend to inhibit its absorption. Thus, it is not uncommon for people who replace meat with dairy products to become iron deficient. It is important to replace iron-rich animal foods with iron-rich plant foods to maintain healthy iron levels. The high amount of iron consumed in meat-based diets can actually be a problem for many people. While iron deficiency is a big problem, hereditary iron overload (hemochromatosis) in men is much more common than iron-deficiency anemia. Even people without this condition typically build up iron in their bodies as they age. And too much iron can contribute to heart disease and cancer by acting as a pro-oxidant (the opposite of the protective anti-oxidant).

Calcium

Despite their high calcium content, dairy products are not our only source, nor are they our best source. As seen above with iron, cows cannot make calcium and do not drink milk! Of course, they obtain calcium from plants, and the best sources are dark green leafy vegetables such as collard greens, kale, mustard greens, bok choy, and broccoli. Other sources include tofu prepared with calcium, almonds, beans, figs, sesame seeds, and the many non-dairy fortified beverages now available, such as fruit juice, rice milk, and soy milk. (Note that some dark green vegetables—especially spinach, beet greens and Swiss chard are poor sources because their calcium availability is very low.) Although dairy foods do contain notable amounts of calcium, they also usually come with a lot of “baggage”: saturated fat, over three dozen hormones and growth factors intended for a baby cow “(natural, as well as genetically-engineered) and antibiotics. When you trade a glass of milk for a cup of steamed broccoli, not only do you avoid all that baggage, but you get numerous other benefits: vitamins, fiber, phytochemicals and anti-oxidants. Plus, calcium is only one of at least six nutrients that help maintain bone density.

Fats

Saturated fats

Saturated (more or less solid at room temp) fats have been shown to be one of the most significant contributors to high blood cholesterol levels. The main sources of saturated fat include animal fat, dairy fat, tropical oils, and cocoa butter.

Trans fats

Trans fats are unhealthy fats created by the process of hydrogenating oil, which makes a liquid vegetable oil more like a solid animal fat. Because trans fats increase LDL (“bad” cholesterol), decrease HDL ("good" cholesterol) and raise triglycerides, they are the worst kind of fat to consume. Look closely at the labels of margarine, shortening, peanut butter, burritos and processed foods such as chips and cookies, and try to avoid “hydrogenated” or “partially hydrogenated” ingredients.

Monounsaturated fats

These “good” fats are found in olive oil, canola oil, avocados, olives, and nuts. Research has shown that replacing saturated fats with monounsaturated fats can be effective in lowering LDL (“bad”) cholesterol levels. These fats are also believed to help reduce your risk of certain types of cancers.

“You have just dined, and however scrupulously the slaughterhouse is concealed in the graceful distance of miles, there is complicity.” — Ralph Waldo Emerson in Fate

Polyunsaturated fats

These fats have received both praise and criticism for their effects on health and disease. They include two poly-unsaturated fatty acids: linoleic acid (an omega-6 fatty acid) and alpha-linolenic acid (an omega-3 fatty acid), both of which are important, but the typical American dietary pattern provides excessive amounts of omega-6 in relation to omega-3. Current research suggests that essential fatty acid levels and balance may play a critical role not only in growth and development, but also in the prevention and treatment of chronic diseases, including coronary artery disease, hypertension, type-2 diabetes, arthritis, other immune/inflammatory disorders, cancer, and psychological disorders such as depression, Alzheimer’s disease, schizophrenia and ADHD. Plant sources of omega-6 polyunsaturated fats include soybean, corn, sunflower and safflower oils. Many Asian restaurant foods are especially...
NUTRITION Continued
high in omega-6 oils. Omega-3 fatty acids are found in canola oil, flaxseeds and flaxseed oil, walnuts and hempseeds and hempseed oil. Research has shown that omega-3 fatty acids aid in preventing thrombosis and coronary artery disease, and may be helpful in reducing inflammation in arthritis. For this reason, it is important to insure adequate essential fatty acid intake and balance by...

1. reducing intake of saturated fat (found mostly in animal foods) and trans fats (found in many processed foods);
2. reducing intake of omega-6-rich oils
3. if using oils, select those rich in monounsaturated fats (olive oil and canola oil); these should be refrigerated after opening;
4. making whole foods (nuts, seeds, avocados) your primary fat source instead of liquid oils; and
5. including a daily source of omega-3s (at a minimum, 1/2 cup of fresh walnuts or 2 tablespoons of ground flaxseeds).

Any source of omega-3 oils should be refrigerated or frozen to prevent spoilage.

Vitamin D
In some climates and for some Caucasian people, 15 to 20 minutes of exposure to the sun is ample to meet daily vitamin D needs; those people with darker skin may need up to three hours per day. However, supplementation is recommended for those who live in northern climates, areas of high air pollution, or are housebound, or those who do not expose their skin to sunlight on a regular basis. Also, research now strongly suggests that intakes greater than the minimum are beneficial for numerous reasons. Supplementation options include vitamin D-fortified milk alternatives and vitamin D supplements containing a total of 1000 IU per day.

Vitamin B-12
Vitamin B-12 is produced by bacteria. Neither plants nor animals make this vitamin. Animal foods are sources because animals consume the B-12 in their food and/or absorb it from B-12-producing bacteria in their intestines. Soil-contaminated plant foods may contain some B-12, but this source is neither reliable nor sanitary. Prior reports of B-12 in algae or fermented foods have proven to be incorrect. Therefore, supplementation is recommended for all vegetarians (even those eating some animal foods), but most especially long-term vegans. Options include fortified foods or a vitamin B-12 supplement. The most reliable, convenient source is a high-dose (500-2000 mcg) tablet designed for use under the tongue (sub-lingual), which is needed only 1-3 times per week, although smaller doses can be taken more often.

Zinc
Meeting recommended intakes of zinc appears to be a challenge for vegetarians and nonvegetarians alike. The best sources are pumpkin seeds, navy beans and the small, red adzuki beans; other good sources include whole grains, tofu, and other nuts and beans. Although these same foods contain a compound that may reduce availability of zinc, the zinc status of most adult vegetarians appears to be adequate. Again, eating a variety of foods is the key.

“I don’t understand why asking people to eat a well-balanced vegetarian diet is considered drastic, while it is medically conservative to cut people open and put them on powerful cholesterol lowering drugs for the rest of their lives.”

–Dean Ornish, MD

“When your children are adults, and in the prime of their lives, who’s going to tell them that their clogged arteries, malignancies, and degenerating bodies could so easily have been prevented with the knowledge you possessed when they were young?”

–Charles Attwood, MD

1932-1998

The Bottom Line
As with any diet, a plant-based or vegetarian diet should be well-planned and balanced. Keep the intake of low-nutrient-dense foods, such as sweets, fried foods and highly-processed foods, to a minimum. Choose whole or unrefined grains instead of refined products whenever possible. Eat a variety of deep-color fruits and vegetables—at least 5-7 one-cup servings per day— including a good source of vitamin C to enhance iron absorption. Meet your protein needs by eating a variety of legumes, nuts and seeds, tofu, meat substitutes and whole grains. And if you choose a vegan diet, use a properly-fortified food source of vitamin B-12, or take a supplement.
MAKING A SHOPPING LIST AND STOCKING YOUR PANTRY

Making the transition to better eating isn’t difficult when you start with vegetarian foods that are already in your cupboard. Then, you can learn where to shop and what products to buy for good health and great taste. Although some of the items on the list below may be unfamiliar get excited and adventurous about all of the wonderful new choices available! Vegetarian eating doesn’t limit your options; indeed, it will actually broaden them. And vegetarian food can be just as spicy and flavorful as you like it. Have you ever had millet with an African peanut sauce, or coconut curried vegetables served over barley? The array of choices may surprise you. Hold on to your chef’s hat because you’re about to discover the best food of (and for) your life! The following are suggested categories of foods to include in your pantry. See the recipe section of this starter kit for some ideas of how to use these foods.

Beans and [dried] peas
Otherwise known as legumes, these foods are great sources of vitamins, minerals, complex carbohydrates, fiber and protein, while being very low in fat and sodium. You can choose dried, canned, or even frozen versions of many legumes, such as garbanzo (also called ‘chick peas’), black, pinto, anasazi, navy, kidney, and mung beans and black-eyed peas. Try green and red lentils, or green and yellow split peas. Take your pick of the twenty or so varieties commonly available. With the exception of lentils and split peas, most dried beans require some preparation time, so you might start with canned beans, which are ready to heat and eat. However, avoid the high-sodium brands, and aim for beans with about 200 mg or less per serving. If you prefer to start with fresh dried beans, soaking at least 8-10 hours is a good way to reduce cooking time by about half. Or, try the Quick Soak method (bring to boil for 2 minutes, remove from heat, cover, soak one hour). With either method, drain and rinse the soaked beans, then continue cooking.

Soaking also reduces the gas produced during digestion. Eating beans more often also helps. You’ll be amazed at how many recipes you can use beans and peas for. They’re great in veggie burgers, dips and spreads, salads, soups, sauces and casseroles. Soybeans provide more protein than most other legumes, but unlike other legumes, soy protein is complete. Soy is also easily digestible and works well with all combinations of seasonings.

“When you see the Golden Arches, you’re probably on the road to the Pearly Gates.”
–William Castelli, MD Director, Framingham Heart Study

Buy organically-grown foods whenever possible in order to limit exposure to pesticides and other chemicals, and to avoid genetically-engineered and irradiated foods. Plus, ask any of the nation’s finest chefs and they’ll tell you, “Organically-grown foods just taste better.”
Prepared soy products (tofu, tempeh, soy cheese, etc.) are also useful as substitutes for meat, cheese, and eggs. Try tofu in all its forms; the firmer varieties are good for a "meatier" texture, while the softer or silken versions are wonderful for spreads, dressings, and desserts. If tempeh is new to you, this fermented soy product has a wonderful nutty flavor, a dense texture, and is perfect for marinating and grilling, or baking. Soy beverages are great on cereal or for baking. And many are great to drink as well. When choosing soy beverages, choose fortified versions, especially for children. Look for calcium and vitamins B12 and D levels on the labels. Because many soybeans are genetically modified, choose organic varieties when possible. Also, be mindful of the sugar content; aim for 6-8 g or less per serving.

**Whole Grains**

Whole grains contain all the natural grain components: the bran, the germ, and the starchy endosperm. White grains are pure starch, because the bran and germ, and the attached vitamins, minerals anti-oxidants and fiber have been removed. Whole grains are full of great flavor, very filling, and are excellent sources of complex carbohydrates. Some grains you might want to stock up on include brown rice (long grain, short grain or basmati), millet, buckwheat, barley, bulgur, quinoa (keen-wa), whole wheat berries, oats, spelt, or kamut (these last two are actually varieties of wheat). Whole grains should be kept in an airtight container in a cool dry place, or in the refrigerator or freezer. All of these grains are easy to cook. It’s as simple as boiling water, and adding the grain, and covering to simmer. Grains are used in many recipes, from pilafs to casseroles to stir-fries. They are also great in breakfast foods or desserts, such as rice pudding. And don’t forget about whole wheat bread, bagels and cereals. Pasta is can be made from other grains besides wheat, but in any case, once cooked, it, only needs to be topped with a sauce and some veggies to create the foundation for a healthful meal. It can also be added to soups, garden salads or used for pasta salads. A variety of shapes, colors and flavors is available, but many of these are white (nutritionally-depleted) pasta. Try spirals, bow-ties, angel hair, and alphabets for the kids. Just don’t forget to pick the whole grain versions. If you have a wheat allergy or sensitivity, or if you just want a change, try the pastas made from corn, brown rice, quinoa or spelt.

**HELPFUL TIP**

Always choose whole, unrefined grains whenever possible. The refining process (turning brown rice into white rice, for instance) removes most of the fiber, vitamins, minerals and anti-oxidants from the grain, and enrichment doesn’t begin to replace what was lost.

**Produce**

Choose fresh produce if the shelf life is suitable, although frozen produce today is just as nutritious as fresh. Canned vegetables are not the best choice, although canned fruit may be useful if packed in juice. Also, choose a variety of from all five color groups (blue, red, white, green, and yellow/orange), which will stimulate interest while providing a medley of healthy phytochemicals. If organic, local produce isn’t available, the next best
SHOPPING Continued

option is local, non-organic produce. Choose non-local organic produce if the remaining options are heavily sprayed. Check out The Dirty Dozen produce list at foodnews.org. In the winter, try roasting root vegetables sprinkled with olive oil and herbs. In the spring, try new garden salads with multiple colors. In the heat of the summer, fresh melons, berries and peaches are great snack ideas. Autumn brings to mind apple pie, pear crunch and stuffed pumpkins.

Sea Vegetables
Although sea vegetables are relatively new for American tastes, they have been used for centuries in other countries and can be good sources of iodine. With 80 main varieties, these low-calorie, nutrient-rich foods are wonderful to try. One popular sea vegetable is nori, which is used in making sushi. Agar agar is used as a vegetarian gelatin. Dulse, hijiki, arame, and kelp are other great varieties that you’ll want to try in soups, salads or sandwiches. They can be found in flakes or in strips. Verify that heavy metal content is below recommended limits, as this is a problem for some sea vegetables, such as hijiki.

Nuts and seeds
Nuts and seeds are packed with nutrients such as vitamin E, zinc, calcium, selenium healthy fats and antioxidants, and can be used in many recipes or eaten alone as a great snack. Try any of a number of different nut butters for a real treat. Cashew nut butter, almond butter and, of course, peanut butter all make great spreads on bread; plus they’re wonderful in baked goods. Try mixing hazelnut butter with silken tofu and maple syrup for a great dessert topping! Buy flaxseed or hempseed oil for those hard-to-get omega-3 fatty acids. Always keep this oil in the refrigerator and use it before its expiration date to ensure good quality. You can add this oil to salad dressings or drink it in fruit smoothies. A cheaper way to get those essential fatty acids is by buying flax meal, or purchasing flaxseeds and grinding them in a coffee mill.

HELPFUL TIPS
When choosing peanut butter, avoid the varieties with added sugars and hydrogenated oil. Focus on natural products composed only of the main ingredient, with perhaps a trace of salt. Because the oil separates from the nut butter, you’ll want to stir the oil back into the peanut butter (or pour it off if you want to reduce the fat content).
As mentioned previously, hydrogenated oils should be avoided because they are rich in trans fatty acids, which have been shown to increase the risk of heart disease. When purchasing flaxseed meal, try to avoid the “defatted” variety, which has been stripped of many of its essential fatty acids.

Keep this meal in the freezer or refrigerator to maintain its freshness.

Spices and herbs
Buy small quantities of these items, as they lose their flavor and intensity over time. Fresh herbs usually taste best, but have short shelf lives. Dried herbs are more available, and have longer shelf lives. Fresh whole spices can stay fresh a long time until they are ground. Both dried herbs and ground spices should be kept in tightly closed jars in a cool, dark place to maintain flavor. You’ll learn which spices go well together (cumin, oregano and chili powder are great for Mexican; basil, oregano and rosemary are wonderful in Italian dishes), but you can experiment with any variety you choose. Try some of the following for a start: bay leaf, sage, peppercorns, rosemary, basil, tarragon, dill, oregano, thyme, cumin, coriander, cardamom, allspice, cloves, cinnamon, nutmeg, ginger, caraway seeds, fennel seeds, fenugreek, mustard seeds, chili powder, paprika, cayenne, onion powder, garlic, and parsley.

Note: Canola oil and high-oleic sunflower oil are less saturated than other vegetable oils and are a good choice for reducing the risk of heart disease.
SHOPPING Continued

and safflower oils are best for your baked goods, while olive oil is best for savory (the opposite of sweet) foods. Look for extra-virgin olive oil. Due to trans fats (the worst type of fat), it’s best to avoid hydrogenated oils, which are found in some margarines, even if it’s soy or canola margarine. You can buy non-hydrogenated versions of margarine in most grocery stores.

Prepared and packaged foods

Packaged foods are great for busy cooks, but beware of excessive amounts of sodium, sugar, processed grains and flours, and artificial additives in many of these products. One way to reduce the impact of these unhealthy ingredients is to add your own healthy additions: for example, add lentils, diced vegetables and raisins to an Indian rice mix. Or, look for the new organic convenience foods, which usually, but not always, contain fewer unhealthy ingredients, and in smaller amounts.

Beverages

Unsweetened fruit juices can be great sources of vitamins and make tasty refreshments, but because the fiber is removed, juices are not as healthy as eating whole fruits. Mineral water and herbal teas are a great way to make sure you get your recommended eight 8-ounce servings a day of water. And if you drink coffee, try organic coffee beans. Or try green tea for an antioxidant-loaded morning caffeine boost. Or blend some soy milk with frozen strawberries and bananas for a powerful breakfast smoothie, but limit portion sizes due to the sugar content.

Sweeteners

Because these products are obviously not high in nutritional value, they should be used sparingly. But when you want a sweet treat, try molasses, pure maple syrup, brown rice syrup, sorghum, Sucanat (evaporated sugar cane juice) or agave nectar (cactus nectar) as they are less processed, may have small amounts of beneficial nutrients and deeper flavors. However, their sugar response is probably not much different than plain white sugar, which is usually filtered through ground bone.

HELPFUL TIP

Many prepared foods have excessive amounts of fat and often include hydrogenated oils (trans fats). Try to choose alternatives that include whole foods but leave out these unwanted fats.

WHERE TO SHOP

Where do you buy these staples? You don’t necessarily need to change where you shop, since most mainstream supermarkets now include vegetarian/natural aisles, and they all carry staples such as barley, vegetables, whole wheat bread and beans. You might still want to find a natural foods store in your area to expand your options. Many natural foods stores have trained, knowledgeable staff who can help you to get accustomed to their store. Take advantage of this service and get the real “scoop” on which items are the tastiest. Again, try your local farmers’ market for the best deals in town. You’ll be supporting local farmers and preserving open space, while helping the environment by purchasing foods that haven’t been transported half-way around the world.

“It is incredible how much prejudice has been allowed to operate in favour of meat, while so many facts are opposed to the pretended necessity of its use.”

–Philippe Hecquet, MD 1661-1737 Medical reformer, author

“Pigs and cows and chickens and people are all competing for grain.”

–Margaret Mead Anthropologist 1901-1978

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FOLLOWING THE PLANT-BASED FOOD GUIDE PYRAMID
The plant-based food guide pyramid is set up exactly like the USDA food guide pyramid. Adopting a vegetarian or plant-based diet is as easy as following the pyramid!

1. WHOLE GRAINS, CEREALS, & PASTAS
• Eat 6-11 servings per day.
• Complex carbohydrates are an excellent energy source, providing B-vitamins, Vitamin E, many minerals, protein and phytochemicals.
• Choose whole-grains over refined ones (brown rice instead of white rice, or whole wheat bread instead of white bread, etc.).
• Experiment with wheat alternatives, such as spelt bread or brown rice pasta.
• Try quinoa or whole wheat couscous instead of rice for a change. They cook faster than rice and will provide nice variety to your diet.
• Another rice alternative is barley, which has twice as much protein and fiber as even brown rice.
• Cereals and oatmeal are easy ways to incorporate whole grains into your diet.
• Try cooking whole grains, such as millet and amaranth, and mixing them with cinnamon and maple syrup for a great breakfast or dessert.

SERVING SIZES
Breads:
Bread–1 slice; Roll, pita, tortilla, chapati, roti, scone, hamburger or hot dog bun – 1; Large Bagel–1/4

2. VEGETABLES AND FRUIT
• Eat at least 5-7 servings per day.
• Vegetables and fruits are our most nutrient-dense foods; they contain the greatest amount of nutrients per calorie of any food.
• Most of the nutrients that fight against cancer and heart disease are found in these “protective foods.”
• Choose organically-grown foods when possible to limit exposure to pesticides.
• When choosing fruits and vegetables, select fresh or frozen first, canned as a last choice.

SERVING SIZES
Vegetable:
Potato or carrot–1 large or 2 medium; fresh frozen or cooked (corn, peas, cabbage, etc)–1 cup; Salad–2 cups
Vegetable Juice–1 cup
Fruit:
Such as apple, banana, orange, peach – 1; Small fruit such as apricots or plums–3; Sliced, chopped, or cubed 1 cup; Fruit Juice - 1 cup

3. CALCIUM-RICH FOODS
• Eat 4-6 servings of calcium-rich or fortified foods or supplements (each serving provides 150 mg of calcium)
• Plant sources come with the added benefit of fiber, antioxidants and phytochemicals.
• Dairy sources often come with excess “baggage”: saturated fat, numerous growth hormones, antibiotics, etc.
• Choose non-dairy yogurts and beverages fortified with 20%-40% of the RDA for calcium.

SERVING SIZES
Greens:
Collard greens, broccoli, kale, Chinese cabbage, bok choy, okra, cooked–1 cup or raw–2 cups
Calcium Fortified Beverages/Foods:
1/2 cup fortified soy milk, fruit juice
Tofu & Beans:
Tofu made with calcium–1/4 cup; White, navy, or great northern beans–1 cup
Nuts:
Almonds or Almond butter – 3-4 tablespoons
Other:
Blackstrap Molasses –1 tablespoon; Figs –5
4. BEANS & ALTERNATIVES

- Eat at least 2-3 servings a day.
- Our richest source of plant protein comes from legumes.
- Soy protein is complete; focus on soybeans, tofu, tempeh and yuba.
- Nuts are a wonderful source, and they can actually lower cholesterol levels.
- Whole grains can contribute significant amounts of protein to a plant-based diet.

SERVING SIZES

Legumes, Tofu, Tempeh:
Beans, peas or lentils, cooked –1/2 cup;
Tofu or Tempeh 1/2 cup;
Meat Substitutes:
1 patty or hot dog or 1/4 cup strips or pieces
Nuts or Seeds: 3 to 4 tablespoons; Nut or Seed Butter –2 to 3 tablespoons
Other: Soy Milk –1 cup

5. VITAMIN B-12

- Take a supplement, or eat foods fortified with this vitamin, if you’re eating a diet free of all animal foods.
- Fortified foods or a Supplement: 500-2000 mcg/week

6. VITAMIN D

- Get an adequate amount of sunlight, or take a supplement (or drink a fortified non-dairy beverage).
- Regular sunlight exposure of at least 15-120 minutes several times weekly between 10-3 pm; if relying on fortified foods and beverages or supplements, 1000 IU per day

7. OMEGA-3 FATTY ACIDS

- Limit your intake of omega-6 fatty acids (found in animal foods, soybean, corn, safflower and sunflower oils).
- Try sprinkling flaxseed meal on your cereal (at least 2 tablespoons), or blending flaxseed oil (approximately 1-3 teaspoons) into a fruit smoothie.
- Eat 1/2 cup walnut meats, freshly cracked from the shell.
- Flaxseed oil, canola oil, walnuts, tofu, flaxseeds, hemp oil; at least 2,500 mg per day total omega-3 fats

8. GENERAL MULTI-VITAMIN AND MULTI-MINERAL SUPPLEMENTS

Even though an ideal, balanced diet should, in theory, include all essential nutrients in optimal amounts, there is still some uncertainty what these amounts are for any one person. Additionally, eating an ideal diet each and every day is next to impossible for the average busy consumer. Therefore, it would be wise to take a good multi-vitamin supplement, as well as a good multi-mineral supplement. These supplements are exactly that—supplements, not replacements— for a healthy diet. Supplements were never intended to be a free license to be a junk foodie, whether vegan or not. You still have to eat your vegetables, but have a qualified nutrition professional recommend appropriate supplementation for you and your family.

“We got hooked on grain-fed meat just as we got hooked on gas guzzling automobiles. Big cars made sense only when oil was cheap; grain-fed meat makes sense only because the true costs of producing it are not counted.”

–Frances Moore Lappé in Diet for a Small Planet
THE PRACTICAL SIDE TO YOUR NEW WAY OF EATING

Now that you know some of the incredible benefits of eating a vegetarian or plant-based diet, and now that you know that it is safe and relatively easy to do, you will probably still have some questions about how to make this transition. Where can you buy meat alternatives? What do you do when you eat out? What will your family say?! Let’s address some of those concerns. First of all, you should determine whether you are interested in eliminating all meat, all animal products, or simply reducing your meat, egg and dairy consumption. Then, you should make that change at the pace that seems right for you. There isn’t a right or wrong answer here. For some people, the change is literally overnight. For others, it takes months to get there. What matters is that you make conscious progress on the path. In any case, the transition isn’t nearly as hard as you might think. Because EarthSave is an all-inclusive organization (and not strictly a vegetarian organization), we respect everyone, wherever he or she may be on the food continuum. We all can improve the way we eat and consequently have a positive impact on our health, animals and our environment. At EarthSave, we prefer to label the food—not the person. A lacto-ovo vegetarian diet excludes meat, poultry and seafood, but includes dairy and eggs. A vegan diet excludes dairy and eggs as well as meat, poultry and seafood. Whether you choose one of these diets, or simply to reduce your consumption of animal foods, you’ll be making a difference; you’ll feel it, and so will our planet! As you work toward changing your diet, you may encounter a few stereotypes (in fact, you may be harboring a few yourself, and it may have you a bit worried). What comes to your mind when you hear the word “vegetarian”? Do you think “Counter-culture youth”? “Hippie”? “Activist”? “Health nut”? Just as with the general population it’s certainly true that some people who follow a plant-based diet fall into those categories... some into more than one of them! The vast majority of the people who rely on plants for most or all of their food, however, are ordinary people just like you...they’re doctors and lawyers, home-based workers and factory workers, singers and stockbrokers, athletes and couch potatoes, conservatives, moderates and liberals, young, old and in between! That’s another reason we prefer to label the diet rather than the person, and why we favor the term “plant-based diet” over “vegetarian”... when you’re working to make a positive change in your life and for the planet, the last thing you need to worry about is stereotypes! This is an exciting journey you’re on. You’re about to learn more about food...how good it can taste and how good it can make you feel...than you ever thought possible! You’re going to discover...
TRANSITION Continued

exciting new tastes and healthier versions of old favorites that will leave you wondering how anyone could ever consider the standard American diet anything other than boring!

MAKING THE TRANSITION: STEP-BY-HEALTHY-STEP

Keeping in mind that you’ll want to go at your own pace, here’s a strategy that works well for making the transition.

1. Start with favorite familiar meals.

Most people have favorite dishes that are already vegetarian or can be made so easily. These can be homemade meals or menu items at a restaurant. You may not even realize that they’re vegetarian—think eggs, French Toast, pancakes, cold cereal, hot cereal, etc. If you enjoy vegetable lasagna, stir-fried vegetables, or pasta primavera, you can begin your transition by making these meals more often. This will make your shift to a plant-based diet less intimidating. You might also think of some dishes you enjoy that can be easily converted to meatless versions. Try spaghetti with marinara sauce instead of meat sauce. Try vegetable lo mein the next time you order take out, instead of the chicken lo mein. And order a bean burrito instead of a beef burrito at your favorite Mexican restaurant. These changes are so easy to make that you’ll hardly notice that you are eating in a new way. And they will not feel like an inconvenience to you either. This will ease you into a more plant-based diet, and you can keep these familiar favorites with you throughout and beyond your transition.

2. Experiment with substitutes.

Luckily, it’s easier to eat a plant-based diet now than it has ever been in the past. There are countless soy- and vegetable-based meat substitutes on the market that will make your transition to meatless fare a piece of cake. You can buy frozen ground beef or sausage substitutes to use in tacos, sloppy joes, chili and lasagna. You can also find many varieties of veggie burgers, meatless hot dogs, vegetarian deli slices, chicken or steak strips, and other meat replacements to satisfy any desire you might have for some of these “comfort foods.” These items are available in natural food stores, of course, but many are also showing up in your local chain supermarket. If not, ask your store to start carrying them. They’ll make your shift away from meat a breeze.

3. Broaden your horizons.

One of the most exciting things about a shift toward a plant-based diet is that it naturally leads you to cuisines of different cultures that have traditionally cooked without meat. You can discover a whole new world of wonderful foods by experimenting with these tastes from other countries. In fact, Asian, African, Mediterranean and Latino cuisines are largely based around beans, vegetables and starches. Try adding whole wheat couscous (a Moroccan pasta) or quinoa (a South American favorite) to your stir-fry next time instead of rice. Not only will you enjoy the change, but you’ll be pleased to see that these grains also cook more quickly than rice. Enjoy Indian dishes such as aloo gobi (curried potatoes and cauliflower), Middle Eastern meals such as falafel and hummus, Chinese dishes such as bean curd in a garlic sauce, or Mexican entrees such as bean burritos and stuffed hot peppers. These ethnic foods offer models from other countries that include more vegetables and fruits in their diets than found in the typical American diet. There’s a whole new world of flavors out there ready for you to try!

4. Keep it simple with convenience foods.

Stock your pantry with vegetarian convenience foods such as canned soups, instant soups in a cup, canned baked beans, spaghetti sauce, refried beans, canned beans, frozen vegetables, frozen vegetarian dinners, and veggie burgers. Having these foods around will make it easy for you to eat healthy food in a hurry. Be mindful that many of these foods sacrifice some aspects of nutrition for convenience. As mentioned earlier, many of these are high in unhealthy ingredients and low in healthy ingredients. But you can improve that frozen veggie burrito by adding a large, colorful salad or side of broccoli and carrots.

“I’ll predict the winners: compassion over cruelty, healthful eating over harmful gluttony.”

–Marv Levy, former Buffalo Bills head coach

5. Buy a simple vegetarian cookbook.

A few years ago you had to search the library or bookstore for vegetarian cookbooks. Now they’re everywhere! From the very simple to the very gourmet, these cookbooks run the culinary gamut. You can find cookbooks dedicated to soy, others devoted to recipes with beans, others devoted to particular nutrients (such as healthy fats or calcium), and others that are regional (such as soul, Mexican, Japanese, and Italian). It helps when you’re trying to cook in a new way to use tried and true recipes. These will take the mystery
out of meatless cooking. If you can read, you can cook! So get in the kitchen and just try. If you’re used to cooking with milk or meat, you’ll see that it’s just as easy (and often even easier) to cook with soy milk or a meat substitute.

Vegetarian substitutes help here, too. Look for soy cheese, soy yogurt, and ‘milk’ made from soy, rice or nuts. You can use them in recipes that call for dairy. Or try one on your cereal for breakfast. There are also lots of new soy cook-books that can give you delicious ideas for replacing dairy and meat in recipes. After you’ve tried lasagna with tofu “ricotta” or bagels with tofu “cream cheese,” you’ll wonder why you ever thought that dairy would be hard to live without! There are also a variety of wonderful nondairy ice creams and sorbets around for that occasional treat. When you eat out, you can ask for the dairy to be left out of many recipes. Try ordering a pizza loaded with veggies, and skip the fatty cheese. It’s delicious! Or order that next burrito without the cheese, and you’ll be just as satisfied as ever.

7. Try some egg substitutes.
If you decide to reduce or eliminate eggs from your diet, you can replace them in many recipes with a substitute. You can simply skip the eggs in many baked goods and you won’t notice much of a difference in texture. Or you can buy egg replacers in many natural foods stores. Simply follow the instructions on the package (which means just adding water). In many recipes you can create your own egg substitute by any of the following methods: use one ounce of mashed tofu; use 1/2 mashed banana in sweet recipes; mix one tablespoon of flax meal with two tablespoons of water; or use one tablespoon of corn starch or arrowroot mixed with two tablespoons of water. These techniques will help the recipe to “bind” when eggs are included for that purpose. But don’t try making an omelette out of these ingredients! (Instead, try our “Tofu Scrambola” recipe at the end of this starter kit. You’ll never miss scrambled eggs again!)

Planning, Cooking and Preparing
More than likely you’ll be pleasantly surprised to find the planning, cooking and preparing of vegetarian foods to be fun, simple, convenient and less costly than what you’re used to. It just takes a slight shift in thinking and a few variations. And, just like meal planning in general, it can be as simple or as elaborate as you choose to make it. The nice thing is you can easily meet all of your nutrient needs. The key is to follow the food guide pyramid, making sure to eat a wide variety of foods each day. Cooking is fun, easy and life sustaining. Instead of looking at cooking as a chore, think of it as an exciting challenge. Turn on some good music if that helps you to enjoy your time in the kitchen. It may take slightly more time to make a vegetarian meal than it does to make a meat-centered meal, but the enjoyment and satisfaction you get are directly related to the investment of time and imagination. And when you realize that your meal is beneficial to you, to your family, to our environment and to the animals, it makes every meal fulfilling and satisfying.

Eating Out
You may find it hard to believe, but just about every restaurant these days has at least one vegetarian option on the menu. And, even if they don’t, most will be happy to accommodate your requests for a meatless pasta or vegetable plate if you ask. The restaurant industry knows that more people than ever before are making these kinds of requests, so don’t feel as though you’re all alone. The same goes for inquiring about ingredients in certain dishes. When in doubt, ask. Many restaurants use chicken- or beef-based broths in grain dishes and soups (even vegetable soups!) and eggs, creams and cheeses in sauces, soups and dressings. Most onion rings and batter-dipped veggies and cheeses have eggs in them. As a con-
TRANSITION Continued

Based stock, even if they’re called “vegetable” soups. Remember that Asian restaurants in particular traditionally use a lot of omega-6 (not very healthy) oils. By asking questions, explaining your desires, and even ordering off the menu if necessary, you are exercising your power as a consumer to let restaurants know what customers want and are interested in. When enough people make requests and suggestions, more changes will be made that will bring a whole new array of healthy vegetarian choices to restaurants all over the world. We’ve already come a long way in this direction over the last decade. If you’re attending a business meeting, banquet or catered party, call the host or the facility to ask about alternatives in advance if possible. Most are happy to oblige. If this is not possible, while at the event, simply call a server off to the side and ask for an alternative or variation on what is being served. Even airlines offer vegetarian and vegan meals if ordered in advance. And if a friend is having a cookout or barbecue, simply take your own meatless burger or hot dog to throw on the grill, or do veggie kabobs with fresh vegetables and marinated tofu or tempeh.

Vegetarian Diplomacy and Where to Find Support

As you begin your transition to healthier eating, you might encounter some difficult situations. Social events almost always involve food, and in our culture that usually means meat. Keep in mind that your food choices will impact not only you but your family and friends as well. If you are the only person in your household making these dietary changes, you should consider how you will deal with other family members who still expect meat at the dinner table. This is especially important if you are the family’s cook. You may feel you are an inconvenience to your family, and your family may feel a little uneasy as well. And they may feel as though you are turning your back on their values and traditions if, for example, you turn down turkey and stuffing at Thanksgiving. Others may feel personally offended, or even threatened, by your choices. There are a few basic hints to help you deal with situations like these, and to help you field some of the questions that people are bound to ask. Some of these questions may be sincere requests for information, but sometimes you may feel ridiculed or even harassed by those individuals who are uncomfortable with your diet. People can be defensive and sensitive about their personal food choices. So...always treat others with respect when discussing these issues. The key is to maintain a positive attitude, and a sense of humor. After all, you must expect that some people will be puzzled. When friends ask what you eat, answer honestly. Instead of meat, tell them you get your protein from tofu, beans, nuts and seeds. You may want to list a few dishes you eat often, such as veggie burgers, casseroles, ethnic foods, tofu stir-fries, pasta dishes and tacos. This way, your friends will understand that eating a vegetarian diet isn’t quite so weird, and that you get to enjoy a great variety of foods. You may even want to share some of the hurdles you have encountered, or some humorous situations in which you may have found yourself. People will appreciate that you are able to have a sense of humor about your lifestyle, and the mood can remain light. Indeed, some of your family and friends may even follow your dietary lead. People will also want to know why you are eating meatless food. Again, answer in a sensitive, non-judgmental, non-personal manner and remain very honest. Whether you made your transition for the sake of animals, the environment, or your own health, discuss your rationale with people. Help them to understand your motivations. Most likely, people will respect your concerns. Finally, it’s up to you to become well informed about the issues around your transition. Of course, you are not obligated to defend or explain yourself to anyone. But teaching others, in a loving manner, why you have made the decision to eat more plant-based foods will make you and them feel much more comfortable. And if you want to ease tension and help those close to you to understand and respect your choices, try to make yourself less of an “inconvenience” by bringing your own food to family get-togethers. Bring enough to share; friends can taste what you eat and these foods will seem a little less intimidating. In many cases, you can win them over with the food, not the discussion. Even if you feel as though you’re the only vegetarian for miles around, there are places you can turn for help and support. Call EarthSave to find a chapter near you. Or, start your own EarthSave chapter. Find local vegetarian groups that plan activities such as potluck dinners and cooking classes. Invest in some good cookbooks for information on meal planning and entertaining guests with tasty vegetarian food. Feeding your friends and family with great vegetarian food will teach them that your transition isn’t a burden; indeed, they’ll see how exciting it can be to taste new foods.

“Food in camp was simple: bread or porridge, some vegetables, sour wine, rarely flesh; the Roman army conquered the world on a vegetarian diet; Caesar’s troops complained when corn ran out and they had to eat meat.”

– “The Story of Civilization: Caesar and Christ” by historian Will Durant
BASIC WAFFLES
1 cup soymilk or nondairy milk
1 cup whole wheat flour
1/2 tablespoon salt
1 teaspoon baking powder
1 tablespoon maple syrup, or other liquid sweetener.

• Combine all ingredients in blender or whisk until smooth by hand. Bake in hot oiled waffle iron until brown. Serve with pure maple syrup or natural fruit syrup.

FRENCH TOAST
1 cup soymilk or other nondairy milk.
2 tablespoons whole wheat flour
1 tablespoon nutritional yeast
1/2 teaspoon salt
2 teaspoons pure maple syrup
6 slices whole grain bread

• Whisk together all ingredients, except bread, in a mixing bowl or cup and pour into a wide bowl. Dip bread slices into mixture, turning several times, or immersing each slice until fairly well saturated but not so much so that bread falls apart. Cook on a medium high heat in a skillet or on a griddle with a little oil to keep from sticking. Brown both sides well, turning once. Serve with pure maple syrup or natural fruit syrup.

TOFU SCRAMBOLA
1 tablespoon extra-virgin olive oil
1/2 cup grated carrots
1/2 cup diced bell peppers
1/2 cup finely sliced scallions
1/4 teaspoon turmeric
1 pound firm regular tofu, rinsed, patted dry and crumbled
2 tablespoons nutritional yeast flakes
seasoned salt (such as spike) and pepper
2 tablespoons minced fresh parsley (optional)

• Heat the oil in a large skillet over medium-high heat. When the oil is hot, add the carrots, peppers, scallions, and turmeric, and sauté for 3 to 4 minutes. Add the tofu, nutritional yeast flakes, salt, and pepper. Mix well and continue to cook over medium heat, stirring constantly, for 5 to 7 minutes or until hot. Stir in parsley, if using, and mix well. Serve at once. Serves four.

SMOKED TOFUNA
2 blocks smoked tofu, grated with a cheese grater.
6 tablespoons Nayonnaise (or eggless mayonnaise)
2 teaspoons liquid smoke.

• Mix well. Serve with crackers, pita wedges or vegetable slices.

TAHINI MISO SPREAD
3/4 cup raw tahini
1/4 cup white miso
2 tablespoons nutritional yeast flakes
3 tablespoons hot water
1 teaspoon dried basil
1/2 teaspoon dried oregano

• Put all the ingredients into a bowl and stir until blended well.

TOFU EGG SALAD
Combine the following in a large bowl:
16 ounces firm tofu, mashed
1/4-1/2 onion, finely chopped
2-3 celery stalks, finely chopped
1 carrot, grated
1 tablespoon turmeric
salt or soy sauce and pepper, to taste
3 tablespoons eggless mayonnaise (optional)

APPLE COUSCOUS SALAD
1 cup whole wheat couscous
1 1/2 cup water
1 Granny Smith apple, cored and cubed
6 green onions (green and white parts), chopped
1 red bell pepper, diced
1/2 cup + 1 tablespoon apple cider or apple juice
2 tablespoons extra-virgin olive oil
3 tablespoons rice wine vinegar (brown or white)
1 1/2 teaspoons poppy seeds
2-3 cloves garlic, pressed or minced
2 teaspoons dijon-style mustard

• Boil water. Pour couscous in a medium glass or metal container. Add boiling water and cover with a lid or plate for 5-7 minutes until water is absorbed by grain. Stir to fluff. Meanwhile, whisk together apple cider, oil, vinegar, poppy seeds, garlic and mustard in a medium bowl. Toss vegetables and couscous with dressing. Serve alone or on salad greens. Serves 6-8.

“Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it’s the only thing that ever has.”
Margaret Mead, Anthropologist, 1901–1978
RECIPES Continued

CLASSIC RANCH DRESSING ©
3/4 cup crumbled silken tofu
2 tablespoons extra-virgin olive oil
1 tablespoon umeboshi plum vinegar
1 tablespoon fresh lemon juice
1 tablespoon water
1/2 teaspoon dried tarragon
1/4 teaspoon crushed garlic
1/4 teaspoon dillweed
Pinch of salt and pepper
• Combine all the ingredients in a blender or food processor, and process until smooth and creamy.
• Try this on: Tossed salad, veggie burgers, steamed spinach.

HEAVENLY HORSERADISH SAUCE ©
1/2 cup crumbled silken tofu
1 tablespoon extra-virgin olive oil
2 tablespoons mirin
2 tablespoons brown rice vinegar
2 tablespoons prepared white horseradish (not creamed)
1/4 cup sliced scallions
2 tablespoons minced fresh parsley
2 tablespoons prepared yellow mustard
1/2 teaspoon crushed garlic
Pinch of salt and pepper
• Combine all the ingredients in a blender or food processor fitted with a metal blade, and process until smooth and creamy.

HARVEST STEW ©
1 medium acorn squash, peeled and cubed
4 medium potatoes, peeled and cubed
2 medium sweet potatoes, peeled and cubed
1 yellow onion, coarsely chopped
3 garlic cloves, minced or pressed
1 jalapeno pepper, seeded and minced
1 green pepper, diced
2-3 jalapenos, seeded and minced
3 cloves garlic, minced or pressed
1 large yellow Spanish onion
1 cup natural peanut butter, unsalted
1 teaspoon Vague Vegebase (or other powdered vegetable stock)
1/2 - 2 cups water (hot)
3 teaspoons salt
4 tablespoons agave nectar or honey, or 5 tablespoons brown rice syrup
1 bunch scallions, sliced (white and green parts)
5 tablespoons chopped peanuts (optional)
1. Boil potatoes and squash separately until soft, but not overly soft. Set aside, after draining in a colander.
2. Heat large stock pot on medium heat. Add oil and then sauté onion, garlic, jalapenos and peppers until onions are transparent (about 8-10 minutes).
3. Add potatoes and squash to onion mixture. In a separate bowl, whisk peanut butter with water, and add to onion mixture.
4. Add Vague Vegebase and stir thoroughly. Cook on medium heat about 5 minutes until peanut butter is dissolved into soup completely.
5. Puree about one-half of the soup in a food processor or blender, and then add back to the stock pot. Add salt and sweetener and cook about 10 minutes more.
• Adjust salt and sweetener to taste, if desired.
• Serve with scallions on top and chopped peanuts (optional). Serves: 8-10

MACARONI & CHEEZE ©
2 1/2 cups dry elbow macaroni
2 tablespoons olive oil
1 3/4 cups whole wheat pastry flour
1/2 teaspoon dry mustard
pinch of cayenne pepper
1/3 cup unsweetened almond milk, seasoned
1/2 cup Red Star Vegetarian Support Formula (T6635+) nutritional yeast flakes
1 teaspoon ground black pepper, to taste
1 tablespoon finely chopped, fresh parsley, or 1 teaspoon dried parsley flakes (optional)
1/2 cup fresh, whole grain bread crumbs, packed
1. Preheat the oven to 375°F. Mist an 8-inch x 8-inch x 2-inch square baking pan with nonstick cooking spray, and set it aside.
2. For the macaroni, fill a 4 1/2-quart saucepan or Dutch oven two-thirds full with water. Bring the water to a rolling boil, and cook the macaroni in it until it is al dente. Drain the pasta well, and return it to the saucepan. Cover the saucepan with a lid to keep the pasta warm, and set it aside.
3. While the macaroni is cooking, prepare the sauce. Place the 2 tablespoons olive oil in a 2-quart saucepan, and heat over medium-high. Stir in the flour, mustard, and cayenne pepper. Cook for 1 minute, stirring constantly. Gradually stir in the heated milk, a little at a time, whisking constantly. (It will take about 5 to 7 minutes to add the milk. The sauce should continue to bubble as you add the milk; if it doesn't, you are adding the milk too quickly.) If necessary, cook the sauce until it is the consistency of thick cream, about 2 to 4 minutes longer. Remove from the heat and stir in the nutritional yeast flakes. Season with the salt and black pepper, to taste. Pour the sauce over the cooked macaroni, add the parsley, if using, and mix well.
4. Transfer the macaroni to the prepared baking pan. Sprinkle the bread crumbs evenly over the top of the macaroni. Bake for 25 to 30 minutes. Let stand for 5 minutes before serving. Serves: 4-6

RIO GRANDE DIP & MARINADE ©
1 cup bottled salsa
3 tablespoons nutritional yeast flakes
1 to 2 tablespoons olive oil
1 tablespoon chili powder
1/2 teaspoon salt
• Combine all the ingredients in a small mixing bowl, and whisk until well combined.

GEE WHIZ SPREAD ©
1 1 (15.5 ounces) can Great Northern beans (about 1 1/2 cup) rinsed well and drained
1/2 cup pimiento pieces, drained
6 tablespoons nutritional yeast flakes
3 tablespoons fresh lemon juice
2-3 tablespoons tahini
1/2 teaspoon onion granules
1/2 teaspoon prepared yellow mustard
1/2 teaspoon salt
• Place all ingredients in a blender, and process until completely smooth. Transfer to a storage container, and chill thoroughly before serving. Yield: 2 cups
**RECIPE CONTINUED**

**CHILI BEAN MACARONI**

2 cups elbow macaroni
1 tablespoon olive oil
1 1/2 cups chopped onion
1 medium, green bell pepper, chopped
1/2 cup finely chopped celery
1 teaspoon chili powder
1 teaspoon ground cumin
1 teaspoon dried basil leaves
1 14-ounce or 16-ounce can whole tomatoes, with juice
1 15-ounce can red kidney beans, drained and rinsed
1/2 cup corn meal
3 cups water
1 1/4 cups unsweetened tomato sauce
1/4 cup soy sauce
1 1/2 cups), rinsed well and drained
1/4 cup quick-cooking rolled oats (not instant)
1/4 cup Red Star Vegetarian Support Formula (T6635+)
1/2 cup nutritional yeast flakes
1/4 cup water
3/4 teaspoon salt
1 teaspoon onion granules
2 teaspoons fresh lemon juice
2 tablespoons tahini
1 1/2 tablespoons cornstarch
2 teaspoons fresh lemon juice
1 teaspoon chili powder
1/4 teaspoon garlic granules
1/4 teaspoon garlic powder
1/4 teaspoon dried basil leaves
1/4 teaspoon dried oregano leaves
1 1/2 teaspoon chili powder
1 tablespoon chili powder
1 tablespoon dried oregano leaves
1/4 teaspoon ground cumin
1/8 teaspoon allspice
1/4 teaspoon ground black pepper
1/4 teaspoon ground cumin
1/4 teaspoon ground black pepper
1/4 teaspoon ground cumin
1/8 teaspoon allspice
pinch of cayenne pepper, to taste
Salt to taste

1. Fill a 4 1/2-quart saucepan or Dutch oven two-thirds full with water. Bring the water to a rolling boil, and cook the pasta in it until it is al dente’. Drain the pasta well, return it to the saucepan, and cover the saucepan with a lid to keep the pasta warm. Set aside.

2. Meanwhile, place the oil in a large skillet, and heat it over medium-high. When the oil is hot, add the onion, bell pepper, and celery. Saute the vegetables until they are tender, about 10 to 12 minutes. Stir in the chili powder, cumin, and basil. Mix well and cook for 1 minute longer, stirring constantly. Remove the skillet from the heat, and set aside.

3. Add the canned tomatoes and their juice to the reserved pasta, breaking the tomatoes apart with your hands or the side of a wooden spoon. Stir in the beans, cooked vegetables, and soy sauce. Mix well. Heat over medium-low, stirring often, until warmed through. Serves 4.

**PAN HANDLE CHILI**

2 teaspoons olive oil
1 cup onion, finely chopped
1/2 cup celery, finely chopped
2 cloves garlic, minced or pressed
2 ripe, medium tomatoes, peeled, seeded, and coarsely chopped
1 15-ounce can red kidney beans, drained and rinsed
1 3/4 cups water
1 1/4 cup Red Star Vegetarian Support Formula (T6635+)
nutritional yeast flakes
1 1/2 tablespoons quick-cooking rolled oats (not instant)
1 1/2 tablespoons cornstarch
2 teaspoons fresh lemon juice
1 teaspoon chili powder
1/4 teaspoon garlic granules
1/4 teaspoon garlic powder
1/4 teaspoon dried basil leaves
1/4 teaspoon dried oregano leaves
1/4 teaspoon dried basil leaves
1/4 teaspoon dried oregano leaves
1/4 teaspoon ground cumin
1/8 teaspoon allspice
pinch of cayenne pepper, to taste

1. Place the olive oil in a 4 1/2-quart saucepan or Dutch oven, and heat it over medium-high. When the oil is hot, add the onion, celery, and garlic. Reduce the heat to medium, and cook, stirring occasionally, for 10 to 15 minutes, or until the onion is tender.

2. When the onion is tender, stir in the remaining ingredients except the salt and the cheese. Bring the mixture to a boil. Reduce the heat to low, cover the saucepan with a lid, and simmer the chili for 20 minutes, stirring occasionally.

3. Season the chili with salt, to taste. Serve hot.

**MELTY WHITE CHEEZE**

Pour this thick, luscious sauce over steamed vegetables, baked potatoes, macaroni (for instant macaroni and cheese), or over toast points, corn chips (for in-a-flash nachos), or drizzle it over pizza or casseroles before or after baking.

1 1/4 cups water
1 1/2 cups Red Star Vegetarian Support Formula (T6635+)
1/4 cup nutritional yeast flakes
1/4 cup water
1/4 cup quick-cooking rolled oats (not instant)
2 tablespoons tahini
1 1/2 tablespoons cornstarch
2 teaspoons fresh lemon juice
1 teaspoon onion granules
3/4 teaspoon salt
1/4 teaspoon garlic granules
1/4 teaspoon garlic powder
1/4 teaspoon dried basil leaves
1/4 teaspoon dried oregano leaves
1/4 teaspoon dried basil leaves
1/4 teaspoon dried oregano leaves
1/4 teaspoon ground cumin
1/4 teaspoon ground black pepper
1/4 teaspoon ground cumin
1/8 teaspoon allspice
pinch of cayenne pepper, to taste

1. Preheat oven to 350°F. Boil the water, add the corn meal, and mix until the mixture is thickened, 3 to 5 minutes. Remove from the heat and stir in the cheese. Pour into a 2-cup baking dish. Preheat the oven to 350°F.

2. In another bowl, mix wet ingredients, oil, flours, maple sugar, baking powder, baking soda, vanilla. Beat with a wire whisk until the mixture is smooth. Pour the wet ingredients into a blender, and process until completely smooth.

3. Pour the blended mixture into a 1-quart saucepan, and place it over medium-high heat. Cook, stirring constantly with a wire whisk, until the sauce is very thick and smooth. Serve hot.

**HOT TAMALE PIE**

1 tablespoon olive oil
1 medium onion, finely chopped
1 medium yellow, red, or green bell pepper, seeded and finely chopped
1 1/2 cups whole wheat pastry flour
1 cup unbleached white flour
3 tablespoons vanilla soymilk or ricemilk
1 tablespoon apple cider vinegar
2 tablespoons vanilla extract

1. Mix walnuts, maple sugar and cinnamon in a small bowl. Stir in oil and mix until the mixture is sticky. Set aside while you make the batter.

2. In another bowl, mix wet ingredients, oil, flours, maple sugar, baking powder, baking soda, salt and spices and stir with a wire whisk.

3. In a third bowl, mix dry ingredients, oil, flours, maple sugar, baking powder, baking soda, salt and spices and stir with a wire whisk.

4. Bake the cake on a cake rack, or in a large baking pan, for 50 to 55 minutes or until cake is golden brown. A cake tester inserted into the center of the cake is clean. Cool cake in pan on a wire rack for 10 minutes, remove sides of pan and allow cake to cool completely. Serves 12 or more.

**UNCOFFEE CAKE**

• Preheat oven to 350 degrees

• Oil an 8-inch glass baking dish. Preheat the oven to 350°F.

**INGREDIENTS FILLING**

1 3/4 cups walnuts, roasted, cooled, coarsely chopped
2 teaspoons cinnamon powder
3 tablespoons canola oil

1. Mix walnuts, maple sugar and cinnamon in a small bowl. Stir in oil and mix until the filling is moist. Set aside while you make the cake batter.

**INGREDIENTS CAKE**

1 cup whole wheat pastry flour
1 cup unbleached white flour
3 tablespoons maple sugar
1 teaspoon baking powder
1 teaspoon baking soda
1/2 teaspoon sea salt
2 teaspoons cinnamon powder
1/4 teaspoon ground cloves
1/4 teaspoon ground nutmeg, mace or allspice
1/4 cup canola oil
3/4 cup plus 2 tablespoons maple syrup
3/4 cup vanilla soymilk or ricemilk
1 tablespoon apple cider vinegar
2 tablespoons vanilla extract

1. Soft dry ingredients into a medium bowl: flours, maple sugar, baking powder, baking soda, salt and spices and stir with a wire whisk.

2. In another bowl, mix wet ingredients, oil, maple syrup, soy or ricemilk, vinegar and vanilla. Beat with a wire whisk until foamy. Pour the wet ingredients into dry ingredients and mix until batter is smooth.

3. Pour 1/2 the batter into the cake pan and sprinkle with 1/2 the filling. Pour the remaining batter over the filling and spread over the balance of filling. This is a big cake; the pan will be 3/4 full.

4. Bake the cake on a center rack of preheated oven 50 to 55 minutes or until cake is golden brown. A cake tester inserted into the center of the cake is clean. Cool cake in pan on a wire rack for 10 minutes, remove sides of pan and allow cake to cool completely. Serves 12 or more.
CHOCOLATE PUDDING
1/3 cup + 2 tablespoons cocoa powder
12 ounces organic, silken tofu
1/3 cup + 2 tablespoons pure maple syrup
2 teaspoons pure vanilla extract
2 tablespoons natural peanut butter
2 tablespoons soy protein powder (optional)
• Blend together in a food processor or blender until smooth.

THE VERSATILE VANILLA CAKE
• Preheat oven to 350 degrees
• Oil two 8-inch cake pans and line bottoms with parchment paper

INGREDIENTS
1 cup plus 2 tablespoons whole-wheat pastry flour
3/4 cup plus 2 tablespoons unbleached white flour
1 1/2 teaspoons baking powder
1 1/2 teaspoons baking soda
1/4 cup canola oil
3/4 cup plus 2 tablespoons maple syrup
3/4 cup vanilla ricemilk or soymilk
2 teaspoons apple cider vinegar
3 tablespoons vanilla extract

1. Sift the dry ingredients into a medium bowl: whole-wheat pastry flour, unbleached white flour, baking powder, baking soda and sea salt. Stir with a wire whisk to mix.
2. In another bowl, mix the wet ingredients, canola oil, maple syrup, soymilk, vinegar and vanilla, with a wire whisk until foamy. Pour the wet ingredients into dry ingredients and mix until the batter is smooth.
3. Pour the batter into the pans dividing evenly. Level the tops by gently rotating pans. Tap the pans lightly on the counter to eliminate air bubbles. Bake cakes on center rack of preheated oven 20 to 25 minutes, or until the cake is golden brown and springs back at its center when touched lightly. A cake tester inserted in the center of the cake should remove clean.
4. Remove cakes from the oven and place the pans on cooling racks. Allow the cakes to cool in the pans for 10 minutes, then use a dinner knife to release the layers from the sides of the pan. Turn layers out of pans, directly onto wire racks to finish cooling.
5. When cool, enclose each layer tightly in plastic wrap. Refrigerate until layers are cold, about 1 hour, before filling and frosting, or wrap in aluminum foil. Freeze for longer storage. Serves 10-12

OATMEAL RAISIN COOKIES
• Preheat oven to 350 degrees
• Line a cookie sheet with parchment paper

INGREDIENTS
1/4 cup currants or raisins
1/4 cup orange juice
1/2 cup oat flour
3/4 cup whole wheat pastry flour
1/2 teaspoon baking powder
1/4 teaspoon baking soda
1 teaspoon ground cinnamon
1 teaspoon sea salt
1 cup rolled oats
2 tablespoons + 1 teaspoon canola oil
1/3 cup maple syrup
1 tablespoon vanilla extract
1 teaspoon apple cider vinegar

1. Cover the raisins with orange juice and set aside to soften for 10 minutes.
2. Mix the dry ingredients: flours, oats, baking powder, baking soda, salt and cinnamon in a medium bowl. Stir with a wire whisk to mix.
3. Drain the raisins, saving the juice for another use. Mix the wet ingredients: oil, maple syrup, barley malt, vanilla and vinegar until well combined in a small bowl. Pour the wet ingredients into dry ingredients and mix until dough holds together. Cover and refrigerate the dough for 30 minutes or up to overnight.
4. Remove dough from refrigerator. Pinch off pieces of dough, roll in your hands into walnut size balls or use an oiled ice cream scoop (2 tablespoons) to measure portions. Flatten each cookie to about 1/4 inch, keep the thickness even. Bake 7 to 8 minutes. The cookies will be slightly puffed, the tops will be dry and the bottoms light brown.
5. Remove cookie sheet from the oven, slip a spatula under each cookie and gently lift cookies onto cooling rack. Hot cookies are fragile: they firm as they cool. Store cooled cookies in a tightly covered jar.
Makes 17 small or 8 large cookies
SOURCES FOR RECIPES
(all used with permission of author):

A. Delicious Food for a Healthy Heart.
B. Ecological Cooking: Recipes to Save the Planet.
C. The Nutritional Yeast Cookbook.
D. The Saucy Vegetarian.
E. Table for Two.
F. The Uncheese Cookbook.
G. Vegan Vittles.
H. Great Good Desserts Naturally!
   Fran Costigan. Good Cakes Productions, New York, NY, 1999
I. May All Be Fed.
J. John D. Borders, Jr. (unpublished)
K. Caryn Hartglass (unpublished)

RECOMMENDED READING

BOOKS RELATED TO NUTRITION

Eat to Live. Joel Fuhrman.
Little, Brown and Company 2004
Disease-Proof Your Child. Joel Fuhrman.
Macmillan 2005
Eat For Health. Joel Fuhrman
Gift of Health Press. 2008
Prevent and Reverse Heart Disease.

The China Study.
T. Colin Campbell.

OTHER RELATED BOOKS

The Food Revolution.
John Robbins.

Healthy at 100.
John Robbins.

COOKBOOKS


The Joy of Vegan Baking.
Colleen Patrick-Goudreau.

Professional Vegetarian Cooking.
Ken Bergeron.

GLOSSARY

agar: an odorless, tasteless, sea vegetable. Use in flake form as a thickener and to replace gelatin, which is a slaughterhouse by-product. The best technique for using agar is to let it soak for a few minutes in water or flavored liquid, then heat it until it dissolves (about 5 minutes). You can then blend this agar into any recipe where you would use gelatin.

agave nectar: a sweet syrup made from a cactus, this is a great alternative to honey. It comes in dark and light varieties. The dark version is similar in flavor to molasses. Use as you would any liquid sweetener.

amaranth: a tiny yellow-brown grain that has been cultivated since the Aztecs first grew it over 6,000 years ago. It can be cooked as a cereal or used to replace rice.

arrowroot: a fine white powder from a tropical plant. It functions as a thickener and may be used to replace cornstarch, which is more refined than arrowroot.

barley: a small white grain common in North African and Asian cuisine. It is available hulled or pearled; hulled barley has more fiber, while the pearled variety is more common. Barley has a mild flavor and a chewy texture. Basmati rice: an amber-colored rice, this brown rice has more fiber and is a flavorful, long-grain rice from India. It is available in white or brown.

bok choy: also known as Chinese white cabbage, bok choy is available in several varieties and tastes milder than cabbage. It may be substituted for cabbage in recipes.

brown rice syrup: made from sprouted sweet rice, this sugar substitute is less sweet than white sugar or honey. Keep this in the refrigerator after it’s opened.

brown rice vinegar: an amber-colored vinegar, this light vinegar is made from brown rice instead of white rice. This can be stored at room temperature in a sealed container.

bulgur: also called wheat pilaf, bulgur is made from wheat berries that have been pearled, steamed, dried, cracked and toasted. It is a staple in Eastern European and Middle Eastern dishes.

couscous: essentially a very tiny pasta, couscous is made of durum wheat that has been ground, steamed, and dried. It is available in refined or whole grain-forms and cooks quickly (in about five minutes). Couscous is used in Middle Eastern, North African, and Mediterranean foods.

egg replacer: a substitute for eggs in baking. Usually a mix of powdered starches and leavening agents, this product is sold in a box and acts as a binder. Do not confuse this type of product with Egg Beaters, which contains eggs. Try Ener-G brand, available in natural foods stores.

Hummus (hummous) available packaged, this wonderful Middle Eastern spread is made from chick peas and tahini. It’s also simple to make yourself. This is a common vegetarian “transition” food as almost everyone loves it at first bite.
GLOSSARY Continued

lentils: Small legumes. Available in different colors.

maple sugar: maple syrup which has been dried and crystallized into a sugar

matzo meal: a meal made of unleavened bread that has been finely ground. Traditionally served for Passover, matzo makes great dumplings (matzo balls) for soup.

millet: a tiny round grain that is yellow in color. Millet is used in Indian, African and some Asian dishes.

mirin: a mild, sweet seasonal liquid made from fermented sweet rice. It may be used to replace white wine or sherry in recipes.

miso: a salty flavorful, fermented paste made of soybeans and salt; used as a seasoning.

nutritional yeast: an inactive, good-tasting yeast with no levening capability. Yellow in color, nutritional yeast comes in flake or powder form and has a cheesy flavor. Use in recipes, or try substituting it for parmesan cheese over pasta. Try Red Star Nutritional Yeast T6635, which is fortified with Vitamin B-12. Note: do not confuse with brewer's yeast, which is a white powder with a bitter flavor.

quinoa: pronounced keen-wah, this small seed is used as a grain but is actually a fruit. It was first cultivated by the Incas and has a nutty flavor. This seed contains all essential amino acids. It should be rinsed thoroughly before cooking.

rice milk: nondairy milk that may be used just like cow's milk, over cereal or in recipes. Rice milk tastes much like skim dairy milk. It comes in a variety of flavors.

scallions: also known as green onions or spring onions, these are young tender onions which have a mild flavor. Both the stems and tops are edible.

seitan: (pronounced 'say-can') also called wheat meat, this meat substitute is made of wheat gluten which has been simmered and marinated in soy sauce and spices. Used in Asian and Middle Eastern dishes, it is available in Asian food markets as mien ching or yu mien ching.

shiiitake mushrooms: these meaty textured mushrooms can be grilled, broiled, or stir-fried. If purchased dried, they need to be reconstituted either before or during cooking.

tamari: a naturally fermented soy sauce.

tofu: also called bean curd, tofu is produced from soy milk in much the same way that cheese is produced from cow's milk. Developed as early as the second century B.C., tofu comes in firm, extra-firm, and soft or silken textures. The firm or extra-firm varieties are best for emulating the texture of meat; the silken and soft recipes are best for desserts and dressings.

udon noodles: beige or cream-colored flat Japanese noodles which are thicker than somen noodles. Made from wheat or brown rice flour, udon noodles may be used in place of linguine.

Be sure to use plain soy milk in savory recipes and save the vanilla for your sweet recipes.

soy yogurt: a nondairy yogurt made from soy milk and active bacteria cultures.

tahini: similar to peanut butter, this paste made of sesame seeds is used frequently in Middle Eastern dishes, such as hummus.
WHAT IS EARTHSAVE?

EarthSave promotes food choices that are healthy for people and for the planet. We educate, inspire and empower people to shift toward a plant-based diet and to take compassionate action for all life on earth. There are EarthSave chapters in many cities. Get involved with your local chapter, or start a new EarthSave chapter if there isn’t one in your area. Together, we can change the world. By making this transition in your diet, you’re taking the first step toward doing just that! Thanks for helping us to save the earth and all its inhabitants……one bite at a time!

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☐ Contact me with information about volunteer opportunities in my area.
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