

Quick Quinoa Dishes • Vegan Cheese Guide

VOLUME XXXVI, NO 2

VEGETARIAN

JOURNAL

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Salad Nicoise

*and other Portable
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A Vegan Burrito's Water Footprint

NUTRITION HOTLINE

REED MANGELS, PhD, RD



This issue's Nutrition Hotline gives practical advice for eating less sugar.

QUESTION: *I heard that Americans should be eating less sugar. In practical terms, what does this mean? J.M., via email.*

ANSWER: *Dietary Guidelines for Americans 2015-2020* calls for an upper limit of 10% of calories from added sugar. This limit was developed because diets high in added sugars are often associated with an increased risk of heart disease, obesity, type 2 diabetes, and colon/rectal cancer¹. In addition, sugars, even the ones we think of as “natural,” like maple syrup and agave, are worth little or nothing from a nutrition standpoint. Eating a high-sugar diet means that other more nutritious foods are being neglected.

Added sugars are any sugars that are added to foods, either by consumers or by manufacturers. Manufacturers add sugar to many products, including cereals, beverages, and desserts. Sugars that are found naturally in foods, like the sugar in fruit, are not considered to be added sugars. The main sources of added sugars in U.S. diets are soft drinks, fruit drinks, sweetened coffee and tea, cakes, pies, cookies, doughnuts, frozen desserts, and candy. Right now, it is challenging to figure out how much sugar is added to food, although looking for ingredients like sugar, corn syrup, cane sugar, high fructose corn syrup, and maple syrup on the ingredient list of a product can give you an idea of whether or not sugars have been added. Starting in July

2018, the amount of added sugars will have to be listed on product labels.

If you want to calculate how much added sugar is your upper limit, take your usual calorie level and divide by 450. The result is your upper limit for Tablespoons of sugar. For example, if you usually eat around 2000 calories a day, divide that by 450 and get 4 Tablespoons of sugar. Remember – this is any sugar added to food, from your breakfast coffee to your evening snack.

Does this mean no dessert, ever? Not really. You could choose (or make) desserts with less sugar. Many recipes can have the amount of sugar in them reduced by 25-50%. Having a smaller portion of a sugary dessert is another option. You could limit other sources of sugar – skip the soda at lunch, have a non-sugary cereal at breakfast, and eat fruit instead of a candy bar as a snack – in order to eat a vegan brownie and still stay below 10% of calories from sugar.

References

1. U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015 – 2020 *Dietary Guidelines for Americans*. 8th Edition. 2015.

Available at <http://health.gov/dietaryguidelines/2015/guidelines/>.

FEATURES

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NOTE FROM THE COORDINATORS

VEGETARIAN DIETS AND WATER



Just as we need water in order for the world to thrive, we need passion to accomplish, self restraint, and to care about others beyond our own immediate circle. Veggie diets involve all of these.

On pages 26-27, Mary Finelli talks about living beings in water and what fish feel. In another water-related topic on pages 19-23, Laura McGuinness writes about aquafaba, which means water and beans. Learn some interesting recipes using this vegan substitute for egg whites.

Our researcher Jeanne Yacoubou spent about six months looking at vegetarian diets and the use of water from an environmental point of view. Depending how you frame the question, you can come up with very different answers. On page 18, see an illustration comparing water usage of a meat burrito versus a vegan burrito. Jeanne said, "I spoke to the dietitian at a major non-vegetarian fast food chain for one hour, at her request, for the water footprint piece. She was interested because of their efforts to make their business sustainable. She said they recently hired two people whose role is just that. She was very interested to get all the links I mentioned to her on that topic to send to these new people."

Vegetarian Journal Senior Editor Samantha Gendler attended an InDesign conference in Tyson's Corner, Virginia. It was held at the Sheraton hotel and she was elated with all the veggie choices she could choose from on their breakfast buffet including Field Roast breakfast sausages, steel-cut oatmeal with toppings, fruit, toast, and a soy latte! Times are changing.

Our Foodservice Advisor Nancy Berkoff is doing a presentation in North Dakota at a regional meeting of the National Association of College and University Food Services. A co-presenter told Nancy that in 2010 he opened the nation's first vegan dining hall, and the very first recipe book he used was Nancy's *Vegan in Volume*.

Thank you to all our members, staff, interns, volunteers, and donors who have been ahead of the curve. We've come a long way together, and there is much more to accomplish. Let's keep planting and watering those seeds together.

In honor of our 35th anniversary, a Vegetarian Resource Group supporter has pledged \$15,000 to match donations towards outreach. So every donation you make towards ours programs will be doubled. If you would like to donate towards a veggie world, please mail to VRG, PO Box 1463, Baltimore, MD 21203, call (410) 366-8343 9am-5pm EST, or go to www.vrg.org/donate. Thank you for your ongoing support.



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: _____

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Please send acknowledgement to:

Name: _____

Address: _____

My name and address:

Name: _____

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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.

Thank you very much to Samosa House in Los Angeles and Santa Monica, CA for supporting VRG's outreach to young people!

Special thanks to Chris Belanger and Karen Krinsky at Like No Udder in Rhode Island for doing a fundraiser for The Vegetarian Resource Group!

We appreciate the generous donation left in Ann Floyd's estate to The Vegetarian Resource Group.

Vegan for 25 Years!

This year I am celebrating a quarter century of being vegan, and the health and happiness that decision (made in 1991) has brought me. My motivation is and has always been compassion for the animals who are at the mercy of us humans.

Even years before I took that step, your group was hard at work informing the public about the benefits of a plant-based diet. I remember fondly your early, not-so-glossy publication, full of good information and encouragement.

My "vegan-versary" celebration includes donating money for each year of being vegan to great organizations like yours, whose mission includes helping non-human animals through the adoption of a vegan lifestyle. There are many to choose from, and I'm focusing on groups who get the connection between veganism and animal welfare and promote both, and which have been in the trenches for a long time. So of course VRG made my list!

Sandy M., Oregon

P.S. Thanks so much for mentioning my vegan B&B, the Cherokee Rosee Inn, in a recent issue!

More on Vegan Eating on a Carnival Cruise

I had a very similar experience - I was so afraid I was going to starve on the Carnival Cruise (Valor)! Instead, every single day, I was stuffed! I like the way it's worded in the previous letter to the editor, "It seems like the chef used it for creative freedom, rather than a burden." This is very true! Each night, I had a new meal - there was never a repeat! Breakfast and lunch were very filling as well: Asian, burritos, salad, fresh fruit, etc. If you're vegan and going on a Carnival Cruise, have no worries! You will NOT starve!

Alyssa, via VRG Blog

Veggie Options In and Near US National Parks

I wanted to add the following to your list:

-Tenaya Lodge outside of Yosemite has their own restaurants, and at least one of them has clearly labeled vegan options.

-Gunnison (Colorado) Vitamin and Health Store has a cafe inside with vegan options.

Krista, V. via email

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:

THE VRG TURNS 35!

Plus: *Budget Dishes; Scott Jurek: Vegan Athlete; Update on Previous VRG Interns and Scholarship Winners*

Portable Picnic Feasts

By Chef Nancy Berkoff, EdD, RD

How fun is a portable feast during warm months? Lots...with some planning and preparation. Let seasonal fruit and veggies dictate your next meal!

Salsa Five Ways

(Each variation makes approximately 3 cups)

Prepare a basic salsa mix and then customize according to available ingredients or your menu. Use salsa as a condiment, a sandwich spread, a salad dressing, or a topping for freshly-cut vegetables or fruit.

Basic mix

½ cup chopped sweet onions

¼ cup chopped fresh cilantro

3 teaspoons seeded and chopped fresh chili or bell pepper (you choose the heat)

½ cup chopped fresh tomatoes, with juice (or canned, chopped tomatoes with juice)

Combine all ingredients in a bowl and toss to combine. This mixture is the base for your salsa. Store, covered, in the refrigerator. Do not use a metal bowl or container for any of the salsas.

Total calories per 2 Tablespoon serving of basic mix: 4
Fat: <1 gram
Carbohydrates: 1 gram
Protein: <1 gram
Sodium: 1 milligram
Fiber: <1 gram

Salsa Variations:

Pineapple-Strawberry: You'll need 1 cup of finely diced pineapple, with juice; you can use fresh or canned pineapple. You'll also need 1½ cups of chopped fresh strawberries. Mix the pineapple and strawberries together in a bowl, and then add to the basic salsa mix; toss to combine. If you like, you may add approximately 1 teaspoon of black pepper or 2 Tablespoons of red or balsamic vinegar for additional flavor. Stir well,

cover, and refrigerate for at least one hour. This variation works well with savory or sweet dishes; try with freshly cut bell peppers, daikon radish, jicama, watermelon, or honeydew melon.

Cucumber-Bell Pepper: Peel, seed, and chop cucumbers to total 2 cups. De-seed and finely chop ¾ cup of bell peppers (you can use several colors if you like). Combine cucumber and bell pepper together and then add to basic salsa mix. You may flavor to your taste with 1 teaspoon of black pepper, 2 teaspoons red pepper flakes, or 2 teaspoons of hot sauce. Stir well, cover, and refrigerate for at least one hour.

Summer Squash-Honeydew Melon: Finely chop 2 cups of summer squash. Peel, de-seed, and chop honeydew melon to equal 1 cup. Mix together squash and melon and add to basic salsa mix. You may flavor to your taste with a splash of hot sauce, 2 teaspoons of black pepper, or additional chopped chilies. Stir well, cover, and refrigerate for at least one hour.

Watermelon-Green Grape: Peel and finely cube watermelon to equal to 2 cups (de-seed if you like). Chop ¾ cup green grapes (each grape approximately cut into quarters, depending on size). Mix together watermelon and grapes and add to basic salsa mix. You may flavor to taste with a splash of hot sauce, 2 teaspoons of chili powder, or additional chopped chilies. Stir well, cover, and refrigerate for at least one hour.

Baked Spinach Rice

(Serves 8)

Bake a double batch of this recipe, storing one in the refrigerator to use now and one in the freezer for a future picnic. You can serve this dish cold in the summer and hot in the winter! Pair with a fresh fruit salad and you have an almost complete meal!

2 pounds (about 10 packed cups) fresh, washed spinach
2 cups long-grain jasmine or basmati rice
2 Tablespoons vegan margarine
½ cup sliced almonds
1 cup grated vegan white cheese (such as mozzarella)
2 cups drained, finely diced firm tofu
1 teaspoon white pepper
¼ teaspoon ground nutmeg
1 teaspoon grated fresh lemon zest
2 teaspoons chopped fresh sage (or 1 teaspoon dried)
1 teaspoon chopped fresh thyme (or 1 teaspoon dried)
Vegetable oil spray
1 cup fresh grapes, sliced, for garnish

Preheat oven to 350 degrees. Bring four quarts of water to a boil. Add the spinach to the boiling water with tongs and allow it only to wilt. Quickly remove spinach from the water as soon as it wilts, but do not drain the pot; the water will be used to cook the rice. Strain spinach in a colander or strainer and rinse with cold water until cool. Squeeze out water (do not “mush” the spinach) and chop it into long, flat, noodle-sized strands. Set aside.

Place rice in the still-boiling water and cook for about ten minutes, uncovered, until al dente, a little too chewy to eat. Drain the rice and spread it onto a large platter or baking pan to cool. When cool, place rice in a large bowl. Melt margarine in a skillet and add sliced almonds to the margarine, stirring, using medium heat. Cook until almonds are toasted, about three minutes. Add cheese and quickly stir to melt and coat almonds. Add to rice. Add tofu and seasonings to the rice and mix to combine. Add spinach and toss or mix gently, making certain that the rice and spinach are evenly distributed.

Spray a 2 quart baking dish with vegetable oil. Add spinach/rice mixture. Cover and bake for 30 minutes. Uncover and bake until top is browned, about 5 minutes, depending on your oven.

If serving warm, garnish with grapes prior to service. If serving cold, cover and allow to cool in the refrigerator for at least three hours. Garnish with grapes.

Note: If you would like to prepare a nut-free recipe, sunflower seeds or toasted soy nuts may be used to replace the almonds.

Total calories per serving: 350 Fat: 12 grams
 Carbohydrates: 49 grams Protein: 14 grams
 Sodium: 280 milligrams Fiber: 5 grams

Salad Niçoise

(Serves 6) See it on the cover!

We’ve updated and veganized this traditional salad! The “Niçoise” in the title of this recipe refers to Niçoise olives – black, briny olives from southern France.

For the Dressing

¼ cup red vinegar or apple cider vinegar
2 Tablespoons vegetable oil
2 teaspoons Dijon or spicy mustard
½ teaspoon dried basil
½ teaspoon dried oregano

Place all ingredients in a container with a tight lid. Shake vigorously until all ingredients are combined. Allow to cool in the refrigerator for at least one hour.

For the Salad

4 cups cooked, cooled pasta (any small shape, such as bow ties, rotini, penne, etc.)
2 cups trimmed and cut or snapped into 1-inch pieces fresh green beans (not cooked)
2 cups black-eyed peas (fresh, not cooked; fresh, cooked; or canned, drained – your choice)
2 cups (about 16 ounces or 1 pint) fresh washed cherry tomatoes
½ cup pitted, halved, drained Niçoise or black olives
2 cups (16 ounces) diced, drained extra-firm tofu (flavored tofu is fine)
½ cup chopped fresh parsley (leaves and stems)
4-6 fresh red onion slices for garnish, if desired
2 sheets of nori, crumbled, if desired, for garnish

You have several choices for the salad. You may toss all the salad ingredients together in a bowl, toss with the dressing, and serve. You could also assemble the salad on a platter, starting with the pasta, and then arrange or layer each ingredient around the platter, using your artistic talents for a more visually interesting display. Serve the dressing on the side. Another idea is to assemble the salad on individual plates, serving the dressing on the side.

Total calories per serving: 449 Fat: 12 grams
 Carbohydrates: 63 grams Protein: 26 grams
 Sodium: 161 milligrams Fiber: 10 grams

Picnic in a Bread Bowl

(Serves 5)

This recipe is easy to prepare with the ingredients listed below or what you have in your refrigerator or pantry. If you prefer, rather than using one large bread loaf, you may use individual crusty rolls. This recipe is a prepare-ahead; it gets even better when stored in the refrigerator for up to two days.

- 1 large, round loaf of crusty bread (10-inch diameter or larger)**
- ¾ cup prepared pesto**
- 1 cup (about 8 ounces) thinly sliced smoked tofu or veggie meat slices (about ¼-inch slices)**
- 2 cups (about 1 pound) thinly sliced ripe tomatoes (about ¼-inch slices)**
- ½ cup washed, packed whole fresh basil leaves**
- 1 cup shredded vegan cheese**
- 1 cup drained, chopped canned artichoke hearts**

Place bread on a large plate. Make a lid by slicing off a very thin slice of the bread top. Set aside. Scoop out the bread interior, scooping as close to the crust as you can without making any holes in the sides or the bottom. You may want to save the bread interior and use for fresh bread crumbs or in a bread pudding.

Spoon and spread the pesto along the bottom and sides of the bread bowl. Save any leftover pesto. Layer half the tofu, tomatoes, basil, vegan cheese, and artichokes, tamping down each layer. Repeat until all ingredients are used. Pour any remaining pesto over the layered ingredients. Place the bread lid back on top and wrap the loaf tightly with plastic wrap or cheese-cloth. Place in the refrigerator, with a heavy pot lid or several heavy plates to help compact the ingredients. Chill for at least one hour before slicing

Note: A salad dressing of your choice may be used to replace the pesto.

Total calories per serving: 493 Fat: 17 grams
Carbohydrates: 64grams Protein: 20 grams
Sodium: 1281 milligrams Fiber: 6 grams

Seven Layered Salad in a Jar

(Serves 5)

Use sterilized jars or containers with tight lids. Substitute fruits and veggies based on availability.

- 1 cup cooked, cooled edamame**
- 1 cup fresh, dried or canned cooked and cooled lima beans**
- 1 cup fresh, washed and shelled (not cooked) peas**
- 1 cup fresh blueberries, boysenberries, or raspberries**
- 1 cup fresh cut corn (not cooked, cut from the cob)**
- 1 cup seeded and diced red or yellow bell peppers**
- 1 cup seeded, peeled and diced honeydew or cantaloupe**
- 4 Tablespoons chopped walnuts or pumpkin seeds**
- 1½ cups salad dressing of choice**

Either in one large jar or container or in 5 individual containers (each holding approximately 1 cup) layer all ingredients, (veggies, fruits, and beans) except for salad dressing and nuts. When layering is complete, top with nuts/seeds. Cover and refrigerate for at least one hour prior to serving. Spoon on dressing before serving.

Note: To make nut free, replace walnuts with raisins, chopped dried fruit, or toasted soy nuts. Nutrient information will vary based on dressing choice.

Total calories per serving: 431 Fat: 27 grams
Carbohydrates: 41 grams Protein: 11 grams
Sodium: 45 milligrams Fiber: 8 grams



Caesar Salad

(Serves 5)

Romaine lettuce is traditional for Caesar salad, but feel free to take advantage of fresh seasonal greens and create your own Caesar tradition.

Dressing

- ½ cup cashews or walnuts or sunflower seeds
- 2 Tablespoons olive oil
- 3 Tablespoons fresh lemon or lime juice
- 3 Tablespoons nutritional yeast
- 1½ Tablespoons Dijon or spicy mustard
- 2 teaspoons minced fresh garlic
- 1 teaspoon white pepper

Place the nuts, oil, lemon juice, yeast, mustard, garlic, and pepper in the canister of a food processor or blender and process until the mixture is smooth. If the mixture is too thick (think: thin salad dressing), you may slowly add up to 4 Tablespoons of room temperature (not cold) water until the desired thickness is reached.

Place dressing in a container and refrigerate for at least one hour.

Salad

- 2 heads Romaine lettuce, coarsely chopped (about 6 cups)
- 2 cups vegan croutons
- 2 ripe avocados, peeled, pitted, and thinly sliced (if too ripe, then diced)
- 2 cups peeled, seeded, finely diced ripe cantaloupe
- 1 cup fresh peas (not cooked)
- 3 Tablespoons drained, sliced black olives

Place the romaine in a large bowl. Toss with the dressing, croutons, avocados, cantaloupe, peas, and olives. You can toss at home, or keep salad and dressing separate and toss just prior to serving.

Total calories per serving: 419 Fat: 25 grams
Carbohydrates: 41 grams Protein: 14 grams
Sodium: 275 milligrams Fiber: 16 grams

Nancy Berkoff is a chef and Registered Dietitian. She is The Vegetarian Resource Group's Foodservice Advisor.

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SCIENTIFIC UPDATE

By Reed Mangels,
PhD, RD, FADA

A REVIEW OF RECENT SCIENTIFIC PAPERS RELATED TO VEGETARIANISM

AND's New Position on Vegetarian Diets

The Academy of Nutrition and Dietetics (AND), the world's largest organization of food and nutrition professionals, recently published a new position paper about vegetarian diets. AND's position paper provides current information about key nutrients for vegetarians, vegetarian diets for different stages of the life cycle, and the role of vegetarian diets in prevention and treatment of chronic diseases such as obesity, heart disease, high blood pressure, diabetes, and cancer. The paper defines vegetarian diets as "diets that are devoid of flesh foods (such as meat, poultry, wild game, seafood, and their products)" and lists vegan, lacto-ovo, and lacto vegetarian diets as examples of types of vegetarian diets. Environmental benefits of vegetarian diets are also discussed. VRG's polls of the number of vegetarian adults are featured in the paper and VRG's Vegan Plate (<http://www.vrg.org/nutshell/MyVeganPlate.pdf>) is identified as a useful resource. The Academy's paper is a helpful source of information for the media, health-care professionals, and others with questions about vegetarianism. The complete position paper is available at: (<http://www.eatrightpro.org/-/media/eatrightpro%20files/practice/position%20and%20practice%20papers/position%20papers/vegetarian-diet.ashx>).

Melina V, Craig W, Levin S. 2016. Position of the Academy of Nutrition and Dietetics: Vegetarian diets. *J Acad Nutr Diet.* 116:1970-1980.

Fruits and Vegetables and Depression

Plant foods contain many health-promoting substances, called phytochemicals, also known as "plant chemicals." One type of phytochemical is called flavonoids. Flavonoids are found in fruits, vegetables, grains, herbs, and beverages. Researchers looked at more than 80,000 women's intakes of flavonoids by asking them about the foods they commonly ate. They also asked the women whether or not they had been treated for

depression. Women with the highest intakes of flavonoids had a 7-10% lower risk of depression compared to women with the lowest intake. This reduced risk of depression was especially seen in women age 65 and older. The foods most strongly associated with a reduced risk of depression were citrus fruits and juices, like orange and grapefruit. Tea was also associated with a lower risk of depression. Although further study is needed, these results suggest that eating a variety of fruits, vegetables, and grains may help to reduce the risk of depression in women. No results were available for men.

Chang SC, Cassidy A, Willett WC, Rimm EB, O'Reilly EJ, Okereke OI. 2016. Dietary flavonoid intake and risk of incident depression in midlife and older women. *Am J Clin Nutr.* 10:704-14.

Vegetarian Athletes

Many athletes choose to follow a vegetarian diet and may wonder if their diet choice affects their athletic performance. Most studies of vegetarian diets in athletes put non-vegetarians on vegetarian diets for a short time and see if that affects performance. These studies don't reflect long-term use of vegetarian diets. Researchers recently compared 27 vegetarian (15 of the vegetarians were vegan) and 43 non-vegetarian athletes, all of whom were either on a competitive club sports team at an NCAA Division 1 university or were training for a major event such as a marathon or triathlon. Study participants had been vegetarian for at least three months; most had followed their diet for more than two years. Female vegetarians had greater cardiorespiratory fitness than female nonvegetarians; there was no significant difference in males. Vegetarians and non-vegetarians were not significantly different in terms of strength. These results suggest that vegetarian diets do not compromise strength and may be advantageous for aerobic fitness.

Lynch HM, Wharton CM, Johnston CS. 2016. Cardiorespiratory fitness and peak torque differences

between vegetarian and omnivore endurance athletes: a cross-sectional study. *Nutrients*. 15;8(11). pii: E726.

Alternative Plant Milks

Three food scientists from India recently projected that the market for plant milks would grow to reach a value of \$14 billion by 2018. They see plant milks being increasingly used to meet the needs of the many people in the world who are lactose intolerant or are allergic to cow's milk. They point out a number of substances, in addition to soy, rice, almonds, cashews, oats, hemp, and coconut that are either being used internationally or could be used to make plant milks. Some of their ideas include peanuts, lupin, corn, spelt, teff, amaranth, and quinoa. Lupin, a plant in the legume family, seems especially promising because it is high in protein and fiber and low in fat, and could potentially be used in the same way that soybeans are used. They predict that blends of different kinds of plant milk will become popular because combining products can improve the overall nutritional profile.

Sethi S, Tyagi SK, Anurag RK. 2016. Plant-based milk alternatives an emerging segment of functional beverages: a review. *J Food Sci Technol*. 53:3408-3423.

Fruits and Vegetables Don't Overcome Red Meat

Eating a lot of red and processed meat is associated with a greater risk of heart disease and cancer and of dying earlier. Eating a lot of fruits and vegetables is associated with living longer. What happens if someone eats a lot of red/processed meat *and* a lot of fruits and vegetables? Swedish researchers set out to answer this question. They studied more than 70,000 Swedish men and women who were asked about their food habits several times over a 16-year period. Those eating the most red/processed meat had a 21% higher risk of overall mortality and a 29% higher risk of dying from heart disease. These risks were not affected by fruit and vegetable consumption. Risks were similar in those eating the most red/processed meat who ate few fruits and vegetables and who ate lots of fruits and vegetables. Overall, processed meat seemed to be associated with the greatest risks. These results suggest that eating a lot of fruits and vegetables will not counterbalance the apparently harmful effects of eating a red/processed meat-centered diet.

Bellavia A, Stilling F, Wolk A. 2016. High red meat intake and all-cause cardiovascular and cancer mortality: is the risk modified by fruit and vegetable intake? *Am J Clin Nutr*. 104:1137-1143.

Whole Grain Benefits

Whole grains – foods like whole-wheat bread and pasta, brown rice, quinoa, and oatmeal – are foods we're often told to eat more of. People who eat plenty of whole grains tend to have a lower risk of developing heart disease, diabetes, and some kinds of cancer. New studies have taken a fresh look at whole grains.

The first study was of 33 middle-aged adults (less than 50 years old) who were overweight or obese. For eight weeks, the study subjects ate a diet high in whole-grains, they took a 10 week break, and then were given a diet high in refined grains for eight weeks. Sauces and packaging were used to disguise the diets so subjects didn't know which grains they were getting. After eating whole grains for eight weeks, subjects' diastolic blood pressure was lowered by 8%. Diastolic blood pressure is the bottom number when blood pressure is reported. For example, if your blood pressure is 120/80, 80 is your diastolic blood pressure. What does this all mean? Well, elevated diastolic blood pressure is a risk factor for heart disease in middle-aged adults. If it's lowered to the extent that it was in this study, it could mean that a person's risk of dying from heart disease would be about 30% less and of dying from a stroke would be about 40% less. Eating more whole grains (and fewer refined grains) seems to help to control blood pressure and may reduce the risk of heart disease.

The second study looked at gum disease in over 6000 adults. Study subjects completed records of what they ate for several days and were examined. About 45% of them had gum disease, of varying severity. Study subjects eating the lowest amount of whole grains were about 30% more likely to have worse gum disease than those eating the highest amount of whole grains. Eating more fruits and vegetables was not associated with a lower risk of gum disease.

Kirwan JP, Malin SK, Scelsi AR, et al. 2016. A whole-grain diet reduces cardiovascular risk factors in overweight and obese adults: a randomized controlled trial. *J Nutr*. 146:2244-2251.

Nielsen SJ, Trak-Fellermeier MA, Joshipura K, Dye BA. 2016. Dietary fiber intake is inversely associated with periodontal disease among US adults. *J Nutr* [Epub ahead of print]

A GUIDE TO VEGAN CHEESE



By Casey Brown and Sasha Keenan, VRG Interns

Many people are afraid to go vegan because they think they “cannot live without cheese.” What they do not realize is that they don’t have to live without cheese. There are so many vegan cheese options on the market today that can substitute for any kind of cheese you are looking for – Parmesan, ricotta, shreds, cream cheese, and more. These products can be found at most supermarkets, and many restaurants are even beginning to offer vegan alternatives to cheese. We have compiled a list of vegan cheeses to compare their ingredients, nutritional information, cost, availability, and more.

Nutrition

Generally speaking, non-dairy cheeses contain no cholesterol and are lower in saturated fat than dairy cheeses. Non-dairy cheeses are a reduced fat alternative to dairy cheeses. For example, a slice (19 grams) of Go Veggie brand Vegan Cheddar Slices contains 35 calories, 1 gram of protein, 2 grams of fat, 5 grams of carbohydrates, and 0 grams of saturated fat, while a slice (21 grams) of Kraft Deli Deluxe Cheese contains 70 calories, 4 grams of protein, 6 grams of fat, 0 grams of carbohydrates, and 3.5 grams of saturated fat.

Vegan cheese shreds are popular substitutes and can be found in most supermarkets. Go Veggie, Follow Your Heart, and Daiya all offer vegan substitutes for shredded cheese. These options contain 70-90 calories, 0-1 gram of protein, 6 grams of fat, and 2-4 grams saturated fat in one serving (¼ cup). One serving of a Kraft Sharp Cheddar cheese contains 110 calories, 6 grams of protein, 9 grams of fat, and 6 grams of saturated fat.

Typically, Parmesan cheese is made using rennet, which is derived from the stomach lining of cows, so it is often not even considered to be a vegetarian product. The vegan Parmesan alternatives are often made using nutritional yeast among other ingredients, so they can contain up to 15% of the recommendation for vitamin B12. Other vegan cheeses not made with nutritional yeast don’t supply vitamin B12. The serving size for these products is 2 teaspoons, and each serving has 15-25 calories, 1-2 grams of protein, 1 gram of fat, and 35-95 milligrams of sodium. This is very similar to the standard option of Kraft Grated Parmesan Cheese,

which contains 20 calories, 2 grams of protein, 1.5 grams of fat, and 75 milligrams of sodium in a 2-teaspoon serving.

Dairy cheese options typically contain around 20% of the day’s recommendation for calcium. However, other than the Go Veggie products, which contain 20-30% of the recommendation for calcium, most non-dairy cheese alternatives have little or no calcium in them. Vegans can obtain calcium through fortified products including soymilk, tofu, and orange juice or through dark, leafy green vegetables.

It is important to note that most dairy cheeses contain more protein than non-dairy cheese, but it is uncommon for non-dairy cheese to be an integral part of a vegan or vegetarian diet, thus it is very unlikely the protein difference between dairy and non-dairy cheese would be an issue. Still, non-dairy cheese should not be relied on as a protein source.

Cost

Although some people think a vegan diet is pricey, a nutritious plant-based diet can actually cost less than an omnivorous diet. Common vegan staple foods —fresh vegetables, rice, oats, pasta, legumes, and seasonal fruits — are often cheaper than meats, poultry, fish and eggs. Typically, vegan cheese substitutes are more expensive than dairy cheeses. An 8-oz. bag of Daiya shredded cheese cost around \$4.00, while an 8-oz. bag of Kraft shredded cheese costs about \$2.50. An 8-oz. container of Tofutti cream cheese costs about \$4.50, while an 8-oz. container of Philadelphia cream cheese costs around \$2.50. The dairy counterparts are less expensive than the vegan substitutes, and they can often be bought in larger quantities for a lower cost. Although the non-dairy alternatives are more expensive, these products can be used in moderation to add flavor to your dishes.

Note: Prices are from Walmart.com and Amazon.com

See the next pages for comparison tables of vegan cheese types, brands, and varieties. Dairy items are listed in color below for comparison purposes.

Format	Product Name	Serving Size	Calories	Protein	Fat	Saturated Fat	Sodium	
SHREDS	Daiya Shreds	¼ cup (28 g)	90	1 g	6 g	2 g	250 mg	
	Follow Your Heart Shreds	¼ cup (28 g)	70	0 g	6 g	3.5 g	230 mg	
	Go Veggie Shreds							
	Mozzarella	¼ cup (28 g)	80	1 g	6 g	0 g	280 mg	
	Go Veggie Shreds other flavors	¼ cup (28 g)	90	0 g	6 g	0.5 g	280 mg	
	Kraft Cheddar Cheese Shreds	¼ cup (28 g)	110	6 g	9 g	6 g	170 mg	
	SLICES	Daiya Cheddar Style Slices	1 slice (20 g)	60	1 g	4.5 g	4 g	135 mg
Daiya Slices other flavors		1 slice (20 g)	70	1 g	5 g	2 g	90 mg	
Tofutti Slices		1 slice (19 g)	90	2 g	6 g	3 g	290 mg	
Follow Your Heart Slices		1 slice (20 g)	60	0 g	4.5 g	4 g	180 mg	
Go Veggie Slices (all flavors)		1 slice (19 g)	35	1 g	2 g	0 g	150 mg	
Field Roast Chao Slices		1 slice (20 g)	60	4.5 g	4 g	4 g	180 mg	
Sheese Mozzarella Style Slices		1 slice (20 g)	52	.5 g	4 g	4 g	300 mg	
Sheese Mature Cheddar Style Slices		1 slice (20 g)	60	1 g	5 g	4 g	350 mg	
Slices White Cheddar Style Slices		1 slice (20 g)	60	1 g	5 g	4 g	350 mg	
Kraft Deluxe Deli American Sliced Cheese		1 slice (20 g)	70	3 g	0 g	3.5 g	300 mg	
BLOCKS		Daiya Jalapeño Harvarti Style Block	1 oz (28 g)	90	1 g	6 g	3 g	190 mg
		Daiya Medium Cheddar and Monterey Jack Block Style	1" cube (28 g)	80	1 g	6 g	4.5 g	200 mg
		Daiya Smoked Gouda Style Block	1" cube (28 g)	80	1 g	6 g	4.5 g	180 mg
		Treeline Classic Aged Nut Cheese	1 oz (28 g)	140	5 g	11 g	2 g	125 mg
		Treeline Cracked Pepper Aged Nut Cheese	1 oz (28 g)	140	5 g	11 g	1.5 g	140 mg
	Dr. Cow cheese blocks	1 oz (28 g)	146	5.4 g	11.5 g	2.3 g	160 mg	
	Teese Mozzarella and Cheddar Cheese	1 oz (28 g)	70	0 g	5 g	4.5 g	170 mg	
	Teese Nacho Cheese Sauce and Creamy Cheddar	1 oz (28 g)	70	0 g	5 g	4.5 g	160 mg	
	Miyoko's Kitchen Fresh VeganMozz	1 oz (28 g)	67	1 g	7 g	5 g	67 mg	
	Miyoko's Kitchen Aged English Sharp Farmhouse	1 oz (28 g)	130	5 g	10 g	1.5 g	170 mg	
	Miyoko's Kitchen Aged English Smoked Farmhouse	1 oz (28 g)	130	4 g	10 g	1.5 g	150 mg	

Vegan cheese comparisons continued....

Product Name	Serving Size	Calories	Protein	Fat	Saturated Fat	Sodium
Miyoko's Kitchen High Sierra Rustic Alpine	1 oz (28 g)	150	4 g	12 g	4.5 g	270 mg
Miyoko's Kitchen Country Style Herbes de Provence	1 oz (28 g)	120	4 g	10 g	1.5 g	150 mg
Miyoko's Kitchen French Style Winter Truffle	1 oz (28 g)	100	2 g	9 g	6 g	50 mg
Heidi Ho Veganics (all flavors)	1 oz (28 g)	80	3 g	6 g	1 g	40 mg
Ste Martaen Colby	1 oz (28 g)	28	1 g	2 g	0 g	160 mg
Ste Martaen Colby (all other flavors)	1 oz (28 g)	31	1 g	2 g	0 g	160 mg
Punk Rawk Labs Cashew Original	1 oz (28 g)	136	5 g	11 g	2 g	260 mg
Punk Rawk Labs Cashew Herb	1 oz (28 g)	177	2 g	19 g	3 g	260 mg
Punk Rawk Labs Cashew Smoked	1 oz (28 g)	157	3 g	15 g	3 g	260 mg
Punk Rawk Labs Nacho	1 oz (28 g)	140	5 g	9 g	2 g	260 mg
Sheese Blue Style, Mild Cheddar Style	1 oz (28 g)	80	1.7 g	5.4 g	4.6 g	756 mg
Sheese Mature Cheddar Style	1 oz (28 g)	86	1 g	6.9 g	5.7 g	504 mg
Sheese Red Cheddar Style	1 oz (28 g)	80	1.8 g	5.4 g	4.6 g	924 mg
Sheese Smoked Cheddar Style	1 oz (28 g)	80	1.8 g	5.3 g	4.6 g	700 mg
Sheese Strong Cheddar Style	1 oz (28 g)	81	1.7 g	5.4 g	4.6 g	670 mg
Sheese White Cheddar Style	1 oz (28 g)	84	.9 g	6.6 g	5.5 g	476 mg
Sheese Edam Style, Gouda Style	1 oz (28 g)	84	1.7 g	5.7 g	4.7 g	728 mg
Sheese Greek Style, Wensleydale Style with Cranberries	1 oz (28 g)	84	.2 g	6.7 g	5.6 g	504 mg
Sheese Cheddar Style with Caramelized Red Onion	1 oz (28 g)	86	1 g	6.9 g	5.7 g	504 mg
Kraft Natural Mild Cheddar Cheese Block	1 oz (28 g)	110	6 g	10 g	6 g	180 mg

To see a complete list of vegan cheese brands and purchasing options, as well as characteristics of the various vegan cheese brands and more comparison tables, visit: <http://www.vrg.org/nutshell/Public/VeganCheese2016.pdf>

Burrito on My Plate The Water Footprint of a vegan vs. meat burrito Background research by Jeanne Yacoubou, MS

Introduction

Direct (e.g., cooking and showering) and indirect (growing the food we eat) uses of water taken together are called our volumetric water footprint (herein referred to simply as water footprint). In this report, The Vegetarian Resource Group focuses on water footprints of typical components of burritos.

For crops and animal products, The VRG located water footprint average values presented in several reports by researchers M.M. Mekonnen & A.Y. Hoekstra (herein noted as M&H). <http://waterfootprint.org/en/> We converted their values presented in cubic meters per metric ton (m³/metric ton) into gallons per pound (gal/lb.)

M&H divide water footprints into three types: green, blue, and grey. Very simply, green water consists of rainfall. Blue water is surface and groundwater (e.g., river and well water). Grey water refers to polluted water caused by runoff and leaching of nitrogen fertilizer used on the crops whose water footprint is being calculated. M&H include grey water footprints in their total values but all other water footprints calculated from data that The VRG received during its investigation do not include grey water. As a consequence, these other water footprints are underestimates of an actual crop's total water footprint.

Yield/acre data were taken from the latest U.S. Department of Agriculture Summary Reports for crops, vegetables, fruits and livestock. We chose 2015 data to determine top producing states and used 2015 yield/acre data in most calculations. In some instances, extension agents provided us with larger data sets.

For this report, The VRG sought crop water requirements based on crop evapotranspiration (ET_{crop}). This is a measure of the water actually used by plants, mostly evaporated from leaf surfaces or the soil around the plants and released (i.e., transpired) by plants as vapor for self-cooling. Although most of our values do not strictly correspond to ET_{crop} requirements, they were considered very good approximations by our sources. M&H based all of their values on ET_{crop}.

We've listed anecdotal accounts of what we researched during five months in 2016 to give the reader a tiny snapshot of what farming looks like today in America considering foods' water footprints.

Wheat flour tortilla: North Dakota was the leading U.S. wheat producer in 2015. A North Dakota extension agent provided us with a yield/acre value based on nine years across all wheat varieties. Since there is practically no irrigation in North Dakota we calculated average annual rainfall for three different areas of the state during this same time period. From this information we approximated a water footprint for wheat.

Rice: Arkansas is the major producer of rice in the U.S. We received total water (irrigation plus rainfall) data for a ten-year period from a University of Arkansas professor. We located USDA yield/acre data for the same time period. From this we approximated a water footprint for unhusked rice.

Pinto and Black Beans: The USDA Crop Summary 2015 provides data for many different varieties of dry beans, including pinto and black beans. North Dakota has the greatest production of dry beans overall. Pinto is the major bean variety grown there. Michigan is the largest producer of black beans in the U.S. Michigan did not provide any data to us but referred us to North Dakota. M&H list water footprint values for three types of "dry beans." All three have the same water footprints in North Dakota. Likewise in Michigan, all three types have the same (although a different) value. This implies that the water footprints of all varieties of dry beans in a given state are averaged to be the same. Thus, for our burrito which calls for pinto and black beans, we used the value calculated for North Dakota pinto beans and the value for Michigan black beans listed in M&H.

Tomato Salsa: Processing tomatoes – California dominates the production of processing tomatoes used

to make tomato paste and other tomato products sold in cans, for example in diced form. We considered diced processing tomatoes as a salsa component for this report. During processing, these tomatoes have their peels removed. For this reason, a California extension agent recommended that we consider the M&H value listed for “peeled tomatoes” as corresponding most closely to what the value for diced tomatoes would be (since the latter value is not given in M&H). The VRG received a water footprint value from a major California tomato processing company for the amount of water needed to transform tomatoes coming from fields into canned diced tomatoes.

Fresh Tomatoes: Florida produced the most fresh market tomatoes in 2015. We used the yield data from the USDA Crop Summary. From extension service documents sent to us by a Florida extension agent we estimated an ETcrop value. We also estimated the amount of wastewater produced during cleaning in the packinghouses based on his information.

Corn Salsa: Sweet corn is different from the field corn raised primarily for livestock feed or for ethanol production in biofuels. Minnesota produces the most sweet corn for processing in the U.S. M&H have listings for “maize, green” and “frozen sweet corn,” which are identical in water footprint values. M&H values do not include additional water used in postharvest handling, nor any water used in processing of corn that (1) removes kernels from the ears; and (2) rinses, cooks and packages the corn kernels. There is no recent, readily-available U.S. data on water requirements during sweet corn processing.

Onions: M&H present three different onion classifications in their Appendix. Of the three, “Onions, dried but not further prepared” is the closest to onions used in salsa. For our burrito we are not considering dehydrated onions nor fresh onions such as scallions. USDA uses “storage onions” to refer to dry onions. There is no data readily available for water requirements during onion processing.

Chile Peppers: USDA data for chile peppers include “both fresh and dry product combined,” whereas M&H separate fresh from dried chile peppers. M&H lists them as “chilies and peppers, green” where “green” means fresh not dry and excludes green bell peppers. We used a water footprint estimate from a California extension agent, as California is the top U.S. producer.

Guacamole: Avocado is the principal ingredient in guacamole. In the U.S., California dominates in production. Most avocados sold in the US are from other countries due to high demand and a relatively small domestic crop.

Tofu: Tofu is derived from soybeans. In the U.S., Iowa is the largest producer. M&H present many soy products in their table of water footprint values. We compared their value for “soybeans” with that derived from Iowan extension agents. Tofu is listed as “soy curd.”

Beef: According to the USDA, Texas is the largest producer of beef cattle. By far the largest portion of water required to raise cattle for beef consists of the water needed to grow the crops used to feed them.

Which Water Footprint Value is the Most Accurate?

We assume an American-made burrito and base our final figures on the top producer state water footprint values for each component given in M&H, plus water for processing/cooking. We list a few foreign water footprints based on country of origin information that we received from several restaurant chains serving burritos. M&H do not provide state values for animal products. So only in the case of beef do we use the M&H U.S. average.

Our Rationale: M&H’s water footprints consist of averages, meaning some included sample data may have had much smaller or much larger water footprints. In the case of certain foodstuffs, notably animal products, there are very great differences in water footprints depending on type of food production system (e.g., grazing, mixed or industrial) which go far beyond differences due to climate, soil, etc. that affect non-animal crop water footprints.

A food’s water footprint from a single farm is always optimal for determining a food’s actual water footprint. Next best would be state values. In a single state there are more uniform growing conditions (although some differences), more so than across many diverse areas in one country (e.g., onions growing in Colorado versus Oregon or dry beans in California versus Minnesota).

A major point brought up by many contributors to this investigation was that the very concept of a global average is “meaningless” and even “silly.” The people working with individual producers on a daily basis offered the following factors that directly influence the

water footprint of a crop: Climate, weather, terrain, soil, previous crop grown on a farm, tillage practice, irrigation and irrigation technique, fertilizer and pesticide application rates and times. These factors often differ dramatically from region to region in a country or around the world. They are only some of the factors that make it very difficult to give a meaningful national average let alone a global average.

Please note that some of our figures in the infographic on the next page include rounding because of the differences when researching restaurant information between fluid ounces, which measure volume, and ounces, which measure weight. Note that researchers have different approaches and make different assumptions, some of which were discussed above. Thus depending on your methods, figures can vary.

Burrito Restaurants Weigh In

The VRG asked Taco Bell, Chipotle, and Moe's Southwest Grill if certain burrito ingredients are home-grown.

Burrito Component	Taco Bell	Chipotle	Moe's Southwest Grill
Soybeans	Not pertinent	U.S.	U.S.
Dry beans	U.S.	U.S.	U.S.
Avocados	Mexico (almost 100%), Chile	U.S., Mexico, Chile	Mexico
Beef	U.S., Canada, Australia, New Zealand	U.S., Australia	Australia, New Zealand (in 2017, U.S.)

Taco Bell provided some country source information on spices without our asking! M&H list some information on spices but to approximate a spice water footprint considering such small quantities used and that we'd need spice ratios in proprietary blends (which companies do not divulge) we chose not to include them in our report. If you're interested in pursuing spice water footprints or any others begin with Appendices II of M&H's Reports 47 and 48. They are great places

to start when looking for country and state/province volumetric water footprint average values of many foods you consume. Look at restaurant websites to see if any water usage information is available. If it's not there ask questions! Doing so will not only raise awareness; it will also encourage companies to acknowledge that the virtual water in their menu items or food products influences consumer buying decisions.

TABLE 1. WATER FOOTPRINTS OF BURRITO COMPONENTS (GALLONS/POUND OF PRODUCT ROUNDED TO NEAREST WHOLE NUMBER)

Food (FAO classifications followed by M&H)	M&H 2010 Global Average	M&H 2010 USA Average	M&H 2010 Leading Producer State Average
Wheat	219	262	ND: 173
Rice (Unhusked)	200	174	AR: 172
Brown Rice, (Husked)	260	226	AR: 224
Dry (Pinto) Beans	605	932	ND: 857
Dry (Black) Beans	605	932	MI: 728
Soybeans	257	199	IA: 195
Tofu (Soy Curd)	302	234	-
Fresh Tomatoes	26	15	FL: 17
Peeled (Processing) Tomatoes	32	19	CA: 19
Sweet Corn	84	64	MN: 67
Avocados	140	145 (Mexico: 133; Chile: 218)	CA: 142
Dry Onions	41	19	WA: 19
Chile Peppers	45	30	CA: 28
Boneless Beef Cuts	1,846	1,699 (Australia: 1,818; Canada: 1,678; New Zealand: 1,101)	-



Burrito on My Plate

The Water Footprint of a

vegan vs. meat burrito



= 56.25 gallons of water

Vegan Burrito without Tofu

3.5 oz. wheat tortilla, 4 oz. cooked rice, 4 oz. black beans, 4 oz. pinto beans, 3.5 oz. tomato salsa, 3.5 oz. corn salsa, 2.52 oz. guacamole (990 calories)

225 GALLONS



Vegan Burrito with Tofu

3.5 oz. wheat tortilla, 4 oz. cooked rice, 4 oz. black beans, 4 oz. pinto beans, 3.5 oz. tomato salsa, 3.5 oz. corn salsa, 4 oz. tofu (990 calories)

253 GALLONS



Beef Burrito

3.5 oz. wheat tortilla, 1.5 oz. black beans, 3.5 oz. tomato salsa, 3.5 oz. corn salsa, 2.52 oz. guacamole, 4 oz. beef steak (990 calories)

541 GALLONS



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For more information, see <http://www.vrg.org/environment/>

Based on figures from A.Y. Hoekstra and Dr. M.M. Mekonnen, USDA, USDA Extension Agents, and food companies

Aquafabulous

By Laura McGuinness

Baking with Chickpea Liquid

What in the world is aquafaba?

Aquafaba is being considered the greatest culinary discovery in the last 10 years. Aqua is Latin for water and faba is Latin for bean. Aquafaba is the term used to describe the liquid from cooking legumes or simply the liquid drained from a can of beans. You can use almost any kind of bean, but the most common and reliable is chickpeas (or garbanzo beans).

The liquid you've been draining from your beans all these years is actually surprisingly similar to raw egg whites and can be used for baking in much the same way. The liquid can be baked, whipped to make meringue, turned into marshmallows, or used to create uncanny cheese substitutes.

How was aquafaba discovered in the first place?

Born out of the undying search to create a vegan meringue, the secret of aquafaba was slowly unearthed by a variety of people, the most notable being Joël Roessel (a French ténor and chef) and Goose Wohlt (an American software engineer). Roessel investigated vegetable foams, but his foam wasn't stable enough and he was forced to add starch and gum to make the meringue. The technical nature of this discovery prevented a wide audience from adopting it. Goose Wohlt, however, hearing about Roessel's successes, eventually discovered that chickpea liquid was stable enough by itself to act as a replacement for egg whites. Its simplicity was crucial and quickly the world of aquafaba opened up to the general public, spurring a frantic crowdsourcing of sorts.

A Facebook group was created and recipes began popping up in blogs. Aquafaba made it into the news, a book was published, and vegans everywhere were finally enjoying mile-high lemon meringue pies.

What is the science behind this magical bean water?

Aquafaba is still largely a mystery, even to scientists. The proteins and starches in the bean juice appear to mimic the proteins in egg whites, but the exact science leaves something to be desired. What we do know from an analysis by The Norwegian Food Research Institute is that aquafaba is mainly composed of starch and proteins. Because of the high starch content, aquafaba is able to

form stable gels, which may aid in its ability to emulate egg whites.

Tips for harnessing the power of aquafaba:

- 1) Invest in a standing mixer with a balloon whisk. Unless you have muscles of steel (which you might get after eating all the chickpeas you're about to have on your hands), it will be virtually impossible to whip the aquafaba into stiff peaks by hand. If you can't afford a standing mixer, do some research — I've seen people rig up a whisk and drill to get the job done.
- 2) How much aquafaba replaces one egg? This is a great question and also a very important one. Generally, 3 Tablespoons of aquafaba equals one egg. Sometimes, however, recipes call for you to reduce it on the stovetop to make it a thicker consistency. You should also keep in mind that recipes calling for a large amount of eggs (the limit is about three) can be difficult to make with aquafaba because it begins to lose its ability to bind together. There is quite a bit of success using aquafaba to replace three eggs and substituting the last egg with a "flax-egg." This is 1 Tablespoon of ground flax seed mixed into 3 Tablespoons of water and placed in the refrigerator for 15 minutes to thicken. Still, for some recipes that require 4, 5, or 6 eggs — it might be difficult — or even downright impossible — to use aquafaba as a substitute.
- 3) Aquafaba can be frozen! An ice cube tray is the perfect container to store pre-determined amounts so you know that one cube is exactly 3 Tablespoons.
- 4) Chickpeas are the most reliable form of aquafaba, but you can also use cannellini beans, kidney beans, black beans, etc. Experiment!
- 5) Many online sources stress the importance of buying unsalted beans, but I have had plenty of success using beans without worrying about the sodium content.
- 6) Peaks — knowing your peaks is extremely important when whipping aquafaba. If you

search the Internet, you can find many videos demonstrating exactly what soft, medium, and stiff peaks look like and how long it takes to achieve each stage, but the best way to learn is to practice. Eventually, you'll attain a somewhat telepathic bond with your mixer. If you're looking for a video, I recommend referring to Zsu's Vegan Pantry's "The Peaks of Aquafaba."

To break it down for you: Soft peaks take about 4 minutes. When you dip the whisk into the meringue and lift it up, it's bubbly and melts back into itself. It is incapable of standing up on its own. Medium peaks can be achieved around 10 minutes. The meringue will be brighter and whiter. When you dip the whisk into the meringue and lift it back out, it will start forming peaks, but will still fall over easily. Stiff peaks will be seen around 20 minutes, when the meringue is showing ripples that don't fall over in the bowl. The ultimate test is lifting the bowl over your head. Nothing should fall out!

Unlike egg-based meringue, it will not deflate the longer you whip it. It will continue to get stronger the longer it is whipped.

Basic Meringue Cookies



Now that you know all there is to know about aquafaba, feel free to start baking!

Basic Meringue Cookies

(Makes 36 cookies)

Aquafaba from a 15-ounce can of chickpeas

$\frac{1}{4}$ teaspoon cream of tartar

$\frac{3}{4}$ teaspoon vanilla extract

$\frac{3}{4}$ cup organic granulated sugar

Preheat the oven to 200 degrees. Pour the liquid from the can of chickpeas into the mixer bowl with the cream of tartar and vanilla extract. Attach a balloon whisk to the mixer. Start by beating at medium-high for about 10 minutes, until medium peaks begin forming. Slowly pour the sugar in as the beater is running, stopping to scrape down the sides of the bowl if needed. Increase the speed to high. Beat until you see stiff peaks and the aquafaba does not collapse.

Line a baking sheet with parchment paper. Using a pastry bag or a spoon, dollop the meringue into even mounds onto the baking sheet. Bake for 2 hours. If you're in doubt about whether the meringue cookies

are done, remove one. It should come off the parchment paper easily and stay intact. Let it cool for a few minutes and then determine whether it is the correct texture. It should be crunchy all the way through and light enough to melt in your mouth.

It is important to store these in a cool, dry place. If planning on keeping them overnight, store in a sealed container. If your environment is especially humid, they may not ever reach the correct consistency.

Total calories per cookie: 17

Fat: <1 gram

Carbohydrates: 4 grams

Protein: <1 gram

Sodium: <1 milligram

Fiber: <1 gram

Baked Alaska

(Makes 4)

Sponge cake:

- $\frac{2}{3}$ cup aquafaba
- $\frac{3}{4}$ cup vegan granulated sugar
- $1\frac{1}{4}$ cups all-purpose flour
- $\frac{1}{4}$ cup vegetable oil

Italian meringue:

- Aquafaba from a 15-ounce can of chickpeas
- $\frac{1}{4}$ teaspoon xanthan gum
- $\frac{1}{4}$ teaspoon cream of tartar
- 1 teaspoon vanilla extract
- $\frac{1}{4}$ cup water
- $\frac{1}{2}$ cup plus 3 Tablespoons organic granulated sugar

Store-bought or homemade vegan ice cream (as many flavors as you'd like)

For the sponge cake:

Whip the aquafaba starting on medium-low in a stand-ing mixer. Once soft peaks have formed, slowly add the sugar. Increase speed to high until forming stiff peaks and gently fold in the flour and oil. Pour into a six-inch cake pan and bake at 350 degrees Fahrenheit for about 45 minutes.

For the meringue:

Place the aquafaba, xanthan gum, cream of tartar, and vanilla extract into a mixing bowl and whip on medium-low until soft peaks form. In a small pot, combine $\frac{1}{4}$ cup water with the sugar and heat until it reaches about 245 degrees on a candy thermometer. Once it has reached this temperature, you can slowly pour it into the whipped aquafaba with the beater still going on high. Let it continue to beat until glossy and stiff.

To assemble: Using a large glass or cookie cutter, cut 4 large circles out of the sponge cake. Using an ice cream scoop, scoop a hefty portion of ice cream onto each round of sponge cake. Spread the meringue over the ice cream domes, completely covering them. Use the back of a spoon to give it the iconic Baked Alaska peaks. Using a chef's blowtorch or the broiler on your stove, brown the meringue all over.

Total calories per serving: 685 Fat: 21 grams
Carbohydrates: 116 grams Protein: 5 grams
Sodium: 51 milligrams Fiber: 2 grams

Lemon Apocalypse Pie

(Makes one 9-inch pie with 8 slices)

Store-bought or homemade vegan 9-inch pie crust

Lemon curd:

- $1\frac{1}{2}$ cups lemon juice
- 4 Tablespoons lemon zest
- 1 can (13.66-fluid ounces) coconut milk
- 2 cups organic granulated sugar
- $\frac{1}{2}$ cup cornstarch

Meringue:

- $1\frac{1}{2}$ cups aquafaba
- $\frac{1}{2}$ teaspoon xanthan gum
- $2\frac{1}{2}$ teaspoons vanilla extract
- 4 cups organic granulated sugar
- 2 teaspoons agar powder
- 1 cup water

For the lemon curd: Combine the lemon juice, zest, coconut milk, and sugar in a saucepan and heat on medium-low for several minutes. Once thoroughly combined, pour about half the mixture into a mason jar and add the cornstarch. Close the jar and shake until the cornstarch is completely dissolved. (This prevents the cornstarch from clumping up in the pot.) Pour back into pan and heat for about 15 minutes, allowing the cornstarch to thicken. Once done, pour into pie shell and refrigerate overnight.

Lemon Apocalypse Pie



For the meringue: Pour aquafaba, xanthan gum, and vanilla extract into a standing mixer and beat on medium-high. In the meantime, place sugar, agar powder, and water into a pot on the stovetop. Bring to a boil and stir often to prevent burning. Using a candy thermometer, allow the temperature to reach 250 degrees. At this point, the aquafaba in the mixer should be reaching stiff peaks. Turn the beater up to high and pour the sugar syrup in carefully, aiming between the side of the bowl and the moving whisk. The mixture will deflate a little bit, but it will be thick, glossy, and wonderful. Continue to whisk until the sides of the bowl return to a more lukewarm temperature.

Put the meringue into a piping bag fitted with a large tip or use a rubber spatula to spread it on top of the lemon curd. Use the back of a spoon to achieve the quintessential lemon meringue pie look. Using a chef's blowtorch or the broiler on your oven, brown the meringue slightly.

Total calories per slice: 863 Fat: 17 grams
 Carbohydrates: 177 grams Protein: 2 grams
 Sodium: 173 milligrams Fiber: 1 gram

Chocolate Mousse

(Makes 3 ramekins – individual small baking dishes)

1 cup aquafaba
1 Tablespoon organic granulated sugar
¾ cup vegan semi-sweet chocolate chips
Fresh raspberries (for garnish)

Pour aquafaba into the bowl of a standing mixer and mix until stiff peaks form. Pour in the sugar little by little with the mixer still beating. While the mixer is going, melt your chocolate chips in the microwave by heating in increments of 20 to 30 seconds. Stir in between heating until the chips are just barely melted. Cool the chocolate mixture until lukewarm. Add the chocolate into the whipped aquafaba gradually with a rubber spatula.

Divide the mixture into three ramekins and place into the refrigerator for several hours (or overnight) until it's light and fluffy. Top with fresh raspberries.

Total calories per serving: 315 Fat: 16 grams
 Carbohydrates: 41 grams Protein: <1 gram
 Sodium: <1 milligram Fiber: <1 gram

Walnut Fudge

(Makes one 9- x 9-inch pan; yields 48 servings)

¾ cup marshmallow cream (see below)
1½ cups almond milk
1¼ cups organic granulated sugar
¼ cup vegan butter
6-ounce vegan bittersweet chocolate bar
2 ounces vegan semi-sweet chocolate chips
½ cup walnut pieces

Marshmallow cream:

½ cup aquafaba
½ teaspoon xanthan gum
¼ teaspoon cream of tartar
½ cup water
½ cup light corn syrup
1½ cups organic granulated sugar
2 teaspoons vanilla extract

For the marshmallow cream: Place the aquafaba, xanthan gum, and cream of tartar in the bowl of a stand mixer; beat until stiff peaks form. In the meantime, place the water, corn syrup, sugar, and vanilla into a pot and bring to a boil. Cook until the syrup reaches 260 degrees. Pour the syrup into the meringue as it is being beaten on high, trying carefully to aim in between the whisk and the side of the bowl. Let the mixer continue to beat on high for about 10 minutes. The sides of the bowl should be lukewarm by the time you stop the whipping.

On the stovetop, combine the milk, sugar, and butter and bring to a boil over medium heat. Boil, stirring frequently, until the syrup reaches a temperature of 236 degrees over a period of about a half hour. When the mixture has reached this temperature, turn off the stove and add the chocolate but do not stir. Transfer the mixture into the bowl of a stand mixer fitted with a paddle attachment and mix until the chocolate melts and the mixture is entirely smooth. Slowly add the marshmallow cream as the fudge is mixing. Lastly, add the walnut pieces. If you find that your mixture seizes up and no longer looks smooth, bring a cup of water to a boil and slowly, Tablespoon by Tablespoon, add the water to the mixture while it's being beaten until it is smooth. This should resurrect even the most stubborn fudge recipe.

Transfer the fudge to a 9" x 9" square pan lined with parchment paper; let it sit at room temperature to set up.

Total calories per square: 76 Fat: 4 grams
 Carbohydrates: 10 grams Protein: 1 gram
 Sodium: 15 milligrams Fiber: 1 gram

Lemon Dacquoise

(Makes one four-layer cake, serves 10-12)

Dacquoise:

½ cup aquafaba, reduced from ¾ cup
½ cup blanched and toasted hazelnuts, ground into meal
½ cup + 3 Tablespoons organic granulated sugar
½ cup almond meal
1⅓ cups organic powdered sugar

Lemon Buttercream:

¾ cup vegan margarine
¾ cup vegetable shortening
3½ cups organic powdered sugar
2 Tablespoons fresh squeezed lemon juice
2 teaspoons lemon zest
Non-dairy milk (optional)

Chocolate filling (ganache):

1 cup vegan semi-sweet chocolate chips

For the dacquoise: Pour the aquafaba into a pot on the stovetop and heat until reduced to ½ cup. Blanch the hazelnuts at the same time, toast them, and grind into a meal using a food processor. Sift the hazelnut meal, almond meal, and powdered sugar together into a bowl.

Beat reduced aquafaba in a mixer until soft peaks form and slowly add in granulated sugar. Once all the sugar is incorporated, add the nut-sugar mixture. Pour the mixture into a pastry bag fitted with a round tip and pipe 3-4 large circles on two baking sheets covered in parchment paper. In preparation, it may be a good idea to trace the circles out before piping.

Bake at 200 degrees for two hours, preferably on the top shelf. When finished, turn the oven off and allow them to cool inside.

For the buttercream frosting: Cream the margarine and shortening together in a bowl with an electric mixer. Slowly mix the powdered sugar into the bowl cup by cup. Add both the lemon juice and zest. You want to mix until stiff peaks form. At this point, you can add food coloring or thin with non-dairy milk.

For the chocolate filling: Melt the chocolate chips in the microwave carefully. To prevent the chocolate from seizing up, make sure there is not even a drop of water on the bowl you're melting them in and all your utensils are clean and dry. Place the bowl in the microwave and heat for a minute to start with. Remove the bowl from

the microwave and stir before returning it to the microwave for shorter intervals. Continue stirring in between until the chocolate has completely melted.

Assembling: Once the dacquoise discs are cool, pipe the lemon buttercream around the edges of the disc. Fill in the discs with the chocolate ganache. Repeat with each disc, decorating the top as desired. Top with chocolate-dipped candied lemon wedges.

***This dacquoise can be made with any kind of filling or frosting you'd like—be creative! Pictured is a coffee hazelnut dacquoise.

Total calories per serving: 726	Fat: 42 grams
Carbohydrates: 89 grams	Protein: 2 grams
Sodium: 147 milligrams	Fiber: 1 gram

Dacquoise



Dacquoise slice



Laura is a former VRG intern and continues to do volunteer work for The Vegetarian Resource Group. She lives in California.

Vegan Snacks for Runners

By Savannah Lawrence

As a distance runner, it's important that I give my body proper fuel on my long runs and during long-distance races. Failing to do so can lead to a crash midway or what is frequently called "hitting the wall" in the running community. This is when the carbohydrate stores are depleted, and the body has nothing left to burn – it's not a good feeling.

The easiest way to avoid crashing is to fuel with gels, chews, or blocks. These are pre-made and packaged for a runner's convenience. Beyond containing carbohydrates, these products have added electrolytes and amino acids to ensure athletes' bodies are balanced and functioning their best. From specialty running shops and sporting goods stores to big box retailers and major grocery chains, they're widely available. Luckily, there are a variety of vegan options, free of gelatin, honey, and other animal byproducts. Many companies are now also switching to organic ingredients, natural sugar sources, and natural coloring. Listed below are some of the most popular, vegan-friendly fuel products.

CLIF Bloks Energy Chews

- Every chew is certified USDA organic
- Allergen information boasts Chews are free of dairy, eggs, fish, shellfish, wheat, nuts, and soy
- Some flavors contain added caffeine or sodium (this is labeled on packaging)
- Flavors: Black Cherry, Citrus, Cran-Razz, Margarita, Mountain Berry, Orange, Strawberry, Tropical Punch

Huma Chia Energy Gels

- Every gel is labeled vegan and gluten-free
- Boasts chia seeds, fruit purée, and coconut water as main ingredients in every gel
- Some flavors contain added caffeine (this is labeled on packaging)
- Flavors: Strawberry Lemonade, Berries & Pomegranate, Strawberries, Apples & Cinnamon, Mangoes, Blueberries, Raspberries, Lemonade, Chocolate, Café Mocha

Gu Energy Gels

- Every gel is labeled vegan and gluten-free
- Boasts newly-developed amino acid formula that is 100% plant-based
- Some flavors contain added caffeine or sodium (this is labeled on packaging)
- Flavors: Carmel Macchiato, Salted Watermelon, Root Beer, Salted Caramel, Chocolate Peanut Butter, Peanut Butter, Vanilla Bean, Chocolate Outrage, Tri-Berry, Strawberry Banana, Jet Blackberry, Espresso Love, Mandarin Orange, Lemon Sublime, Cucumber Mint, Big Apple, Maple Bacon, Tastefully Nude

For each product above, all flavors are safe for vegans to consume. However, many brands have mostly vegan gels with the exception of a few flavors, and brands like Gu and CLIF have additional product lines that are not vegan. Before trying a brand or product not listed above, find the nutrition/ingredient information online via the company's website or carefully read the nutrition labels in store.

Not everyone has the stomach or taste buds for gels and chews. They can also be quite expensive, with each package costing between \$1 and \$3. Fruits and favorite salty snacks are great alternative carbohydrate sources. The key to fueling with whole foods is to avoid choices that are high in fat or protein as the body can't quickly convert those into energy; too much fiber isn't good either because it can upset the stomach. The following whole-food fuel sources are perfect vegan options to take out on a long run because they're portable and can quickly be grabbed before heading out the door:

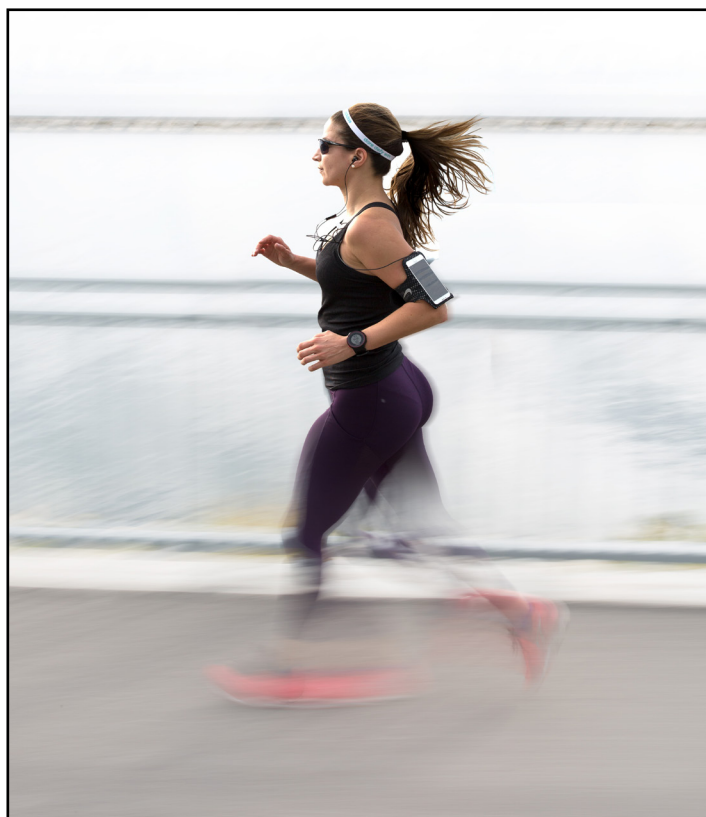
- Raisins, dates, or cherries
- Mashed sweet potatoes or bananas
- Pretzels or potato chips
- Grapes, orange slices, or other low-fiber fruit
- Jam sandwich cut into small pieces
- Applesauce, baby food, or fruit purée packets

For peak performance, runners need approximately 30 to 60 grams of carbohydrates per hour when planning to be out on the road for an hour to two and

a half hours. If planning to be out for two and a half to three hours, 90 grams of carbohydrates per hour is recommended. Smaller amounts of carbohydrate intake, such as sipping on sports drinks, can be beneficial for shorter, high intensity runs lasting between 45 and 75 minutes, but for any run lasting 45 minutes or less, it's not necessary to fuel while exercising.¹

Experimenting with just a little bit of fuel on shorter runs is the best way to start acclimating to ingesting food while exercising. Note how much fuel allows you to enjoy optimal performance and how much ends with a run cut short due to stomach distress – maintaining a log or journal for a few weeks can help you keep track of this. Wash down whatever fuel you decide to consume with water, not a sports drink; this prevents a carbohydrate overload, which the body can't process.

Being a vegan runner doesn't have to be complicated. Major brands are making their products vegan-friendly, and whole-food fuel alternatives can be as simple as throwing fruit or chips into a bag. The most important tip to remember is to pick foods that are appetizing and will still be appetizing after hours on the road.



Savannah Lawrence has run numerous half-marathons, 10ks, and 5Ks. She recently graduated from Stevenson University in Maryland and is a former Vegetarian Resource Group intern.

¹ Thomas T, Erdman KA, Burke LM. 2016. Position of the Academy of Nutrition and Dietetics, Dietitians of Canada, and the American College of Sports Medicine: Nutrition and athletic performance. *J Acad Nutr Diet.* 116:501-28

NOTES FROM THE VRG SCIENTIFIC DEPARTMENT

The Vegetarian Resource Group in the News

Vegetarian Resource Group Nutrition Advisor Reed Mangels, PhD, RD spoke on the Dr. Don radio show for the second part of her talk on vegetarian diets for children. She was also interviewed for *Today's Dietitian* magazine about her career with VRG so far. The Associated Press interviewed her about vegan babies. For *Body & More* magazine, she was interviewed for "Content that Works," a 24-page special section that is syndicated to newspapers across the United States as a special insert. The topic was "The Heart Benefits of (Part-Time) Vegetarian Living."

VEGAN Education

VRG's FoodService Advisor Nancy Berkoff, EdD, RD, did a presentation in North Dakota at a regional meeting of the National Association of College and University Food Services.

Reed Mangels, PhD, RD, gave a presentation to the University of Massachusetts Nutrition Club about vegan nutrition.

Fishes



BY MARY FINELLI

THEIR WONDER, THEIR PLIGHT, AND HOW IT AFFECTS US ALL

For as far back as I can remember, I've been enamored with animals. After reading a biography of Mahatma Gandhi, I decided if he could do it I could, too, and stopped eating meat, except for fish. I later rejected fish as well and subsequently became vegan. I also devoted myself to animal rights advocacy, focusing on farmed animal issues. Although fishes are by far the most numerous type of farmed animals, I paid them very little attention. It's ironic because, in addition to being the largest number of harmfully exploited vertebrate animals, fishes suffer some of the most horrific abuses. I attribute this inattention in part to cultural influences that cause us to consider fishes as being lesser animals.

I grew increasingly annoyed at hearing people state the number of animals killed for food without even including fishes (or other aquatic animals). Since there was so little concern for fishes, even within the animal rights community, I came to realize that by bringing attention to them I could do the most good for the greatest number of animals. So I founded Fish Feel: the sole organization devoted exclusively to promoting the recognition of fish as sentient beings deserving of respect and protection. Although I knew relatively little about them, as I researched it became quickly apparent what amazing and admirable beings they are!

Fishes are far more sentient and perceptive than most people realize or, until recently, than even science has credited them with being. They have complex social interactions and can recognize other fishes by subtle facial markings. They can also differentiate human faces from one another. They learn by watching others and pass knowledge from generation to generation, which is the basis of culture. There are fishes who use tools, which scientists consider to be a sophisticated behavior. Some fishes are known to communicate and cooperate with other species. There are fishes who build nests for their young, vigilantly caring for them and valiantly protecting them. Some even incubate their babies in their mouths! These and many other

characteristics are explored in the recently published book, *What a Fish Knows*, by Jonathan Balcombe.

Most importantly, science has shown that fishes are sentient. They enjoy physical interaction, and they suffer fear and pain. Fishes have a central nervous system and pain receptors throughout their bodies, including in their sensitive mouths. They react to pain the way one would expect an animal in pain to react, they respond to painkillers in a way that indicates their pain has been alleviated, and they quickly learn to avoid painful stimuli. In her book, *Do Fish Feel Pain?*, Victoria Braithwaite, professor of Fisheries and Biology at Penn State, eloquently lays out compelling scientific evidence of fish sentience. "I have argued that there is as much evidence that fish feel pain and suffer as there is for birds and mammals — and more than there is for human neonates and preterm babies," she states. It is well acknowledged by the scientific community that fishes are sentient. Despite this, and although they are among the most common victims of scientific experimentation, fishes are not covered by the Animal Welfare Act, the Humane Slaughter Act, or any other laws to protect their well-being. Billions of fishes are also harmfully exploited for the aquarium industry each year.

Fishes are, in fact, gateway animals to animal abuse. What other animals are considered not only acceptable to kill but admirable to torture? That's what fishing is: torturing fishes. They are impaled, hauled through the water by a hook, manhandled, suffocated and/or killed in some other inhumane way. Even if released, many perish as a result of the injury and trauma they've suffered. It's not a sport; the fishes are victims, not willing participants. Children are taken fishing to introduce them to nature, but instead of learning to respect it they are taught to harmfully exploit nature and are praised for abusing animals.

Commercial fishing employs even crueler methods to catch billions of fishes every year. This doesn't include countless non-targeted fishes and hundreds

of thousands of dolphins, seals, turtles, whales, and even birds who are unintentionally caught. As much as forty percent of the global catch is estimated to be tossed back overboard, dead or dying. Coral reefs and other fragile aquatic habitat are also destroyed. Marine populations are said to have been halved in the past forty years, with larger species down by ninety percent and more. Our oceans are fast being desertified.

Humans are also harmfully exploited by the fishing industry. Human slavery is rampant in it, with boys and men trapped at sea, some for years. The 2015 Trafficking in Persons (TIP) Report identified 54 countries with instances of human trafficking in their fishing fleets. Much of the catch is sold here for human consumption and as cat food, and is essentially untraceable. A large amount of the global catch is used as feed for farmed chickens, fishes, and pigs, propping up those harmful industries. People in impoverished countries who are dependent on fish for survival are being deprived of their sustenance. Other animals are, too, and many who need to eat fish are intentionally killed for competing with humans for it. Others, such as the cownose rays of the Chesapeake Bay, are scapegoated and targeted in killing contests: <http://fishfeel.org/stop-savage-killing-contests/>



"FISHES ARE, IN FACT, GATEWAY ANIMALS TO ANIMAL ABUSE."



All of the nutrients we need to thrive can instead be obtained more healthfully, humanely, and environmentally responsibly from plant sources. There are vegan versions of virtually every type of food imaginable, including seafood. Good vegan sources of omega-3 fatty acids include flaxseed oil and flaxseeds, chia seeds, hemp seeds, walnuts and, for concentrated doses,

algae supplements (algae being how fishes obtain their omega-3s). On the Fish Feel website we have hundreds of recipes and links to companies that offer vegan seafood products. The Vegetarian Resource Group has available the *Vegan Seafood* cookbook. See page 33 to order this cookbook. It's amazing how creative people are in replicating flavors and textures.

Please opt for an animal-free diet and let others know that fishes are sentient beings who deserve our respect and protection. The Fish Feel website has fact sheets, videos, and other resources to help you learn about these wondrous beings and how their plight affects us all. We also have a dynamic presence on Facebook, Twitter, and Instagram. Be a friend to fishes and be vegan – for everyone's sake, including your own!

Mary Finelli is the president and founder of Fish Feel, an all-volunteer, nonprofit organization based in Silver Spring, Maryland. See www.fishfeel.org
Mary can be contacted at: info@fishfeel.org

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.

veggie bits

Hazelnut Decadence

Rigoni di Asiago's Hazelnut Spread has officially gone vegan. This Dairy Free Organic Hazelnut & Cocoa spread is the perfect combination of chocolate, hazelnut, and sugar. Made in Italy, this product is not overly sweet, making it a lot tastier in my opinion. You can actually taste the hazelnuts in the smooth spread, which gives an authentic feel. While other varieties of hazelnut spreads contain palm oil, this one is made with sunflower oil. The product is also pro-earth by being non-genetically modified, organic, gluten free, and vegan. The spread is perfect to add to peanut butter sandwiches, or for strawberry dipping, spreading on multi-grain toast with bananas, or eating by the spoonful, as I enjoy doing. Be careful, or you could eat the entire jar in one sitting without realizing it. It is currently only available at Whole Foods Markets nationwide. Visit <https://rigonidiasiago-usa.com/> to find a Whole Foods near you carrying this item. *Written by Heather Francis, VRG intern.*



A Healthier Brownie

Looking to indulge in dessert without feeling guilty? Pure Genius Brownies are less than 200 calories each, packed with fiber and protein, and are made with 40 percent non-GMO chickpeas – now that's pure genius! These gluten-free brownies are sweetened with maple syrup, cocoa, and vegan chocolate. They are moist, soft, and fudge-like in texture, leaving no beany aftertaste. Try the Deep Chocolate Brownie when you're having a major chocolate craving or Chocolate Chunk Brownie when your taste buds are begging for sweetness. Pure Genius Brownies are available at a variety of Whole Foods locations, natural grocery stores, and online through Amazon. To find a location near you, visit <http://puregeniusprovisions.com/store-locator>. *Written by Savannah Lawrence, VRG intern.*



Back to the Roots

As someone who appreciates the simplicity of breakfast cereal but always feels guilty because of the large amount of sugar cereals usually contain as well as the standard double packaging, I was extremely happy to find out that Back to the Roots chooses a different approach. Their stone-ground flakes come in recyclable boxes resembling milk cartons, contain comparatively small amounts of sugar and don't use artificial ingredients at all. I got to try all four varieties – California Whole Wheat, Purple Corn, Cocoa Clusters, and Cinnamon Clusters – and loved every single one of them. I would even eat them right out of the box like crackers! Since I have a bit of a sweet tooth, my favorite is the cinnamon flakes. What's special about these flakes is the fact that the wheat used for their production is grown on a biodynamic farm, 40% of which is actually a wildlife habitat. Back to the Roots supports environmentally-friendly means of food production, and for each photo of somebody enjoying their cereals that is sent to them they will donate a box of Stoneground Flakes to an elementary school. Visit www.backtotheroots.com to order their products online. *Written by Alicia Hückmann, VRG intern.*



Hippeas for Hippies

With seven different flavors and a texture similar to cheese puffs, Hippies Organic Chickpea Puffs have four grams of protein and three grams of fiber per serving, making them a snack worth grabbing! Vegan White Cheddar puffs are rich, filling, and wonderfully cheesy. Maple Haze has a sweet, dessert-like flavor similar to my favorite childhood cereals like Waffle Crisp or Cinnamon Toast Crunch. Far Out Fajita takes taste buds south with paprika and chili flavors akin to taco seasoning. Pepper Power has an intense spice for a snacker who wants a strong kick of flavor. Happenin' Hickory is smoky with a hint of garlic, and Sriracha Sunshine finishes off with hints of vinegar and tomato flavoring. Certified organic, non-GMO, and gluten-free, Hippeas are the perfect pick for all snackers, and a variety of flavors means there's something for every palate! *Written by Savannah Lawrence, VRG intern.*



Sabra Spreads

If you're anything like me, you're one of those vegans who will top anything with hummus. It's creamy, tangy, and adds a bit of protein. Thankfully, Sabra has come up with another way to help our hummus obsession thrive. They have a new handy squeeze-bottle product line called Sabra Spreads.

The two vegan flavors are Garlic Herb and Sea Salt and Cracked Pepper. The Garlic Herb has a savory, zesty blend of garlic, basil, and oregano while the Salt and Cracked Pepper is more of a simple spread but with a kick. This hummus has a velvety consistency and the bottle allows you to squeeze it onto salads as a dressing, sandwiches, or any of your other favorite dishes. It's perfect for kids to avoid the mess of scooping out of a tub. It would also be perfect for parties, picnics, or packing with your lunch for work or school. Sabra Spreads are in grocers nationwide. See <http://sabra.com> to find one near you. *Written by Whitney Gray, VRG intern.*



Baking with Banana Flour and Heavy Coconut Cream

Edward & Sons (Let's Do... Organic), known for their great variety of organic, natural food has recently launched two products that unconventional bakers and vegans will love. I used both of these ingredients as a basis for a vegan chocolate cream cake and was more than satisfied with the results!

The first product is their organic banana flour, a unique gluten-free alternative to grain-based flours. As its texture is a little different from other flours, you can easily replace one cup of regular flour with only $\frac{3}{4}$ cup of banana flour. For me, using banana flour was not much different from using other types of flour and certainly not more difficult or complicated. The package provides tips and information on how to use it as well as a recipe suggestion. If you are looking for more baking inspiration, I suggest you have a look at Edward & Sons' free recipe collection (www.edwardandsonsrecipes.org) where they publish tasty ideas for all of their products, including pancakes, granola, and even pierogies with the banana flour. In my experience, banana flour does not actually taste like bananas in a cake, but rather gives it a bit of a nutty flavor.

As an alternative to whipping cream, I used heavy coconut cream by the same company. All I had to do was refrigerate and whip it before I could apply it to my cake base. I did not have to add any starch or powdered sugar in order to preserve its stiffness since coconut fat is already quite firm in itself. Needless to say, your dessert will have a strong coconut taste after using this cream, which can be a fantastic addition to its original flavor. It would be great as a whipped topping on strawberries or other fruit for dessert.

Visit www.edwardandsons.com for more information and to find a store near you that carries their items. *Written by Alicia Hückmann, VRG intern.*



Yuve Protein

While on a recent workout kick, I found myself needing a quick on-the-go snack – something light that would give me a bit of energy. I made it my mission to find a vegan protein powder that I could...tolerate. Instead, I found Yuve. I've tried various protein powders in the past and had issues: grainy texture, strange aftertaste, difficult to mix. Not only does Yuve conquer these problems, it tastes fantastic! It only comes in one flavor: Chia Seeds and Cocoa, and you must be a chocolate lover to enjoy it. You must also not be bothered by the texture of chia seeds, which do not mix in, but rather stay whole, unless you use a blender. The powder dissolves easily in just a shaker bottle, no blending required. It comes in individual packets (as well as a large canister, if you prefer) which are handy for keeping in a gym bag. I was surprised how chocolately Yuve tastes when mixed with just water, but use almond, soy, or any vegan milk, and it is incredibly creamy. Mix in a banana and/or strawberries and you're entering milkshake territory. Each packet has 16 grams of protein. You can get a free sample at www.getyuve.com. *Written by Samantha Gendler.*



reviews

GLUTEN-FREE TIPS AND TRICKS FOR VEGANS

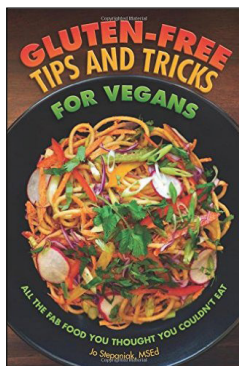
By Jo Stepaniak

Some vegans need to be on a gluten-free diet for health reasons, and this book will be tremendously helpful to them. To start off, you'll find a list of gluten-containing grains and related foods that should be avoided. Next, there's a list of gluten-free grains and related foods vegans can use instead. You will also find a chapter on gluten-free baking basics and recipes for a GF all-purpose flour mix, GF pizza crust, GF pie crust, etc.

In the recipe section, you'll find 70 different dishes to prepare from breads to breakfasts to soups and salads to gravies and main dishes. And of course, you'll find a selection of desserts you can prepare at home.

Some of the recipes include Vanilla-Currant Scones, Gluten-Free Chapatis, Breakfast Grits, Tri-Color Quinoa Salad, Millet Chili, Miso White Sauce, Spinach and Chickpea Curry, Pad Thai Mashup, Glazed Lemon Pound Cake, and Super-Fudgy Brownies. Nutritional analyses are also provided.

***Gluten-Free Tips and Tricks* (ISBN: 978-1-57067-331-3) is a 160-page book. It is published by Book Publishing Company and retails for \$12.95. You can purchase this book from the Vegetarian Resource Group catalog on page 34, online, or from your local bookstore. Reviewed by Debra Wasserman.**



PEACE & PARSNIPS

By Lee Watson

Chef Lee Watson has more than 20 years of restaurant experience and it shows in this cookbook. You'll find a wide range of creative vegan dishes that you will want to share with family and friends.

Start your day off with a Plantain Breakfast Burrito with Pico de Gallo or Scrambled Tofu with Buckwheat Pancakes and Avocado Butter. Consider serving soup for lunch such as Braised Pumpkin and Butter Bean Soup with Orange Chili Oil



or Zen Noodle Broth. You might also want to throw in a salad such as Braised Cauliflower and Puy Lentil Tabbouleh or Charred Fig and Arugula Salad with Lemon Tofu Feta.

For your main meal, start off with a variety of side dishes including Turkish-Style Spinach with Creamy Tofu Ricotta, Tamarind and Coconut Milk Mashed Sweet Potatoes, or Sesame and Sweet Corn Pancakes. Some entrée dishes include Eggplant and Tomato Nut Roast with Macadamia Mustard Sauce; Persian Fava Bean, Seitan, and Green Herb Stew; and Maple and Orange-Glazed Tempeh with Bok Choy and Soba Noodles. You will also find an entire section of curries and another featuring burgers!

Of course, you don't want to skip dessert. You can try preparing Raw Blueberry and Macadamia Cheesecake, Dark Chocolate and Beet Brownies, or Raw Spiced Apple and Date Pie.

***Peace & Parsnips* (ISBN: 978-1-61519-321-9) is a 336-page book filled with photos. It is published by The Experiment and retails for \$25.00. You can purchase this book online or from your local bookstore. Reviewed by Debra Wasserman.**

RAW CAKES

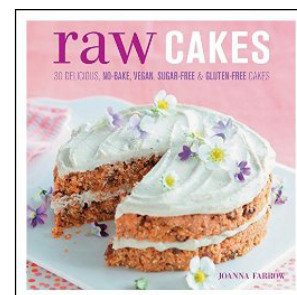
By Joanna Farrow

The beautiful photo on the front cover will inspire you to prepare one of the raw cakes found in this book. Whether you follow a raw foods diet, or simply want to add more raw food into your meals, the desserts in this book look gorgeous.

You'll find 30 cake options including Salted Pecan Brownies, Apple & Cardamom Crumble Cakes, Apricot & Butternut Cupcakes, Peach & Coconut Cream Cakes, Mango & Pistachio Chocolate Fridge Cake, Chocolate Mud Pie, Tangy Lime & Avocado Plate Pie, Strawberry & Vanilla Cheesecake, Fresh Ginger & Oat Bars, Clementine & Apple Tartlets, and Almond & Walnut Fudge.

Please note that some recipes are high in calories and should be eaten in moderation.

***Raw Cakes* (ISBN: 978-1-84601-526-7) is a 64-page hard-cover book. It is published by Spruce and retails for \$12.99. You can purchase this book online or from your local bookstore. Reviewed by Debra Wasserman.**



BACON-ISH

By Leinana Two Moons

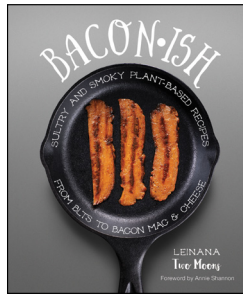
If you're vegan and crave "bacon," this book is for you. Find a variety of vegan recipes that have a bacon-y flavor, minus the fat and cholesterol.

To start off, you'll find recipes for making bacon, including Seitan Bacon, Tofu Bacon, Tempeh Bacon, Coconut Bacon, Eggplant Bacon, Carrot Bacon, and mushroom bacons. Another section offers breakfast dishes including Bacon-Stuffed French Toast, Maple-Bacon Doughnuts, and Bacon and Cheddar Scones.

Some soup recipes include Smoky Split Pea Soup with Bacon and White Bean and Bacon Soup. You may want to serve one of the salads with the soup including Cobb Salad with Eggplant Bacon, Broccoli and Tempeh Bacon Salad, or German-Style Potato Salad with Bacon. There are also sandwich recipes good for a hearty lunch.

Creative side dishes include Cauliflower Bacon Gratin and Bacon Fried Rice. You can serve these with one of the main dishes including Spinach and Bacon Stuffed Shells, Bacon and Butternut Squash Galette, or Smoky Bacon Mac and Cheese. Finally, end your meal with a dessert that includes bacon such as Peanut Butter Bacon Cookies or Bacon-Wrapped Dates.

***Bacon-ish* (ISBN: 978-1-941252-24-6) is a 168-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.**

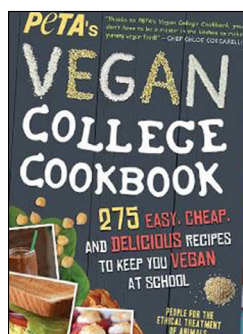


PETA'S VEGAN COLLEGE COOKBOOK

By Marta Holmberg and Starza Kolman

This book has 275 easy and cheap vegan recipes suitable for college students that have access to a microwave oven. For breakfast you can try Freshman Frittata or English Breakfast Sandwiches. And if you're looking for some new sandwich ideas, make Poultrygeist Pita or Bangin' BBQ Tofu.

College students can easily get their hands on peanut butter and this book has a section devoted to it. There's



Super Quickie Peanut Sauce, Finals Week Fudge, and Peanut Butter Cup Pie. Ramen noodles are also quite popular. For example, enjoy Ancient Japanese Noodle Secret Salad. Finally, another food item featured in its own section is potatoes. Enjoy German 'Tato Salad, Deviled Potatoes, or Piz-Tato.

You'll also find a variety of salads, including Cray Cray Cranberry Chick'n Salad, Spicy Watermelon Salad, and Slice of Life Chef Salad. You may want to make a soup, stew, or chili to go with your salad. Find recipes for "No Tie Necessary" Thai Tomato Soup and Cheapskate Chili and Bean Stew.

For dinner you may want to prepare Cute-Cumber Sushi Bowl, No-Beef Stroganoff, The Burning Bibimbap Bowl, Better than the "Bell" Burrito, Guac Wraps, All-Nighter Nachos, or Vegan Mac 'n' Cheez.

The snack chapter offers recipes for Pumpkin Muffin in a Mug!, Chili "Not" Dogs, Poor Man's Pizzas, Stadium Corn Dogs, and Stuffed 'Shrooms. You'll also find some drink suggestions, sauce recipes, dips, and of course, desserts such as Fake Blonds, Georgia Peach Cobbler, and Blueberry Pie Dump Cake.

***PETA's Vegan College Cookbook* (ISBN: 978-1-4926-3554-3) is a 336-page book. It is published by Sourcebooks and retails for \$14.99. You can purchase this book online or from your local bookstore. Reviewed by Debra Wasserman.**

WHAT A FISH KNOWS

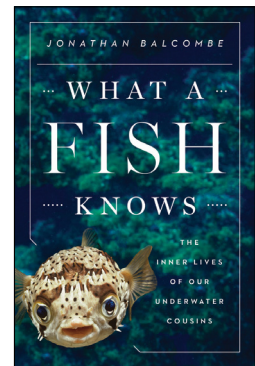
By Jonathan Balcombe

How often has someone told you "I'm almost vegetarian. I just eat fish"? They tell you that fish don't feel pain and are not as sophisticated as other animals. Balcombe's new book might change their mind.

Using scientific references, this book was written on behalf of all fish. After all, over a trillion fish are killed worldwide each year.

Topics covered include what a fish sees; what a fish hears, smells, and tastes; what a fish feels; how fish breed; and the impact of overfishing.

***What a Fish Knows* (ISBN: 978-0-374-28821-1) is a 288-page hardcover book. It is published by Scientific American and retails for \$27. You can purchase this book online or from your local bookstore. Reviewed by Debra Wasserman.**



QUINOA DISHES

By Nancy Berkoff, RD, EdD

Quinoa is a go-to grain! It can be found frozen and pre-cooked for a really quick meal or can be steamed on the stove or in a rice cooker, added to baked goods, salads and cereals for breakfast, lunch, or dinner, and, if you are ambitious (and careful), it can even be popped!

We've seen frozen, prepared quinoa in several markets, including Trader Joe's and Whole Foods. This might be just the thing to keep in the freezer when a fast, tasty meal is needed. Add some leftover veggies, some scrambled soft tofu, or chopped extra-firm tofu, and your favorite seasonings such as soy sauce or salsa and you've got a fast and hearty meal. Frozen quinoa can also be stirred into soups or mixed into leftover mashed potatoes for a quick meal.

To cook quinoa, first check if it needs to be rinsed. (The label will either say nothing, which means you need to rinse, or will say "pre-rinsed.") To rinse quinoa, put your measured quinoa into a strainer and run it under cold water for a few seconds. Shake off any excess water and you are ready to cook. Stir quinoa into boiling water or broth, cover, and simmer over low heat until done. It's important to have the cooking liquid hot, as the quinoa can be soggy if stirred into cold liquid. The ratio is usually 1 cup of uncooked quinoa to 2 cups of liquid. To go beyond water, you can use vegetable broth, vegetable juice, or wine to replace some of the water.

Quinoa stands well on its own or works as a team player. If you have some half-containers of Israeli (also called "pearl") couscous, yellow split peas, lentils, and quinoa, you can mix them together to make your own grain blend—colorful and tasty. Prepare it just as you would any grain, by steaming with a small amount of liquid, or if you have the time and would like a little more flavor and texture, toast quinoa in a frying pan before steaming. You can do this in a dry pan, or use a

small amount of vegetable oil spray. Toast and stir until the quinoa kernels seem to separate (no more than a minute or two). Some of the kernels may even pop!

Quinoa cooks quickly, depending on the amount, in about 15 minutes or less. Some package directions tell you to turn off the heat once the liquid boils and you've stirred in the quinoa. You will know when the quinoa is done because it will look like it has popped, with the inner germ exposed; and of course there is the taste-test. If it is as tender as you like, it's done! To remove the guesswork, try preparing your quinoa with a rice cooker, using the same directions as you would brown rice. Once cooked, fluff up the cooked quinoa to separate the grains and provide a soft texture.



It's a good idea to "over prepare" quinoa, as your "leftover" cooked quinoa can be stirred into muffin or pancake batter, cake batter (think: carrot, banana or zucchini-quinoa bread) or cookie dough, mashed potatoes, steamed rice, cooked corn or simply reheated, with maple syrup and raisins for breakfast or with chopped onions and garlic for dinner. You can also create a quinoa lasagna, shepherd's pie, or tamale pie by layering quinoa with your ingredients of choice and then baking until

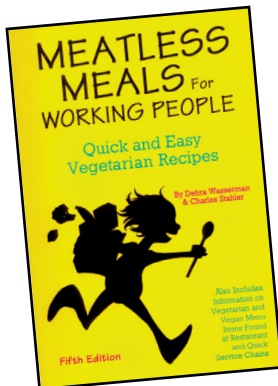
heated. One of our friends, "on purpose," over-ordered some Chinese food, and created a layered casserole with the leftover layers of stir-fried veggies, quinoa, fried rice, shredded cabbage, and crunchy noodles. Another of her creations was "quinoa tamale pie" with layers of quinoa, chopped tomatoes, chopped peppers and chilies, cooked corn, and shredded tortillas.

Quinoa is not just for hot, but also for cold dishes. Try quinoa salad instead of macaroni salad. You can also add quinoa to green or other grain salads or combine quinoa and fresh green beans or snap peas. You can even purée cooked quinoa as a base for salad dressings or quinoa "hummus."

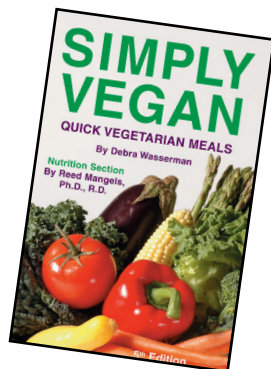
Serve quinoa for breakfast, lunch and dinner—it works!

VRG Catalog

Books

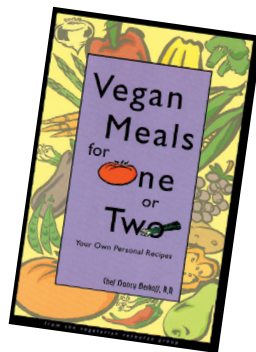


Meatless Meals for Working People – Quick and Easy Vegetarian Recipes (\$12) by Debra Wasserman. We recommend using whole grains and fresh vegetables. However, for the busy working person, this isn't always possible. This 192-page book contains over 100 fast and easy recipes and tells you how to be a vegetarian within your hectic schedule using common, convenient foods. Spice chart, low-cost meal plans, party ideas, information on fast food restaurants, soy dishes, and more. Over 100,000 copies in print.



Simply Vegan (\$15.95) by Debra Wasserman and Reed Mangels, PhD, RD. These 224 pages contain over 160 quick and easy vegan recipes, a complete vegan nutrition section, and a list of where to mail order vegan food, clothing, cosmetics, and household products. Vegan menus and meal plans. Over 100,000 copies sold.

Conveniently Vegan (\$15) by Debra Wasserman. Prepare meals with all the natural foods products found in stores today, including soymilk, tempeh, tofu, veggie hot dogs... You'll find 150 recipes using convenience foods (including canned beans) along with grains, fresh fruits, and vegetables. Menu ideas, product sources, and food definitions included. (208 pp.)



Vegan Meals for One or Two—Your Own Personal Recipes (\$15) by Nancy Berkoff, RD. Whether you live alone, are a couple, or are the only one in your household who is vegetarian, this 216-page book is for you. Each recipe is written to serve one or two people and is designed so that you can realistically use ingredients the way they come packaged from the store. Information on meal planning and shopping is included, as well as breakfast ideas, one-pot wonders, recipes that can be frozen for later use, grab-and-go suggestions, everyday and special occasion entrées, plus desserts and snacks. A glossary is also provided.

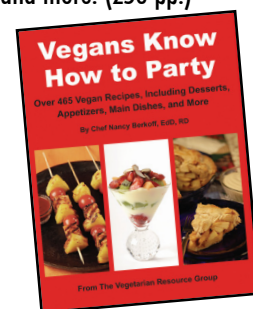
Vegan in Volume (\$20) by Nancy Berkoff, RD. This 272-page quantity cookbook is loaded with terrific recipes serving 25. Suitable for catered events, college food services, restaurants, parties in your own home, weddings, and much more.

No Cholesterol Passover Recipes (\$9) by Debra Wasserman. Includes 100 eggless and dairyless recipes. Seder plate ideas. (96 pp.)

The Lowfat Jewish Vegetarian Cookbook—Healthy Traditions from Around the World (\$15) by Debra Wasserman. Over 150 lowfat international vegan recipes with nutritional breakdowns, including Romanian Apricot Dumplings, Pumpernickel Bread, Polish Stuffed Cabbage, Potato Knishes, North African Barley Pudding, and much more. Menu suggestions and holiday recipes. (224 pp.)

Vegan Seafood: Beyond the Fish Shtick for Vegetarians (\$12) by Nancy Berkoff, EdD, RD. Chef Nancy Berkoff has created unique vegan fish and seafood dishes. Avoid fish but still enjoy the taste of the sea with 'Fish' Sticks, 'Tuna' Salad, and much more!

Vegan Handbook (\$20) edited by Debra Wasserman and Reed Mangels, PhD, RD. Over 200 vegan recipes and vegetarian resources. Includes sports nutrition, seniors' guide, feeding vegan children, recipes for egg-free cakes and vegan pancakes, Thanksgiving ideas, vegetarian history, menus, and more. (256 pp.)



Vegans Know How to Party (\$25) by Chef Nancy Berkoff. This 384-page book teaches you how to put on a soiree for vegans and all who enjoy great food! It features over 465 recipes, including appetizers, soups, salads, ethnic cuisine, sandwiches, and—of course—desserts like pies, cakes, and cookies! Also inside are tips for basic party planning, kids' parties, cooking for a crowd, working with a caterer, and more!

Vegetarian Action

Vesanto Melina, Passionate Vegan Dietitian and Author

Melina is the child of two university professors who instilled in her a passion for teaching and nutrition, and she grew up with an appreciation of food. While she considered becoming an artist, she ultimately decided to study nutrition, hoping to inspire others to make healthy choices in their own lives.

Melina began her career in 1965 and went vegetarian in the 1970s. She and her friends were inspired by Lappe's *Diet for a Small Planet*, one of the first books to note the environmental impact of meat production as wasteful and a contributor to global food scarcity, and together they formed a vegetarian cooking group. Later, Melina's family travelled to India and Nepal where they were able to experience delicious vegetarian cuisine, and while there, she chose to focus her career on vegetarian nutrition. In 1993, she became vegan after writing the "Without Dairy" chapter for her first book, *Becoming Vegetarian*. She realized that she could implement the changes she suggested in the book within her own life and that there were plenty of vegan alternatives available, which were better for the animals, the planet, and her own health. As a consultant for British Columbia Corrections, Melina works to ensure that each of the menus (non-vegetarian, vegetarian, and vegan) meet nutrition standards.

Among the many professions Melina has held throughout her life, she has found time to co-author 10 books, including *Becoming Vegan*, *Cooking Vegan*, and *Becoming Raw*. She has worked with co-author and Registered Dietitian Brenda Davis for the past 23 years. Their books are widely available in numerous languages, and both the comprehensive and express editions of *Becoming Vegan* have been recognized for multiple awards. These books are essential to health professionals and everyone else hoping to learn more about nutrition

on a plant-based diet. While they have received strong support and recognition for these books, they have also faced opposition. Following the release of their first book, *Becoming Vegetarian* in 1994, a 45-page booklet was written in opposition to their publication. Luckily, they were able to counter this booklet and as a result, they ended up with even better book sales! Davis and Melina currently teach courses on vegan nutrition, which are available in California and online (see <http://rawfoodchef.com/nutrition-programs/our-nutrition-curriculum/all-nutrition-courses/#science1>)



Melina has also had many speaking opportunities, and recently she did a tour in Canada that was sponsored by the Dietitians of Canada. On this tour, she was asked to speak about two topics: an Update on Vegetarian, Vegan, and Raw Foods Nutrition, and The Effective Treatment of Type 2 Diabetes with Vegan Diets. She believes "plant-based nutrition is an idea whose time has come," and she was met with an enthusiastic response. This response is consistent throughout her speaking events in North America and Europe as well. During these tours, she educates the public on how to transition to a

plant-based diet, and she educates health professionals so they can successfully assist their clients when making these changes.

Melina encourages health professionals to follow their passions, especially in plant-based nutrition, because "together we have the ability to change the face of health care!" For more information on Melina and her book line, see <http://becomingvegan.ca/> and <http://nutrispeak.com/>

Written by Casey Brown. Casey is a former VRG intern who is currently majoring in nutrition.

