

Vegetarian Starter Kit

The Why's and
How's of a
Healthier Diet

New Four Food
Groups
Guidelines

Delicious
Low-Fat,
No-Cholesterol
Recipes



PHYSICIANS COMMITTEE FOR
RESPONSIBLE MEDICINE



Vegetarian Foods

Powerful for Health



A **VEGETARIAN MENU** is a powerful and pleasurable way to achieve good health. The vegetarian eating pattern is based on a wide variety of foods that are satisfying, delicious, and healthful.

Vegetarians avoid meat, fish, and poultry. Those who include dairy products and eggs in their diets are called lacto-ovo vegetarians. Vegans (pure vegetarians) eat no meat, fish, poultry, eggs, or dairy products. While there is a considerable advantage to a lacto-ovo vegetarian pattern, vegan diets are the healthiest of all, reducing risk of a broad range of health concerns.

A Healthy Heart

Vegetarians have much lower cholesterol levels than meat-eaters, and heart disease is uncommon in vegetarians. The reasons are not hard to find. Vegetarian meals are typically low in saturated fat and usually contain little or no cholesterol. Since cholesterol is found only in animal products such as meat, dairy, and eggs, vegans consume a cholesterol-free diet.

The type of protein in a vegetarian diet may be another important advantage. Many studies show that replacing animal protein with plant protein lowers blood cholesterol levels—even if the amount and type of fat in the diet stays the same. Those studies show that a low-fat, vegetarian diet has a clear advantage over other diets.

Lower Blood Pressure

An impressive number of studies, dating back to the early 1920s, show that vegetarians have lower blood pressure than non-vegetarians. In fact, some studies have shown that adding meat to a vegetarian diet raises blood pressure levels rapidly and significantly. The effects of a vegetarian diet occur in addition to the benefits of reducing the sodium content of the diet. When patients with high blood pressure begin a vegetarian diet, many are able to eliminate their need for medication.

Controlling Diabetes

The latest studies on diabetes show that a diet high in complex carbohydrates (which are found only in plant foods) and low in fat is the best dietary prescription for controlling diabetes. Since diabetics are at high risk for heart disease, avoiding fat and cholesterol is the most important goal of the diabetic diet, and a vegetarian diet is ideal. Although all insulin-dependent diabetics need to take insulin, plant-based diets can help to reduce insulin needs.

Cancer Prevention

A vegetarian diet helps prevent cancer. Studies of vegetarians show that death rates from cancer are only about one-half to three-quarters of those of the general population.

The 3-Step Way To Go Vegetarian

IF YOU ARE making the switch to a vegetarian diet for its health benefits, you'll be pleased to find that there is a wonderful additional benefit to vegetarian eating: it's delicious and fun to explore new foods. A vegetarian meal can be as familiar as spaghetti with marinara sauce, as comforting as a bowl of rich, creamy carrot soup, or exotic like Caribbean black beans with marinated tomatoes (see the recipes on page 13).

The switch to a vegetarian diet is easier than you might think. Most people,

whether vegetarians or meat-eaters, typically use a limited variety of recipes; the average family eats only eight or nine different dinners repeatedly. You can use a simple, three-step method to come up with nine vegetarian dinner menus that you enjoy and can prepare easily.

First, think of three vegetarian meals that you already enjoy. Common ones are vegetable stir-fry, vegetable soup, or pasta primavera. Second, think of three recipes that you prepare regularly that can easily be adapted to a vegetarian menu. For example, a favorite chili recipe can be made with all of the same ingredients; just replace the meat with beans or texturized vegetable protein. Substitute bean burritos (using canned vegetarian refried beans) instead of beef burritos.

Many soups, stews, and casseroles also can be made into vegetarian dishes with a few simple changes. Finally, check out some vegetarian cookbooks from the library and experiment with the recipes for a week or so until you find three that are delicious and easy to make. Just like that, with minimal changes to your menus, you will have nine vegetarian dinners.

After that, coming up with vegetarian options for breakfast and lunch is easy. Try muffins with fruit spread, cholesterol-free French toast, or cereal for breakfasts. Sandwiches, with spreads like hummus or white bean pâté with lemon and garlic, pasta salads, or even dinner leftovers make great lunches.

Breast cancer rates are dramatically lower in countries where diets are typically plant-based. When people from those countries adopt a Western, meat-based diet, their rates of breast cancer soar.

Vegetarians also have significantly less colon cancer than meat-eaters. Meat consumption is more closely associated with colon cancer than any other dietary factor.

Why do vegetarian diets help protect against cancer? First, they are lower in fat and higher in fiber than meat-based diets. But other factors are important, too. For example, vegetarians usually consume more of the plant pigment beta-carotene. This might help to explain why they have less lung cancer. Also, at least one study has shown that natural sugars in dairy products may raise the risk for ovarian cancer in some women.

Some of the anti-cancer aspects of a vegetarian diet cannot yet be explained. For example, researchers are not quite sure why vegetarians have more of certain white blood cells, called “natural killer cells,” which are able to seek out and destroy cancer cells.

The Calcium Connection

Vegetarians are less likely to form either kidney stones or gallstones. In addition, vegetarians may also be at lower risk for osteoporosis because they eat little or no animal protein. A high intake of animal protein encourages the loss of calcium from the bones. Replacing animal products with plant foods reduces the amount of calcium lost. This may help to explain why people who live in countries where the diet is typically plant-based have little osteoporosis even when calcium intake is low.

Planning Vegetarian Diets

It's easy to plan vegetarian diets that easily meet nutrient needs. Grains, beans, and vegetables are rich in protein and iron. Green leafy vegetables, beans, lentils, nuts, and dried fruits are excellent sources of calcium.

Vitamin D is normally made in the body when sun shines on the skin. People who are dark-skinned or live at northern latitudes have some difficulty producing vitamin D year-round. Vitamin D can easily be obtained from fortified foods. Some sources are commercial breakfast

Tips for Making the Switch to a Vegetarian Diet

- Convenience foods cut cooking time. Natural foods stores stock a huge array of instant soups and main-dish convenience items. Regular supermarkets also carry many fast vegetarian foods. Many canned soups, such as minestrone, black bean, or vegetarian vegetable, are vegetarian. Flavored rice mixes, like curried rice or Rice-a-Roni, can be stretched into an entrée with a can of beans. Or try vegetarian baked beans, refried beans, sloppy joe sauce, and meatless spaghetti sauce.

- Ask for it! Even restaurants that don't offer vegetarian entrées can usually whip up a meatless pasta or vegetable plate if you ask. If attending a catered affair, catch the waiter before you are served and ask him or her to remove the chicken breast from your plate and slip on an extra baked potato. Airlines offer vegetarian meals if you ask in advance; ask your travel agent to order you one, or call the airline reservations number.

- Order your next pizza without cheese but with a mountain of vegetable toppings.

- Find vegetarian cookbooks at your local library or bookstore and have fun experimenting with new foods and recipes.

- The best bets for finding vegetarian food when dining out are international restaurants. Italian, Chinese, Mexican, and Indian restaurants all offer a wide variety of vegetarian dishes.

- Texturized vegetable protein

(TVP) is fat-free, has a texture like ground beef, and is wonderful in tacos, chili, and sloppy joes. Look for it in natural foods stores.

- Summer barbecues are healthy and fun with meatless hot dogs and burgers. Or, for a real change of pace, grill thick slices of marinated vegetables like eggplant, zucchini, or tomatoes.

- Check out ethnic groceries for special vegetarian foods. Middle-Eastern delis offer stuffed grape leaves, falafel, and eggplant spreads. Italian markets are a wonderful place to find hearty homemade breads, sun-dried tomatoes, and fresh pasta. Indian and Asian markets offer many vegetarian delicacies, also.

- The simplest dishes are often the most satisfying. Brown rice, gently seasoned with herbs and lemon and sprinkled with chopped nuts or sunflower seeds, is a perfect dish.

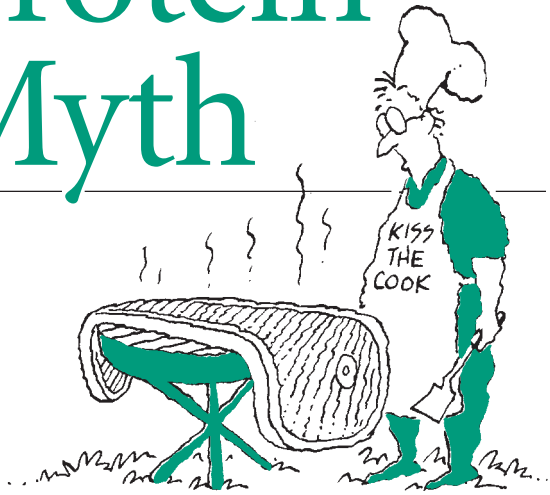
- Add variety to your diet with ease by preparing familiar foods in interesting new ways. Cook rice in a mixture of water and apple juice. Toss broccoli with raisins, sprinkle sunflower seeds or chopped almonds on vegetables. Simmer carrots, turnips, cabbage, or parsnips in orange juice.

- When traveling, pack plenty of vegetarian snacks like instant soups, fresh fruit, raw vegetables, trail mix, granola bars, and homemade oatmeal cookies. Fill a cooler with sandwiches and individual containers of juice and soymilk.

cereals, soymilk, other supplemental products, and multivitamins.

Vitamin B₁₂ is plentiful in fortified foods. Some sources are commercial breakfast cereals, soy products, and Vegetarian Support Formula nutritional yeast. Although vitamin B₁₂ deficiency is uncommon, strict vegetarians should be sure to include a source of this vitamin in their diet. When reading food labels, look for the word cyanocobalamin in the ingredient list. This is the form of vitamin B₁₂ that is best absorbed.

Protein Myth



IN THE PAST, some people believed one could never get too much protein. In the early 1900s, Americans were told to eat well over 100 grams of protein a day. And as recently as the 1950s, health-conscious people were encouraged to boost their protein intake. Today, some fad diet books encourage high-protein intake for weight loss, though Americans tend to take in twice the amount of protein they need anyway. And while individuals following such a diet have had short-term success in losing weight, they are often unaware of the health risks associated with a high-protein diet. Excess protein has been linked with osteoporosis, kidney disease, calcium stones in the urinary tract, and some cancers.

The Building Blocks of Life

People build the proteins of their bodies from amino acids, which, in turn, come from the proteins they eat. A varied diet of beans, lentils, grains, and vegetables contains all of the essential amino acids. It was once thought that various plant foods had to be eaten together to get their full protein value, but current research suggests this is not the case. Many nutrition authorities, including the American Dietetic Association, believe protein needs can easily be met by consuming a wide variety of amino acid sources over an entire day. Also, eating enough calories is essential for the best use of protein by the body.¹

The Trouble with Too Much Protein

The average American diet contains meat and dairy products. As a result, it is too high in protein. This can lead to a number of serious health problems:

- **Kidney Disease:** When people eat too much protein, they take in more nitrogen than they need. This places a strain on the kidneys which must expel the extra nitrogen through urine. People with kidney disease are encouraged to eat low-protein diets.² Such a diet reduces the excess levels of nitrogen, and can help prevent kidney disease, too.

- **Cancer:** Although fat is the dietary substance most often singled out for increasing one's risk for cancer, protein also

plays a role. Populations that eat meat regularly are at an increased risk for colon cancer,³ and researchers believe that the fat, protein, natural carcinogens, and the absence of fiber in meat all play roles. In 1982, the National Research Council noted a link between cancer and protein.⁴

- **Osteoporosis and Kidney Stones:** Diets that are rich in protein, especially animal protein,⁵ are known to cause people to excrete more calcium than normal through their urine⁶ and increase the risk of osteoporosis. Countries with lower-protein diets have lower rates of osteoporosis and hip fractures.⁷

Increased calcium excretion increases risk for kidney stones. Researchers in England found that by adding about 5 ounces of fish (about 34 grams of protein) to a normal diet, the risk of forming urinary tract stones increased by as much as 250 percent.⁸

For a long time it was thought that athletes needed much more protein than other people. The truth is that athletes need only slightly more protein, which is easily obtained in the larger servings athletes require for their higher caloric intake. Vegetarian diets are great for athletes.

To consume a diet that contains enough, but not too much, protein, simply replace animal products with grains, vegetables, legumes (peas, beans, and lentils), and fruits. As long as one is eating a variety of plant foods in sufficient quantity to maintain one's weight, the body gets plenty of protein.

1. Position of the American Dietetic Association: Vegetarian Diets. *J Am Diet Assoc* 1997;97:1317-20.
2. El Nahas AM, Coles GA. Dietary treatment of chronic renal failure: ten unanswered questions. *Lancet* 15 March 1986;597-600.
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5. Zemel MB. Calcium utilization: effect of varying level and source of dietary protein. *Am J Clin Nutr* 1988;48:880-3.
6. Sherman HC. Calcium requirement in man. *J Biol Chem* 1920;44:21.
7. Hegsted DM. Calcium and osteoporosis. *J Nutr* 1986;116:2316-9.
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Calcium in Plant-Based Diets

MANY PEOPLE CHOOSE to avoid milk because it contains fat, cholesterol, allergenic proteins, lactose sugar, and frequent traces of contamination. Milk is also linked to juvenile-onset diabetes and other serious conditions. Happily, there are plenty of other good sources of calcium.

Keeping your bones strong depends more on preventing the loss of calcium from your body than on boosting your calcium intake.

Some cultures consume no dairy products and typically ingest only 175 to 475 milligrams of calcium per day. However, these people generally have low rates of osteoporosis. Many scientists believe that exercise and other factors have more to do with osteoporosis than calcium intake does.

Calcium in the Body

Almost all of the calcium in the body is in the bones. There is a tiny amount in the bloodstream which is responsible for important functions such as muscle contraction, maintenance of the heartbeat, and transmission of nerve impulses.

We constantly lose calcium from our bloodstream through urine, sweat, and feces. It is renewed with calcium from bone. In this process, bones continuously lose calcium. This bone calcium must be replaced from food.

Calcium needs change throughout life. Up until the age of 30 or so, we consume more calcium than we lose. Adequate calcium intake during childhood and adolescence is especially important. Later, the body begins to slip into “negative calcium balance,” and the bones start to lose more calcium than they take up. The loss of too much calcium can lead to soft bones or osteoporosis.

How rapidly calcium is lost depends, in part, on the kind and amount of protein you eat as well as other diet and lifestyle choices.

Reducing Calcium Loss

A number of factors affect calcium loss from the body:

- Diets that are high in protein cause more calcium to be lost through the urine. Protein from animal products is much more likely to cause calcium loss than protein from plant foods. This may be one reason that vegetarians tend to have stronger bones than meat-eaters.
- Caffeine increases the rate at which calcium is lost through urine.
- Diets high in sodium increase calcium losses in the urine.
- Alcohol inhibits calcium absorption.
- The mineral boron may slow the loss of calcium from bones.
- Exercise slows bone loss and is one of the most important factors in maintaining bone health.

Sources of Calcium

Exercise and a diet moderate in protein will help to protect your bones. People who eat plant-based diets and who lead an active lifestyle probably have lower calcium needs. However, calcium is an essential nutrient for everyone. It is important to eat calcium-rich foods every day.

The “Calcium in Foods” chart on the following page gives the amount of calcium found in some excellent plant sources. A quick glance shows how easy it is to meet calcium needs. The following sample menus each provide close to 1,000 milligrams of calcium.

Sample Menu #1

Breakfast

- 1 cup oatmeal with cinnamon and raisins and ½ cup fortified soymilk
- 1 slice toast with 1 tablespoon almond butter and ½ grapefruit

Lunch

- Whole wheat pita stuffed with hummus, sliced tomatoes, and lettuce
- Carrot sticks

Dinner

- 1 cup baked beans with blackstrap molasses
- Baked sweet potato
- 1 cup steamed collard greens drizzled with lemon juice
- Baked apple

Snack

- Banana soymilk shake

Sample Menu #2

Breakfast

- 3 oatmeal pancakes with applesauce topping
- Calcium-fortified orange juice
- Fresh fruit

Lunch

- Bean burritos: black beans in corn tortillas, topped with chopped lettuce, tomatoes, and salsa
- Spinach salad with tahini-lemon dressing

Dinner

- Chinese stir-fry over brown rice: tofu chunks, broccoli, pea pods, water chestnuts, and Chinese cabbage (bok choy)
- Cantaloupe chunks drizzled with fresh lime juice

Snack

- Dried figs



Calcium in Foods

Grains	Calcium (mg)
Brown rice, cooked, 1 cup.....	20
Corn bread, 1 2-oz. piece.....	133
Corn tortilla.....	42
English muffin.....	92
Pancake mix, ¼ cup (3 pancakes).....	140
(Aunt Jemima Complete)	
Pita bread, 1 piece.....	18
Wheat bread, 1 slice.....	18
Wheat flour, all-purpose, 1 cup.....	22
Wheat flour, Pillsbury's Best, 1 cup.....	238
Whole wheat flour, 1 cup.....	40

Fruits	Calcium (mg)
Apple, 1 medium.....	10
Banana, 1 medium.....	7
Dried figs, 10 figs (187 grams).....	269
Navel orange, 1 medium.....	56
Orange juice, calcium-fortified, 8 oz.....	300*
Pear, 1 medium.....	19
Raisins, 2/3 cup.....	53

Source: Pennington JAT. *Bowes and Church's Food Values of Portions Commonly Used*. Harper and Row, New York, 1994.
 * package information

Vegetables	Calcium (mg)
Broccoli, 1 cup, boiled, frozen.....	94
Brussels sprouts, 1 cup, boiled.....	56
(8 sprouts)	
Butternut squash, 1 cup, frozen.....	84
Carrots, 2 medium, raw.....	38
Cauliflower, 1 cup, boiled.....	34
Celery, 1 cup, boiled.....	64
Collards, 1 cup, boiled, frozen.....	348
Kale, 1 cup, boiled.....	94
Onions, 1 cup, boiled.....	46
Potato, 1, baked.....	20
Romaine lettuce, 1 cup.....	20
Sweet potato, 1 cup, boiled.....	70

Legumes	Calcium (mg)
Black turtle beans, 1 cup, boiled.....	103
Chickpeas, 1 cup, canned.....	78
Great Northern beans, 1 cup, boiled.....	121
Green beans, 1 cup, boiled.....	58
Green peas, 1 cup, boiled.....	44
Kidney beans, 1 cup, boiled.....	50
Lentils, 1 cup, boiled.....	37
Lima beans, 1 cup, boiled.....	32
Navy beans, 1 cup, boiled.....	128
Pinto beans, 1 cup, boiled.....	82
Soybeans, 1 cup, boiled.....	175
Tofu, raw, firm, ½ cup.....	258
Vegetarian baked beans, 1 cup.....	128
Wax beans, 1 cup, canned.....	174
White beans, 1 cup, boiled.....	161

What about Milk?



● **Iron-Deficiency:** Milk is very low in iron. To get the U.S. Recommended Daily Allowance of 15 milligrams of iron, an infant would have to drink more than 31 quarts of milk each day. Milk also causes blood loss from the intestinal tract, depleting the body's iron.

● **Diabetes:** Of 142 diabetic children tested in a recent study, 100 percent had high levels of an antibody to a cow's milk protein. It is believed that these antibodies destroy the insulin-producing cells of the pancreas.

● **Calcium:** Green leafy vegetables such as kale are as good or better than milk as calcium sources.

● **Fat Content:** Other than skim varieties, dairy products are high in fat, as a percentage of total calories:

- Whole milk: 49% fat
- "2%" milk: 35% fat (It is 2% fat only by weight.)
- Cheddar cheese: 74% fat
- Butter: 100% fat

● **Contaminants:** Milk is frequently contaminated with antibiotics and excess vitamin D. Of 42 milk samples recently tested, only 12 percent were within the expected range of vitamin D content. Of ten samples of infant formula, seven had more than twice the vitamin D content reported on the label, and one had more than four times the label amount.

● **Lactose:** Many people of Asian and African heritage are unable to digest the milk sugar *lactose*, which then causes diarrhea and gas. The lactose sugar, when it is digested, releases *galactose*, a simple sugar which is linked to ovarian cancer and cataracts.

● **Allergies:** Milk is one of the most common causes of food allergy. Often the symptoms are subtle and may not be attributed to milk for some time.

● **Colic:** Milk proteins can cause colic, a digestive upset that bothers one in five infants. Milk-drinking mothers can also pass cow's milk proteins to their breast-feeding infants.

Vegetarian Diets for Pregnancy



DURING PREGNANCY your need for all nutrients increases. For example, you will need more calcium, more protein, and more folic acid. But calorie needs increase only modestly during pregnancy. In fact, you will need to pack all of that extra nutrition into just 300 extra calories a day. For that reason, all pregnant women need to choose their meals wisely. It is important to eat foods that are rich in nutrients, but not high in fat or sugar or excessive in calories.

Vegetarian diets, based on nutritious whole foods, are healthful choices for pregnant women. Use the chart below to plan your meals.

Minimum Daily Servings For Pregnant Vegan Women

Whole Grains (6 servings)

Serving = 1 slice of bread; ½ bun or bagel; ½ cup cooked cereal, rice, pasta; 1 ounce ready-to-eat cereal

Vegetables (4 servings)

Serving = ½ cup cooked or 1 cup raw

Fruits (4 servings)

Serving = ½ cup cooked; 1 cup raw; 1 piece of fruit; ¾ cup fruit juice; ¼ cup dried fruit

Milk Alternatives (4 servings)

Serving = 8 ounces soymilk

Legumes, Nuts, Seeds (3 servings)

Serving = 2 tablespoons nuts, seeds, or nut or seed butter; ½ cup cooked beans; 4 ounces tofu or tempeh

Adapted from: Messina M, Messina V. The Dietitians Guide to Vegetarian Diets. Aspen Publishers, 1996, p. 256.

Guidelines for Good Health during Pregnancy

- **Begin** a healthful diet before you become pregnant. The early growth and development of your baby is supported by your body stores of nutrients.
- **Maintain** a steady rate of weight gain. Aim for about three to four pounds total during the first trimester and then about three to four pounds each month during the second and third trimesters.
- **See** your health care provider regularly.

- **Limit** empty calories found in highly processed foods and sweets. Make your calories count!

Nutrients

To make certain that you are getting adequate nutrition, pay particular attention to these nutrients:

Calcium: All of the groups above include foods that are rich in calcium. Be certain to include at least four servings of

(continued on page 10)

Cooking Without Eggs



MANY PEOPLE CHOOSE not to use eggs in their diet. About 70 percent of the calories in eggs are from fat, and a big portion of that fat is saturated. They are also loaded with cholesterol—about 213 milligrams for an average-sized egg. Because egg shells are fragile and porous and conditions on egg farms are crowded, eggs are the perfect host to salmonella—the bacteria that is the leading cause of food poisoning in this country.

Eggs are often used in baked products because of their binding and leavening properties. But smart cooks have found good substitutes for eggs. Try one of the following the next time you prepare a recipe that calls for eggs:

- If a recipe calls for just one or two eggs, you can often skip them. Add a couple of extra tablespoons of water for each egg eliminated to balance out the moisture content of the product.
- Eggless egg replacers are available in many natural food stores. These are different from reduced-cholesterol egg products which *do* contain eggs. Egg replacers are egg-free and are usually in a powdered form. Replace eggs in baking with a mixture of the powdered egg replacer and water according to package directions.
- Use 1 heaping tablespoon of soy flour or cornstarch plus 2 tablespoons of water to replace each egg in a baked product.
- Use 1 ounce of mashed tofu in place of an egg.
- In muffins and cookies, half of a mashed banana can be used instead of an egg, although it will change the flavor of the recipe somewhat.
- For vegetarian loaves and burgers, use any of the following to bind ingredients together: tomato paste, mashed potato, moistened bread crumbs, or rolled oats.

THE *NEW* FOUR

VEGETABLES

3 OR MORE SERVINGS A DAY

Vegetables are packed with nutrients; they provide vitamin C, beta-carotene, riboflavin, iron, calcium, fiber, and other nutrients. Dark green leafy vegetables such as broccoli, collards, kale, mustard and turnip greens, chicory, or bok choy are especially good sources of these important nutrients. Dark yellow and orange vegetables such as carrots, winter squash, sweet potatoes, and pumpkin provide extra beta-carotene. Include generous portions of a variety of vegetables in your diet. Serving size: 1 cup raw vegetables • ½ cup cooked vegetables



WHOLE GRAINS

5 OR MORE SERVINGS A DAY

This group includes bread, rice, pasta, hot or cold cereal, corn, millet, barley, bulgur, buckwheat groats, and tortillas. Build each of your meals around a hearty grain dish—grains are rich in fiber and other complex carbohydrates, as well as protein, B vitamins, and zinc. Serving size: ½ cup hot cereal • 1 ounce dry cereal • 1 slice bread



MANY OF US GREW UP with the USDA's old Basic Four food groups, first introduced in 1956. The passage of time has seen an increase in our knowledge about the importance of fiber, the health risks of cholesterol and fats, and the disease-preventive power of many nutrients found exclusively in plant-based foods. We also have discovered that the plant kingdom provides excellent sources of the nutrients

once only associated with meat and dairy products—namely, protein and calcium.

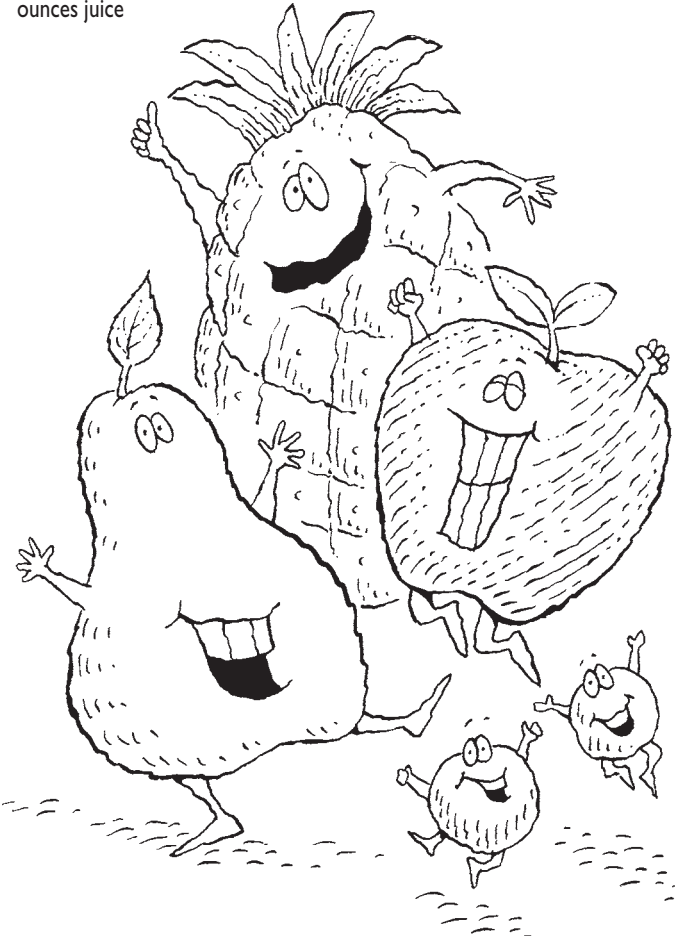
The USDA revised its recommendations with the Food Guide Pyramid, a food grouping plan that reduced the serving suggestions for animal products and vegetable fats. PCRM, determining that regular consumption of such foods—even in lower quantities—poses serious, unnecessary

FOOD GROUPS

FRUIT

3 OR MORE SERVINGS A DAY

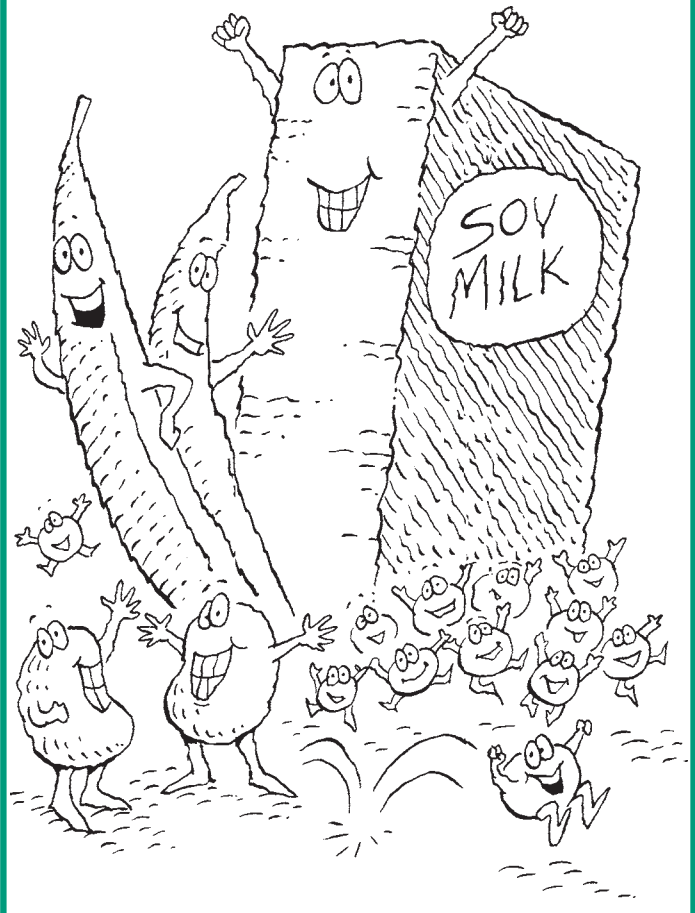
Fruits are rich in fiber, vitamin C, and beta-carotene. Be sure to include at least one serving each day of fruits that are high in vitamin C—citrus fruits, melons, and strawberries are all good choices. Choose whole fruit over fruit juices, which do not contain very much fiber. Serving size: 1 medium piece of fruit • ½ cup cooked fruit • 4 ounces juice



LEGUMES

2 OR MORE SERVINGS A DAY

Legumes—which is another name for beans, peas, and lentils—are all good sources of fiber, protein, iron, calcium, zinc, and B vitamins. This group also includes chickpeas, baked and refried beans, soy milk, tempeh, and texturized vegetable protein. Serving size: ½ cup cooked beans • 4 ounces tofu or tempeh • 8 ounces soymilk



Be sure to include a good source of vitamin B₁₂, such as fortified cereals or vitamin supplements.

health risks, developed the New Four Food Groups in 1991. This no-cholesterol, low-fat plan supplies all of an average adult's daily nutritional requirements, including substantial amounts of fiber.

The major killers of Americans—heart disease, cancer, and stroke—have a dramatically lower incidence among people consuming primarily plant-based diets. Weight prob-

lems—a contributor to a host of health problems—can also be brought under control by following the New Four Food Group recommendations.

Try the the New Four Food Groups and discover a healthier way to live!

(Diets for Pregnancy *continued from page 7*)

calcium-rich foods in your diet every day. These include tofu, dark green leafy vegetables, bok choy, broccoli, beans, figs, sunflower seeds, tahini, almond butter, calcium-fortified soymilk (try Westsoy Plus or Better Than Milk brands), and calcium-fortified cereals and juices.

Vitamin D: This nutrient is poorly supplied in all diets unless people eat foods that are fortified with it. Many brands of ready-to-eat cereals are fortified with vitamin D. However, the body can make its own vitamin D when skin is exposed to the sun. Pregnant women who don't include fortified foods in their diets should be certain to get at least 20 to 30 minutes of direct sunlight on their hands and faces two to three times weekly.

Vitamin B₁₂: Vitamin B₁₂ is not found in most plant foods. To get enough of this important nutrient, be certain to consume one serving every day of a food that is fortified with vitamin B₁₂. These foods include many breakfast cereals, some meat substitute products, some brands of soymilk, and Vegetarian Support Formula nutritional yeast. Be certain to check the ingredient label for cyanocobalamin, the best absorbed form of vitamin B₁₂. Seaweed and products like tempeh are generally not reliable sources of vitamin B₁₂. Vitamin B₁₂ is also in all standard multivitamins and in vegetarian supplements.

Iron: Iron is abundant in plant-based diets. Beans, dark green vegetables, dried fruits, blackstrap molasses, nuts and seeds, and whole grain or fortified breads and cereals all contain plenty of iron. However, women in the second half of pregnancy have very high iron needs and may need to take a supplement regardless of the type of diet they follow. Your health care provider will discuss iron supplements with you.

A word about protein...Protein needs increase by about 30 percent during pregnancy. While there may be concern over whether protein intake is adequate at such an important time, most vegetarian women eat more than enough protein to meet their needs during pregnancy. One study in particular showed that the average protein intake of vegan women

was 65 grams per day.* With ample consumption of protein-rich foods such as legumes, nuts, seeds, vegetables, and whole grains, protein needs can easily be met during pregnancy.

Menu Ideas

- Plan meals around nutritious whole grains, beans, and vegetables. Add sesame seeds, wheat germ, or nutritional yeast for flavor and nutrition.
- Cooked leafy green vegetables are a powerhouse of nutrition. Add them to soups and casseroles.
- Snack on dried fruits and nuts to boost your intake of iron and other important trace nutrients.

Sample Menu for Pregnant Women

Breakfast

Cold cereal topped with fruit and fortified soymilk
Toast with peanut butter • Juice

Lunch

Tofu spread on whole grain bread with lettuce
Tossed salad with herbs and lemon juice • Fruit

Dinner

Lentil and Rice Casserole flavored with
nutritional yeast and chopped tomatoes
Cooked Broccoli • Spinach salad • Fortified soymilk

Snacks

Trail mix with almond and raisins
Fruit • Tofu and fruit shakes

Breastfeeding

The guidelines for breastfeeding mothers are similar to those for pregnant women. Milk production requires more calories so you will need to boost your food intake a little bit.

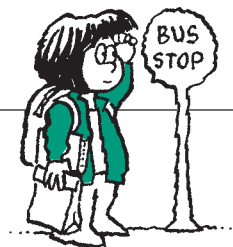
*Carlson E. A comparative evaluation of vegan, vegetarian, and omnivore diets. *J Plant Foods* 1985;6:89-100.

Vegetarian Diets for Children: Right from the Start

EATING HABITS ARE set in early childhood. Vegetarian diets give your child the chance to learn to enjoy a variety of wonderful, nutritious foods. They provide excellent nutrition for all stages of childhood, from birth through adolescence.

Infants

The best food for newborns is breastmilk, and the longer your baby is breastfed, the better. If your baby is not being breast-fed, soy formulas are a good alternative and are widely available. Do not use commercial soymilk. Babies have special



needs and require a soy formula that is developed especially for those needs.

Infants do not need any nourishment other than breast milk or soy formula for

the first several months of life. Breast-fed infants need about two hours a week of sun exposure to make vitamin D. Some infants, especially those who live in cloudy climates, may not make adequate amounts of vitamin D. In that case, vitamin D supplements may be necessary.

Vegetarian women who are breast-feeding should also be certain to include good sources of vitamin B₁₂ in their diets, as intake can affect levels in breastmilk. Foods fortified with cyanocobalamin, the active form of vitamin B₁₂, can provide adequate amounts of this nutrient. A multivitamin may also be taken as directed by your doctor. Breastmilk or infant formula should be used for at least the first year of your baby's life.

At about four to five months of age, or when your baby's weight has doubled, other foods can be added to the diet.

Add one new food at a time, at one- to two-week intervals. The following guidelines provide a flexible plan for adding foods to your baby's diet.

Four to Five Months

- Introduce iron-fortified infant cereal. Try rice cereal first since it is the least likely to cause allergies. Mix it with a little breastmilk or soy formula. Then offer oat or barley cereals to your baby.

Six to Eight Months

- Introduce vegetables. They should be thoroughly cooked and mashed. Potatoes, green beans, carrots, and peas are all good first choices.
- Introduce fruits next. Try mashed bananas, avocados, strained peaches, or applesauce.
- By eight months of age, most babies can eat crackers, bread, and dry cereal.
- Also, by about eight months, infants can begin to eat higher protein foods like tofu or beans that have been cooked well and mashed.

Children

Children have a high calorie and nutrient need, but their stomachs are small. Offer your child frequent snacks, and include some less "bulky" foods like refined

grains and fruit juices. Limit juices, however, since children may fill up on them, preferring their sweetness to other foods.

Some foods, such as veggie hotdogs, carrot sticks, peanuts, and grapes, may present a choking hazard. Be sure to cut foods into small pieces and encourage children to chew their food well before swallowing.

Calorie needs vary from child to child. The following guidelines are general ones.

Food Groups for Children

Breads, cereals, and grains

Includes all breads, rolls, flatbreads, hot and cold cereals, pasta, cooked grains such as rice and barley, and crackers.

Legumes, nuts, and seeds

Includes any cooked bean such as pinto, kidney, lentil, split pea, black-eyed pea, navy beans, and chickpea; tofu, tempeh, meat analogues, texturized vegetable protein (TVP); all nuts and nut butters, seeds, and tahini (sesame butter).

Fortified soy milk

Includes all fortified soy milks and infant formula or breastmilk for toddlers.

Vegetables

Includes all raw or cooked vegetables which may be purchased fresh, canned, or frozen. Also includes vegetable juices.

Fruits

Includes all fruits and 100 percent fruit juices. Fruit may be purchased fresh or canned, preferably in a light or natural syrup, or water.

Recommended Servings

Ages 1 to 4 years

Breads, cereals, and grains: 6 or more servings; a serving equals ½ to 1 slice of bread; ¼ to ½ cup cooked cereal, grain, or pasta; ½ to 1 cup ready-to-eat cereal

Legumes, nuts, and seeds: 2 or more servings; a serving equals ¼ to ½ cup cooked beans, tofu, tempeh, or TVP; 1½ to 3 ounces meat analogue; 1 to 2 tablespoons nuts, seeds, nut or seed butter

Fortified soy milk: 3 servings; a serving equals 1 cup fortified soy milk, infant formula, or breastmilk

Sample Menus

Ages 1 to 4 years

Breakfast

Cheerios with soymilk
Orange juice

Lunch

Hummus (chickpea and sesame seed butter spread) on crackers
Banana • Soymilk • Squash

Dinner

Lentil-tomato loaf
Mashed potatoes
Creamed kale • Soymilk

Snacks

Prunes • Soymilk

Ages 4 to 6 years

Breakfast

Apple-cinnamon oatmeal
Soymilk • Orange wedges

Lunch

Tofu-egg salad on bread
Apple juice
Carrot sticks • Oatmeal cookie

Dinner

Baked beans with blackstrap molasses
Baked potato • Spinach
Pineapple chunks • Soymilk

Snacks

Trail mix • Graham crackers
Soymilk

Ages 7 to 12 years

Breakfast

Raisin Bran with soymilk and sliced banana
Toast with almond butter
Orange juice

Lunch

Macaroni and blended tofu with nutritional yeast
Fruit salad • Bread
Green beans with almonds

Dinner

Lentil soup
Salad with greens and broccoli
Roll • Steamed carrots

Snacks

Popcorn • Trail mix • Figs

Vegetables: 2 or more servings; a serving equals ¼ to ½ cup cooked or ½ to 1 cup raw vegetables

Fruits: 3 or more servings; a serving equals ¼ to ½ cup canned fruit; ½ cup juice; 1 medium fruit

Fats: 3 servings; a serving equals 1 teaspoon margarine or oil

Ages 4 to 6 years

Breads, cereals, and grains: 6 or more servings; a serving equals 1 slice of bread; ½ cup cooked cereal, grain, or pasta; ¾ to 1 cup ready-to-eat cereal

Legumes, nuts, and seeds: 1½ to 3 servings; a serving equals ½ cup cooked beans, tofu, tempeh, or TVP; 3 ounces meat analogue; 2 tablespoons nuts, seeds, nut or seed butter

Fortified soy milk: 3 servings; a serving equals 1 cup fortified soy milk

Vegetables: 1 to 1½ servings; a serving equals ½ cup cooked or 1 cup raw vegetables

Fruits: 2 to 4 servings; a serving equals ½ cup canned fruit; ¾ cup juice; 1 medium fruit

Fats: 4 servings; a serving equals 1 teaspoon margarine or oil

Ages 7 to 12 years

Breads, cereals, and grains: 7 or more servings; a serving equals 1 slice of bread; ½ cup cooked cereal, grain, or pasta; ¾ to 1 cup ready-to-eat cereal

Legumes, nuts, and seeds: 3 or more servings; a serving equals ½ cup cooked beans, tofu, tempeh, or TVP; 3 ounces meat analogue; 2 tablespoons nuts, seeds, nut or seed butter

Vegetables: 4 or more servings; a serving equals ½ cup cooked or 1 cup raw vegetables

Fruits: 4 or more servings; a serving equals ½ cup canned fruit; ¾ cup juice; 1 medium fruit

Fats: 5 servings; a serving equals 1 teaspoon margarine or oil

Note: Serving sizes may vary depending on the child's age.

To add more calories to the diet, include more servings of nut butters, dried fruits, soy products, and other high-calorie foods.

Be sure to include a reliable source of vitamin B₁₂ on a regular basis. Good sources include Vegetarian Support Formula nutritional yeast, vitamin B₁₂-fortified foods, such as soy milk, breakfast cereals, meat analogues, and vitamin B₁₂ supplements.

If children do not get regular sun exposure (exposing hands and face to 20 to 30 minutes of summer sun two to three times per week), which promotes vitamin D synthesis, fortified foods and supplements are available.

Adapted from Simply Vegan, 3rd ed., 1999, pgs. 194-195. The Vegetarian Resource Group, P.O. Box 1463, Baltimore, MD 21203; 410-366-8343.

Foods That May Be New to You...

Blackstrap Molasses

A liquid sweetener that can be used for baking or spread on toast. It is a rich source of calcium and iron and more nutritious than light, medium, or dark molasses.

Nutritional Yeast

Nutritional yeast is an inactive yeast that is rich in vitamins and minerals. It is an important addition to the vegan diet as it is rich in vitamin B₁₂. Nutritional yeast may be added to soups, stews, casseroles, or in place of cheese to make any dish creamier.

Rice Milk

An alternative to dairy milk, rice milk is a rice-based beverage that can be used on cereal or in recipes that call for milk. It is often available in a variety of flavors including plain, vanilla, or carob. Rice milk may or may not be fortified with nutrients, so always check the label.

Seitan

Seitan is a meat substitute made from a wheat protein called gluten. It is sold dried or prepared and can be stir-fried or baked.

Soy Cheese

An imitation cheese made from soybeans, this product may be used to replace cheese in a dish that calls for it. Check the label to make sure it does not contain casein, a protein derived from milk.

Soy milk

An alternative to dairy milk, soy milk is the liquid expressed from soaked soybeans. It is often available in a variety of flavors including plain, vanilla, or carob. It may be fortified with vitamins and minerals, but every brand differs, so always check the label. Soy milk can be used on cereal or in recipes that call for milk.

Soy Yogurt

A nondairy substitute for yogurt derived from soybeans. It is often sold plain or flavored and is a great source of calcium, protein, and other vitamins and minerals.

Tempeh

Tempeh is a fermented soy product. It can be marinated and grilled, baked, or used in a stir-fry. It is an excellent source of protein.

Texturized Vegetable Protein (TVP)

Also called TVP, texturized vegetable protein is sold as a dried product. It can be used as a substitute for ground beef or meat in casseroles, tacos, chili, and meatless pasta sauce. It is an excellent source of protein, iron, calcium, zinc, and fiber.

Tofu

Tofu is curdled soy milk that is available in silken, soft, firm, or extra-firm varieties. It can be used in a stir-fry, scrambled with seasoning in place of eggs, or marinated and baked. The softer varieties can be blended to create dressings, shakes, and pie and dessert fillings. Tofu is an excellent source of protein, iron, calcium, and other vitamins and minerals.

Veggieburgers

Veggieburgers are made with a variety of ingredients including soy protein, rice, vegetables, and/or fiber. Vegan varieties are available, but be sure to read labels as some brands may contain egg or cheese. Veggieburgers can be cooked conventionally, microwaved, or grilled, and topped with fresh or roasted vegetables served on a whole wheat bun.

Recipes for Health

Cornmeal Flapjacks

Makes 20 3-inch pancakes

Serve these delicious, satisfying pancakes with fruit preserves, applesauce, or maple syrup.

1½ cups soy or rice milk
1 tablespoon vinegar
2 tablespoons maple syrup
1 cup cornmeal
1 cup whole wheat pastry flour
¼ teaspoon baking soda
1/8 teaspoon salt

Combine the soy or rice milk, vinegar, and maple syrup. Set aside. Mix the remaining ingredients in a large bowl, then pour in the milk mixture. Stir to remove lumps, then pour small amounts of the batter onto a preheated, nonstick, lightly oil-sprayed griddle or skillet, and cook until the tops bubble. Turn with a spatula and cook the second side until golden brown. (Stir the batter each time before pouring.) Serve immediately.

Nutrition information per pancake: 62 calories, 1.5 g protein, 12 g carbohydrate, 1 g fat, 44 mg sodium, 0 mg cholesterol

Yam Spice Muffins

Makes 10 to 12 muffins

2 cups whole wheat or whole wheat pastry flour
½ cup sugar
1 tablespoon baking powder
½ teaspoon baking soda
½ teaspoon salt
½ teaspoon cinnamon
¼ teaspoon nutmeg
1½ cups cooked, mashed yams
½ cup water
½ cup raisins
vegetable-oil spray, for muffin pan

Preheat oven to 375°F. In a large bowl mix whole wheat flour, sugar, baking powder, baking soda, salt, cinnamon, and nutmeg. Add yams, water, and raisins. Stir until just mixed. Lightly coat a muffin pan with vegetable-oil spray. Fill cups to the top. Bake for 25 to 30 minutes, or until the top of the muffin bounces back when pressed lightly. Let stand for 1 to 2 minutes before removing from the pan. When cool, store in an airtight container.

Nutrition information per muffin: 137 calories, 3 g protein, 31 g carbohydrate, 0 g fat, 128 mg sodium, 0 mg cholesterol

Hummus

Makes about 2 cups (8 ¼-cup servings)

Serve with crackers, pita bread, or as a filling in lavash rolls.

1 15-ounce can garbanzo beans
3 tablespoons tahini (sesame seed butter)
2 tablespoons lemon juice
1 to 2 garlic cloves, minced
1 tablespoon finely chopped parsley
¼ teaspoon each cumin and paprika
¼ teaspoon salt

Drain the beans and reserve the liquid. Process the beans until smooth in a food processor using the steel knife or mash them well with a potato masher or fork. Add the remaining ingredients and mix well. The mixture should be moist and spreadable. If it is too dry, add enough of the reserved bean liquid to achieve the desired consistency.

Nutrition information per ¼-cup serving: 101 calories, 4 g protein, 13.5 g carbohydrate; 3 g fat, 74 mg sodium; 0 mg cholesterol

Lentil Barley Soup

Serves 8

1 cup lentils, rinsed
½ cup hulled or pearled barley
6 cups water or vegetable stock
1 onion, chopped
2 garlic cloves, pressed or crushed
2 carrots, sliced
2 stalks celery, sliced
½ teaspoon oregano
½ teaspoon ground cumin
¼ teaspoon black pepper
1/8-1/4 teaspoon red pepper flakes
½-1 teaspoon salt

Place all ingredients except salt into a large pot and bring to a simmer. Cover and cook, stirring occasionally, until the lentils are tender, about 1 hour. Add salt to taste.

Nutrition information per serving: 78 calories, 4 g protein, 16 g carbohydrate, 0 g fat, 150 mg sodium, 0 mg cholesterol

Spinach Salad with Orange Sesame Dressing

Serves 4 to 6

Toasted sesame seeds add wonderful flavor to this salad.

1 bunch fresh spinach (about 6 cups of leaves)
1 red or yellow bell pepper, cut into strips
¼-½ cup thinly sliced red onion
1 orange, peeled and sliced into thin rounds
1 tablespoon sesame seeds
2 tablespoons seasoned rice vinegar
1 tablespoon orange juice concentrate
1 tablespoon water

Trim the spinach stems and carefully wash the leaves. Dry, then tear any large leaves into bite-size pieces. Place in a salad bowl along with the pepper, onion, and orange slices. Toast the sesame seeds in a 400°F toaster oven or regular oven for 10 minutes. Transfer to a blender and grind into a powder. Add the vinegar, orange juice concentrate, and water. Blend to mix. Pour over salad and toss just before serving.

Nutrition information per 1-cup serving: 45 calories, 2 g protein, 7 g carbohydrate, 0.7 g fat, 144 mg sodium, 0 mg cholesterol

Quick Chili

Serves 8

Texturized vegetable protein adds flavor and texture and is available in natural foods stores.

- ½ cup boiling water
- ½ cup texturized vegetable protein
- 1 onion, chopped
- 1 green bell pepper, diced
- 2 large garlic cloves, minced
- ½ cup water or vegetable stock
- 2 15-ounce cans pinto beans
- 1 15-ounce can tomato sauce
- 1 cup fresh or frozen corn
- 1 to 2 teaspoons chili powder
- 1 teaspoon dried oregano
- ½ teaspoon ground cumin
- 1/8 teaspoon cayenne (more for spicier chili)

Pour the boiling water over the texturized vegetable protein and let stand until softened. Braise the onion, bell pepper, and garlic in water until the onion is soft, then add the remaining ingredients, including the texturized vegetable protein. Simmer at least 30 minutes.

Nutrition information per serving: 164 calories, 10 g protein, 30 g carbohydrate, 0.4 g fat, 158 mg sodium, 0 mg cholesterol

Roasted Summer Vegetables and Tofu

Serves 8

Grilling or oven-roasting vegetables is so easy and brings out their best flavors. For this recipe you should have a total of about 6 cups of chopped vegetables.

2 to 3 cups cubed summer squash (zucchini, crookneck, or scallop)

- 1 onion, cut into chunks
- 1 red bell pepper, seeded and cut into large pieces
- 2 cups small mushrooms
- ½ pound very firm tofu, cut into 1-inch cubes
- 1 tablespoon Spike, Schilling Garlic and Herb, or other seasoning mix
- 2 tomatoes, cut into wedges

Preheat the oven to 500°F. Prepare the vegetables as directed and mix them with the tofu cubes. Divide between two 9 x 13-inch baking dishes and sprinkle with the seasoning. Toss to mix, then spread evenly in the dishes. Bake until the vegetables are tender and the edges just begin to darken, 15 to 20 minutes. Spread the cooked vegetables over Risotto, Polenta, or pasta, and top with fresh tomato wedges.

Nutrition information per serving: 55 calories, 4 g protein, 7 g carbohydrate, 1 g fat, 7 mg sodium, 0 mg cholesterol

Banana Cake

Serves 9

- 2 cups whole wheat pastry flour
- 2 teaspoons baking soda
- ½ teaspoon salt
- 1 cup wheat germ
- 4 ripe medium-size bananas, mashed (about 2½ cups)
- ½ cup sugar
- ¾ cup soymilk or rice milk
- 1 teaspoon vanilla extract
- 1/3 cup raisins or dates
- vegetable-oil spray, for pan

Preheat oven to 350°F. In a medium-size bowl, mix whole wheat pastry flour, baking soda, salt, and wheat germ. In a large bowl, mash bananas and mix in sugar. Mix in soymilk and vanilla. Add the flour mixture, along with raisins; stir to mix. Lightly coat a 9 x 9-inch pan with vegetable-oil spray. Spread the batter in the pan. Bake for about 55 minutes, or until toothpick inserted in the center comes out clean.

Nutrition information per serving: 220 calories, 5 g protein, 47 g carbohydrate, 1 g fat, 301 mg sodium, 0 mg cholesterol

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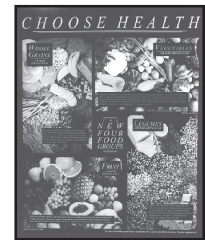
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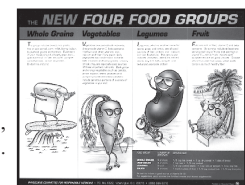
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