



# VEGAN

ESTD 2020  
*Handbook*

RECIPES | COMMUNITY | WHAT YOU OUGHTA' KNOW

“WHAT DO  
VEGANS EAT?”

A Handbook for Vegans and the people who **love** them

GOOD  
TASTE

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NUT BUTTER



I decided to go Vegan in the summer of '08 after I'd discovered the hugely positive impact it had, had on a friend's father's health; the ideology around ecology, environment, and the impact of Big Agra on all living creatures was the next revelation. I'd also begun finding it to be a great way of keeping my meals fast, low-budget, and speedy without wasting anything in the fridge! It's been perfect for my busy university life, and has turned into a career worthy passion. I love spreading the good word about health and lifestyle choices that can really make a difference! It seems I'm meeting more and more Vegan converts these days, turning me on to amazing new Vegan dishes, eco-friendly lifestyle choices, community groups and planet advocacy!

I aspire to make delicious meals as nutritious as possible, this includes keeping things as close to raw as I happily can, creating many meals that require a very short prep. time; 15-25 minutes is my hope. We are very happy to have created a partnership here at **VEGAN HANDBOOK**, to help those wishing to find community, share recipes, lifestyle information and friendships. Join us online, our humble enterprise publishes sporadicly but offers an online community board and website in real time. Send us your recipes, pictures and stories. We can't wait to meet you! We'll publish our journey alongside yours and together learn how to thrive!

Happy, Healthy Eating!  
**SAGE**



If slaughterhouses had glass walls,  
everyone would be a Vegetarian.  
-Paul McCartney

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What is a Vegan?

Gradations of diet and nomenclature. True Vegetarians choose to not eat meat, fish, or poultry. Lacto-Ouvo Vegetarians—which are incidently the most common of the “Vegetarian” groups—are often considered by most Vegans to be Vegetarians in name affiliation only.

True Vegans, in addition to being truly or completely Vegetarian, do not use animal products and by-products such as eggs, dairy products, honey, leather, fur, silk, wool, cosmetics, and soaps derived from animal products.

Why Veganism?

People choose to be Vegan for health, environmental, and/or ethical reasons. For example, some Vegans feel that one promotes the meat industry by consuming

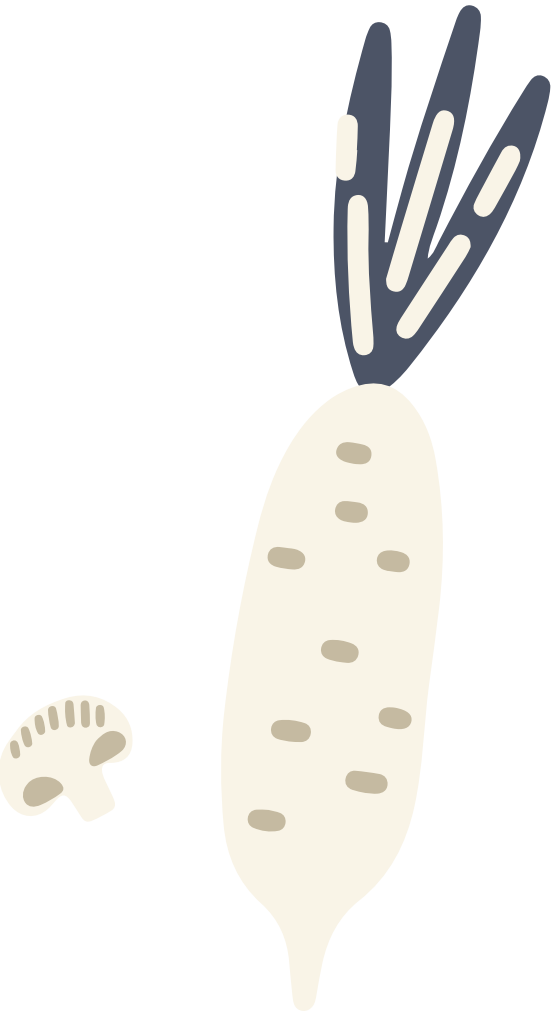
eggs and dairy products. That is, once dairy cows or egg-laying chickens are too old to be productive, they are often sold as meat; and since male calves do not produce milk, they usually are raised for veal or other products. Some people avoid these items because of conditions associated with their production; animal husbandry.

Many Vegans choose thier lifestyle to promote a more humane and caring world. They deeply believe they have a responsibility to try to do their personal best, while not being judgmental of others.

Vegan Nutrition

The key to a nutritionally sound Vegan diet is variety. A healthy and varied Vegan diet includes fruits, vegetables, plenty of

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Veg for soups.



THE BASICS

Continued from page 3

leafy greens, whole grain products, nuts, seeds, and legumes. Sprouting seeds and fermenting foods adds additional nutrients.

Protein

It is very easy for a Vegan diet to meet the recommendations for protein as long as calorie intake is adequate.

Strict protein planning or combining is not necessary. The key is to eat a varied diet.

Great Vegan sources include: lentils, chickpeas, tofu, peas, peanut butter, soy milk, almonds, spinach, rice, whole wheat bread, potatoes, broccoli, kale...

Fats

Vegan diets are free of cholesterol and are generally low in saturated fat. Thus eating a Vegan diet makes it easy to conform to recommendations given to reduce the risk of major chronic diseases such as heart disease and cancer. High-fat foods, which should be used sparingly, include oils, margarine, nuts, nut butters, seed butters, avocado, and coconut.

Vitamin D

Vitamin D is not found in the Vegan diet but can be made by humans following exposure to sunlight. At least ten to fifteen minutes of summer sun on hands and face two to three times a week is recommended for adults so that vitamin D production can occur. Food sources of vitamin D include vitamin D-fortified soy milk and rice milk.

Calcium

Calcium, needed for strong bones, is found in dark green vegetables, tofu made with calcium sulfate, calcium-fortified soy milk and orange juice, and many other foods commonly eaten by Vegans. Although lower animal protein intake may reduce calcium losses, there is currently not enough evidence to suggest that Vegans have lower calcium needs. Vegans should eat foods that are high in calcium and/or use a calcium supplement. Other good sources of calcium include: okra, turnip greens, soybeans, tempeh, almond butter, broccoli, bok choy, commercial soy yogurt...

The recommended intake for calcium for adults 19 through 50 years is 1000 milligrams/day.

*Note: It appears that oxalic acid, which is found in spinach, rhubarb, chard, and beet greens, binds with calcium and reduces calcium absorption. Calcium is well absorbed from other dark green vegetables.*

Zinc

Vegan diets can provide zinc at levels close to or even higher than the RDA. Zinc is found in grains, legumes, and nuts.

Iron

Dried beans and dark green leafy vegetables are especially good sources of iron, better on a per calorie basis than meat. Iron absorption is increased markedly by eating foods containing vitamin C along with foods containing iron.

Sources of Iron

Soybeans, lentils, blackstrap molasses, kidney beans, chickpeas, black-eyed peas, Swiss chard, tempeh, black beans, prune juice, beet greens, tahini, peas, bulghur, bok choy, raisins, watermelon, millet, kale....

Omega-3 Fatty Acids

In order to maximize production of DHA and EPA (omega-3 fatty acids), Vegans should include good sources of

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COMMUNITY

Voices:

One reason that I’m ambivalent about shouting my Vegan status from the mountaintops is that I’ve noticed over the years how, for those who aggressively identify as Vegan, their Veganism is primarily about the depth of their personal loyalty (and the inadequacy of others’) rather than on reducing animal suffering.

By giving the habit we hope to prevail a Name, by tattooing it on our arms and celebrating as the numbers joining the club grow, and touting that Name above all else, we forget that social change does not happen when everyone joins in and gets stamped with a V.

There’s something possibly cultish-smelling here that, however right it might be, grates against my sense of radical individualism, not to mention that this “us and them” way to see the world seems misguided and alienating to a lot of people. Here’s something I think about a lot: before I became Vegan—or,

stopped eating animal products (I recall being impressed with a person) a really charismatic person—asking that his pizza come without cheese or meat. He did this without hesitation in front of a dozen hipster meat eaters. When I asked him why, he said animals were treated terribly to bring food to the plate and he wanted to minimize his role in that suffering.

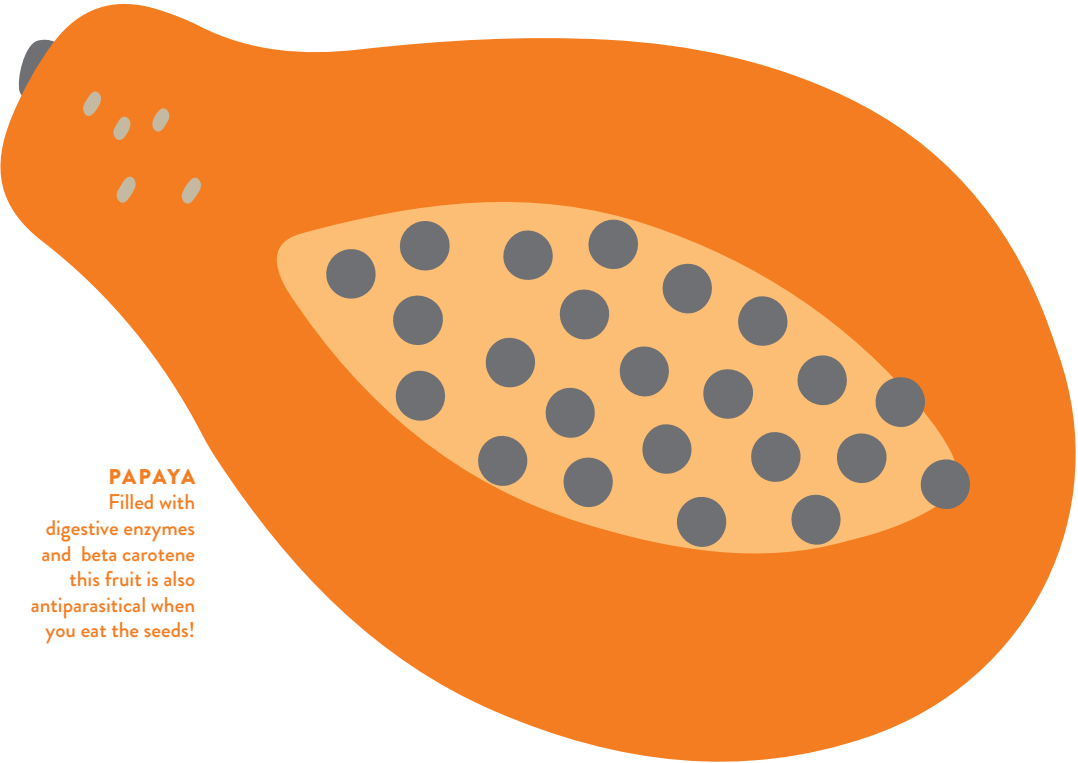
He never said he was a Vegan and he never proselytized. At that point in my life, if he had done either, I would have thought “extreme” and ordered the jambon. Instead, he quietly and unknowingly pushed me in the direction of where I am now—a Vegan in name, albeit a hesitant one rather comfortable with ambiguity and uncomfortable with a label.

-James McWilliams, at The Pitchforks



VEG!

Eat your veggies! Delicious veggies, stuffed, pickled, raw, steamed and curried. So many choices!



GOOD COMPANY!

ALEC BALDWIN (ACTOR), ELLEN DEGENERES (ACTRESS), ZOOEY DESCHANEL (ACTRESS), ALICE WALKER (AUTHOR) NATALIE PORTMAN (ACTRESS), ALICE WALKER (AUTHOR), MOBY (MUSICIAN), JASON MRAZ (MUSICIAN), ARE JUST A FEW OF MANY POPULAR CELEBRETIES AND ARTISTS WHO PRACTICE VEGANISM.

PAPAYA  
Filled with digestive enzymes and beta carotene this fruit is also antiparasitical when you eat the seeds!

FINDING AND CREATING GROUPS

What are Vegetarian Resource Groups?

Health professionals, activists, and educators work with businesses and individuals to bring about healthy changes in schools, the workplace, and communities. Registered dietitians and physicians aid in the development of nutrition-related publications and answer member and media questions about Vegetarian diets when resourced. Non-profit organizations can fund financial support from memberships, contributions, and book sales. Learning to connect and source is an important part of advocacy and community.

Behaving according to society’s standards of morality is something that we learn from a young age. Children are often told to treat others as they wish to be treated – or to consider how their actions might benefit or harm others. At the most basic level, our human interests are to minimize our suffering and unpleasant feelings, and maximize our pleasure and happiness.

While society today generally agrees that we should grant all humans equal moral consideration, it does not agree upon the treatment of nonhuman animals. We frequently use other animals to our advantage when, for instance, we use them for food, clothing, or drug testing.

But how do we know whether this behavior is justifiable, and how do we know where to draw the line in using another being to our advantage? Speaking together in groups helps us sort this, and other aspects of vegan lifestyles, out.

Finding Community!

While some people have a lot of Vegan friends, others (especially those who are new to a Vegan lifestyle) might not know anyone else who makes the same compassionate choices as they do. Creating your own Vegan social group, with a regularly scheduled restaurant outing, bar outing, or potluck dinner is a good way to create a sense of community among Vegan peeps while incidently helping to prevent anyone from

making non-Vegan choices.

It is helpful to thank people personally for coming out. Keep in touch with members and build friendships with them through constancy. Be sure to keep your regular events/ happenings on a similar schedule (for example, having a Vegan Drinks bar outing at 7 p.m. the last Thursday of every month). People appreciate consistency; and can plan better for it.

Buying in Community

Buying in COOPs offers great economic and quality advantages. Bulk purchases and farm direct subscriptions can save money while supporting organic farming!

For the win: imagine a Vegan housing COOP! Shared resources, maybe a food COOP, small farm or community garden for members! Community necessitates Vegan pot lucks, parties, outreach efforts, teach-ins, activism, and community support!



THE BASICS: FAITH AND FOOD  
NUTRITION AND RELIGIOUS DOCTRINE

**The Basics: continued from page 4**  
alpha-linolenic acid in their diets such as flaxseed, flaxseed oil, canola oil, tofu, soybeans, and walnuts.

**Vitamin B12**  
The requirement for vitamin B12 is very low. Non-animal sources include Red Star nutritional yeast T6635 also known as Vegetarian Support Formula (around 2 teaspoons supplies the adult RDA). It is especially important for pregnant and lactating women, infants, and children to have reliable sources of vitamin B12 in their diets. Numerous foods are fortified with B12, but sometimes companies change what they do. So always read labels carefully or write the companies.

Tempeh, miso, and seaweed are often labeled as having large amounts of vitamin B12. However, these products are not reliable sources of the vitamin because the amount of vitamin B12 present depends on the type of processing the food undergoes. Other sources of vitamin B12 are fortified

soy milk, vitamin B12-fortified meat analogues, and vitamin B12 supplements.  
**Milk and Hinduism**

Soy, almond and rice milk can all be easily substituted for dairy in most recipes. Homemade nut “mylks” can be made into cheeses as well.

As an axiomatic tenant of Hinduism, Vegetarianism is purported as an ideal. The early pre-vedic doctrines, to later puranic treatises bestow the importance of Vegetarianism, especially the Sattvic diet. There are three main reasons for this: the principle of nonviolence (ahimsa) applied to animals, the intention to offer only “pure” (Vegetarian) food to a deity and then to receive it back as prasad, and the conviction that non-Vegetarian food is detrimental for the mind and for spiritual development. Many Hindus believe that “Nonviolence is the highest duty and the highest teaching,” thus advocating a Vegetarian diet.

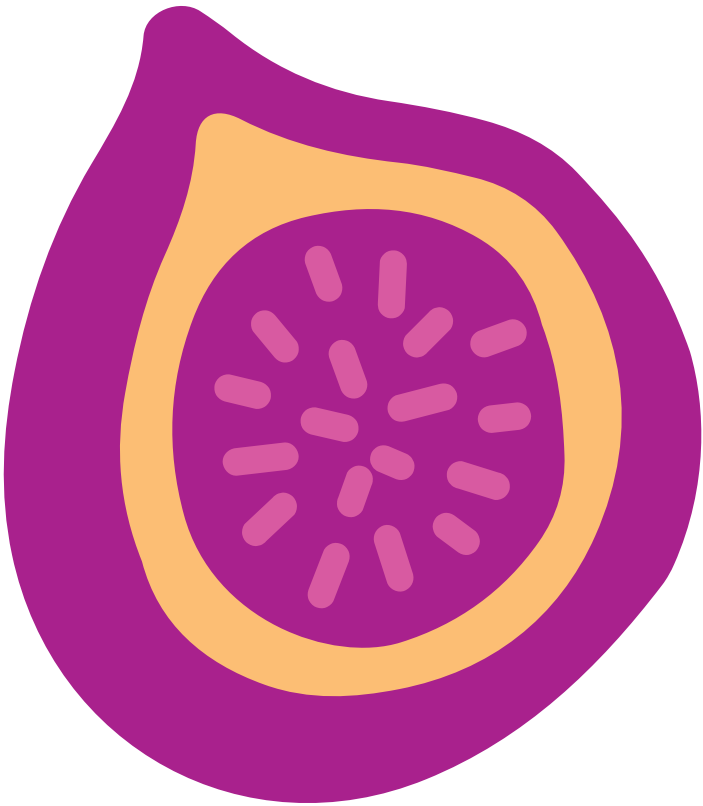
**The Buddhist Vegan**  
Contrary to popular belief not all Buddhists, Buddhist monks or Buddhist nuns are Vegetarian. There is in fact some hot debate among scholars as to whether or not, according the texts of Buddhism, they

should be. The Buddha was very liberal for his time ( ancient India, about 563 B.C.E. ). Innovations that he made had to be pulled back for his order to coexist with the culture around them. For instance, the Buddha allowed women to be ordained as nuns. That later disappeared. To this day in Asia the concept is still hotly debated.

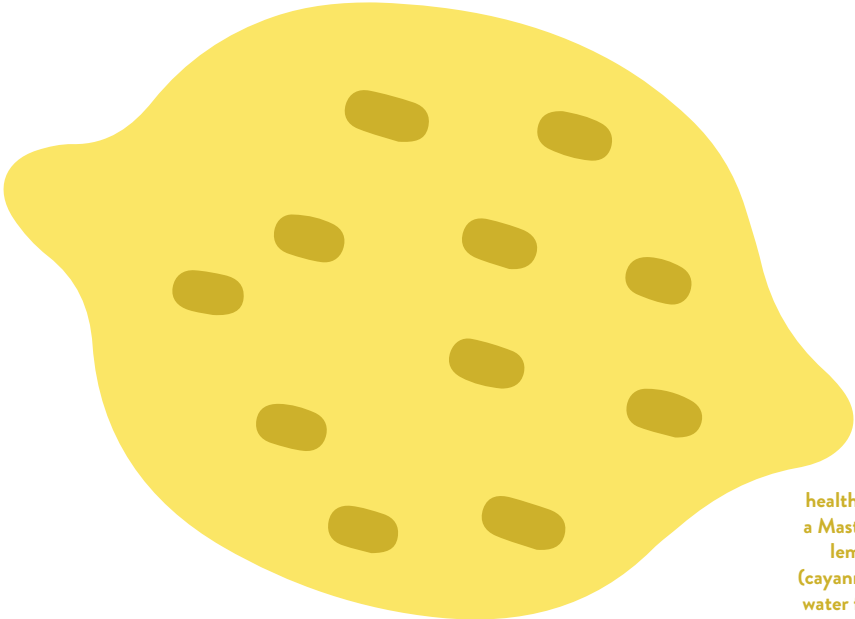
**The Sacred**  
Given that the Buddha made compromises with the culture he lived in and some explicit writings about food in Buddhist texts, I think a case can be made that while not mandated, the Buddha saw Veganism as the way to go.

Buddhist monks in the earliest surviving sect of Buddhism, Theravada, are not allowed to accept meat as almsfood, if the animal was killed specifically for them. As consumers, cows, pigs, chickens and fish are killed specifically for us. Next is the specification of “Right Livelihood” for lay followers. Right Livelihood is one part of the 8 Fold Path, the Buddha’s prescription for eventually reaching “nibbana” ( nirvana, unbinding, liberation, awakening, enlightenment, etc ).

**The Basics: continued on page 7**



**FIGS**  
A very good source of fiber, folate, vitamins A, C, E and K, as well as chromium, a trace mineral that enhances the ability of insulin to transport glucose from the bloodstream into cells.



**LEMONS**  
The divine prescription for health and healing, try a Master Cleanse, with lemon, maple syrup (cayenne; optional) and water for 24-43 hours.

GROUP IDENTITIES  
BRINGING UP VEGAN CHILDREN IN FAITH

**The Basics: continued from page 6**  
In his description of *Right Livelihood* the Buddha describes 5 types of businesses that will hinder one’s spiritual progress and should be avoided:

- business in weapons
- business in human beings
- business in meat
- business in intoxicants
- business in poison

So, Wow! According to Buddhist texts the Buddha addresses bringing meat to market as corrupting as being an arms dealer, a slave trader, pimp or drug dealer. When considered, might give one pause.

You don’t have to be a scholar to see that there is no “business” of any kind without buyers and users. If all meat producers were strict Buddhists it would be impossible for people in Buddhist countries to buy meat. Buddhists who buy meat are enabling

businesses to exist that Buddha would want no part of for anyone. If Buddhists did not buy and use meat, there would be no “business in meat”.

**FOOD AS IDENTITY**  
*When I first tell people that I’m Vegan, I often feel like I’m coming out. I get a bit uncomfortable, hedging my statements with an insistence that I’m not one of those annoyingly sanctimonious Vegans, that my reasons are more environmental and political than “touchy-feely” or emotional. But why do I assume that my food choices imply a fully formed identity?*

Perhaps it’s because our media is full of references to food choices (like eating local, choosing to abstain from eating meat, dairy, and eggs, eating artisanal foods...) as though they were indicative of a cultural persona? Why do each of the food choices I listed above invoke a mental image of a certain kind of individual, complete with wardrobe, music choices, facial hair (I mean, who eats artisanal bacon without a questionably ironic waxed mustache?),

political attitudes, and verbal tics? Locavore. Vegan. Hipster foodie.

Why do we take food choices as indicators of complete cultural identities and what do we do when confronted with individuals who clearly break those molds?

**Kids are a natural at Veganism**  
Amanda Baker at the Vegan Society in the UK, says the real issue isn’t whether a child’s diet is Vegan or not, or restricted or not – the important thing is whether it’s healthy.

she says. “all parents need to plan their child’s food carefully. Of course there are pitfalls, but there are pitfalls for all parents and for any diet. There are plenty of children who are eating a bad diet, and they’re not Vegan,”

The reality is that Vegan parents are more likely to cook at home, and show an extended awareness of nutrition. Many prefer wholefoods, avoid trans-fats and processed readymades. In point of fact, it’s actually much easier for Vegans and their children to meet the five-a-day guidelines than for other people.”





WHO'S IN MY "KARASS"  
THOSE IN THE KNOW...KNOW.

Vegans, are sometimes victims of the fact that many people, including professionals doctors, health workers, social workers and other parents, are badly informed. We need to write to our GP's surgery in an attempt to make sure there's better information out there. Parents can come in for mistaken pressure from people with genuine concerns, simply because the issues aren't properly understood."

Veganism is the practice of abstaining from the use of animal products, particularly in diet, as well as following an associated philosophy that rejects the commodity status of sentient animals. A follower of Veganism is known as a Vegan.

Distinctions are sometimes made between different categories of Veganism. Unlike ovo-lacto Vegetarians, dietary Vegans (or strict Vegetarians) refrain from consuming animal products, not only meat but also eggs, dairy products, and other animal-derived substances. The term ethical Vegan is often applied to those who not only

follow a Vegan diet, but extend the Vegan philosophy into other areas of their lives, and oppose the use of animals and animal products for any purpose. Another term used is environmental Veganism, which refers to the avoidance of animal products on the premise that the harvesting or industrial farming of animals is environmentally damaging and unsustainable.

ARISTOTLE (384-322BC)

Greek philosopher, pupil of Plato, tutor of Alexander the Great, and founder of the Peripatetic school at Athens; author of works on logic, ethics, politics, poetics, rhetoric, biology, zoology and metaphysics. His works influenced Muslim philosophy and science and medieval scholastic philosophy.

In the Aristotelian view many animals possess true memory (though not the human power to remind ourselves deliberately of previous perceptions), can learn, and perceive not only immediate sensations but connections, relationships, and rudimentary universals and action-orienting propositions. Aristotle admits: 'we should approach the inquiry about each animal without aversion, knowing that in all of them there is

something natural and beautiful.' Aristotle also writes sympathetically of the Orphic view: 'the poems known as Orphic say that the soul is born by the winds, enters from the air into animals when they breathe.' This view of breath as akin to soul is close to the Hindu view and that of Homer, and Aristotle seems here to agree with. Pythagoras that animals have souls. To be inconsistent was not a crime then, as it seems to be today - we must understand that the complexity of the world and the enthusiastic exploration of it were mirrored in such ambivalence.

B.B. KING VEGAN MUSICIAN

B. B. King (born Riley B. King on September 16, 1925) is an American blues guitarist and singer-songwriter. Widely considered one of the greatest and most respected blues guitarists of all time, and is possibly the most recognizable name in the blues genre.

BENJAMIN SPOCK, PEDIATRICIAN

The late Dr. Benjamin Spock is probably considered by many to be the most influential pediatrician of all time.

PETA

PEOPLE FOR THE ETHICAL TREATMENT OF ANIMALS (PETA) IS THE LARGEST ANIMAL RIGHTS ORGANIZATION IN THE WORLD, WITH MORE THAN 3 MILLION SUPPORTERS.

Peta focuses its attention on the four areas in which the largest numbers of animals suffer the most intensely for the longest periods of time: on factory farms, in the clothing trade, in laboratories, and in the entertainment industry. We also work on a variety of other issues, including the cruel killing of beavers, birds, and other "pests" as well as cruelty to domesticated animals. Almost all of us grew up eating meat, wearing leather, and going

PETA'S POLITICS

to circuses and zoos. We never considered the impact of these actions on the animals involved. For whatever reason, you are now asking the question: Why should animals have rights? The abuse that animals suffer at human hands is heartbreaking, sickening, and infuriating. It's even more so when we realize that the everyday choices we make—such as what we eat for lunch and the kind of

shampoo we buy—may be directly supporting some of this abuse. But as hard as it is to think about, we can't stop animals' suffering if we simply look the other way and pretend it isn't happening.

Animals are counting on compassionate people like you to give them a voice and be their heroes by learning about the issues they face and taking action. Each of us has the power to save animals from nightmarish suffering-and best of all, it's easier than you might think. If you're ready to join the millions of other compassionate people who are working to create a kinder, better world for animals, please read on to learn how animals suffer in the food, animal experimentation, entertainment, clothing and pet-trade industries. Together, we can make a difference.

WANT TO SHARE YOUR LOVE OF ANIMALS WITH LIKE MINDED PEOPLE? SOUNDS LIKE A GREAT IDEA TO US!

Best food in town.

Doing outreach solo is great, but by forming a local animal rights group, you can increase your effectiveness and your clout. The media, the government, and the public will pay more attention as your numbers grow.

PETA'S "ACCIDENTLY VEGAN"

The important things to decide from the beginning are what issue or issues you want to work on and what name to go by. Whatever the issue you're focusing on, be sure to create a catchy name that people will easily remember and that also reflects your cause. Don't forget—you can also start a group with just two people!

BEING VEGAN DOESN'T MEAN YOU HAVE TO EAT WHEATGRASS AND ALFALFA SPROUTS. MOST GROCERY STORES CARRY AN ARRAY OF GREAT-TASTING VEGAN OPTIONS.

-PETA, "ACCIDENTALLY VEGAN" BLOG

THE ACTIVIST VEGAN  
THE SPICY SIDE OF VEGANISM

Vegan anarchism or Vegan anarchism, is the political philosophy of Veganism (more specifically animal rights and earth liberation) and anarchism, creating a combined praxis that is designed to be a means for social revolution. This encompasses viewing the state and capitalism, as well as hierarchical structures in general, as unnecessary and harmful to animals, both human and non-human, whilst practising a Vegan lifestyle. It is either perceived as a combined theory, or that both philosophies are essentially the same. It is further described as an anti-speciesist perspective on green anarchism, or an anarchist perspective on animal liberation. Veg anarchists typically view oppressive dynamics within society to be interconnected, from statism, racism and sexism to human supremacy and redefine Veganism as a radical philosophy that sees the state as harmful to animals. Ideologically, it is a human, animal, and Earth

liberation movement that is fought as part of the same struggle. Those who believe in Veg anarchy can be either against reform for animals or for it, although do not limit goals to changes within the law.

The term was popularized in 1995 with Brian A. Dominick's pamphlet Animal Liberation and Social Revolution, described as "a Vegan perspective on anarchism or an

MARKETING AND PROPAGANDA

anarchist perspective on Veganism".It was originally published by Critical Mess Media, then in 1997 re-printed by Firestarter Press and re-distributed for anti-copyright usage. In 2002 it was translated into Portuguese by Discórdia edições and into German by Autonome Tierbefreiungsaktion Hannover in 2005, further circulating the essay abroad.

The 18-page pamphlet explains how

many young anarchists in the 1990s had been adopting deep ecological (animal-inclusive and anti-speciosity) mind sets as part of an overall green-anarchist political philosophy. Similarly animal liberationists were becoming

increasingly influenced by anarchist thought and traditions, thus becoming Veg anarchists and adopting an overall praxis.

ISSUES

- Oppression
- Radicalism
- Reformism
- Violence

OTHER GROUPS

- Food Not Bombs
- Animal Liberation Brigade (RCALB)
- Animal Rights Militia (ARM)
- Stop Huntingdon Animal Cruelty (SHAC)
- Vegan Society
- Peta



GREAT BOOKS TO READ

STAYING INFORMED AND EMPOWERED

David Cantor – *Beyond Humanism, Toward a New Animalism*

Angel Flinn – *No Innocent Bystanders*

Katrina Fox – *Why Compassion is Essential to Social Justice*

Beatrice Friedlander – *A Woman, A Cat, and a Realization*

Lori Girshick – *In the Doing and the Being*

Rachel Griffin – *Social Responsibility, Reflexivity, and Chasing Rainbows*

Robert Grillo – *Eating Animals and the Illusion of Personal Choice*

Melanie Joy – *Carnism: Why Eating Animals is a Social Justice Issue*

Lisa Kemmerer – *Sustenance, Sincerity, and Social Justice*

Rita Laws – *Mother Corn, Father Pumpkin, Sister Bean*

Keith McHenry – *Until Every Belly is Full*

Christopher-Sebastian McJetters – *Slavery. It’s Still a Thing*

Dawn Moncrief – *Hunger, Meat, and the Banality of Evil*

David Nibert – *Animal Rights Equal Human Rights: Domesecration and Entangled Oppression*

Anthony J. Nocella II – *Building an Animal Advocacy Movement for Racial and Disability Justice*

Richard Oppenlander – *Our Lifeline Revealed Through the Eye of Justice*

lauren Ornelas – *A Hunger for Justice*

Colleen Patrick-Goudreau – *Veganism: A Path to Nonviolence*

Sailesh Rao – *Climate Change and Injustice Everywhere*

Anteneh Roba – *Injustice Everywhere*

Marla Rose – *Becoming a Vegan Feminist Agitator*

Ruby Roth – *Harming Children to Protect Them*

Richard Schwartz – *Connecting the Dots on Dietary Choices*

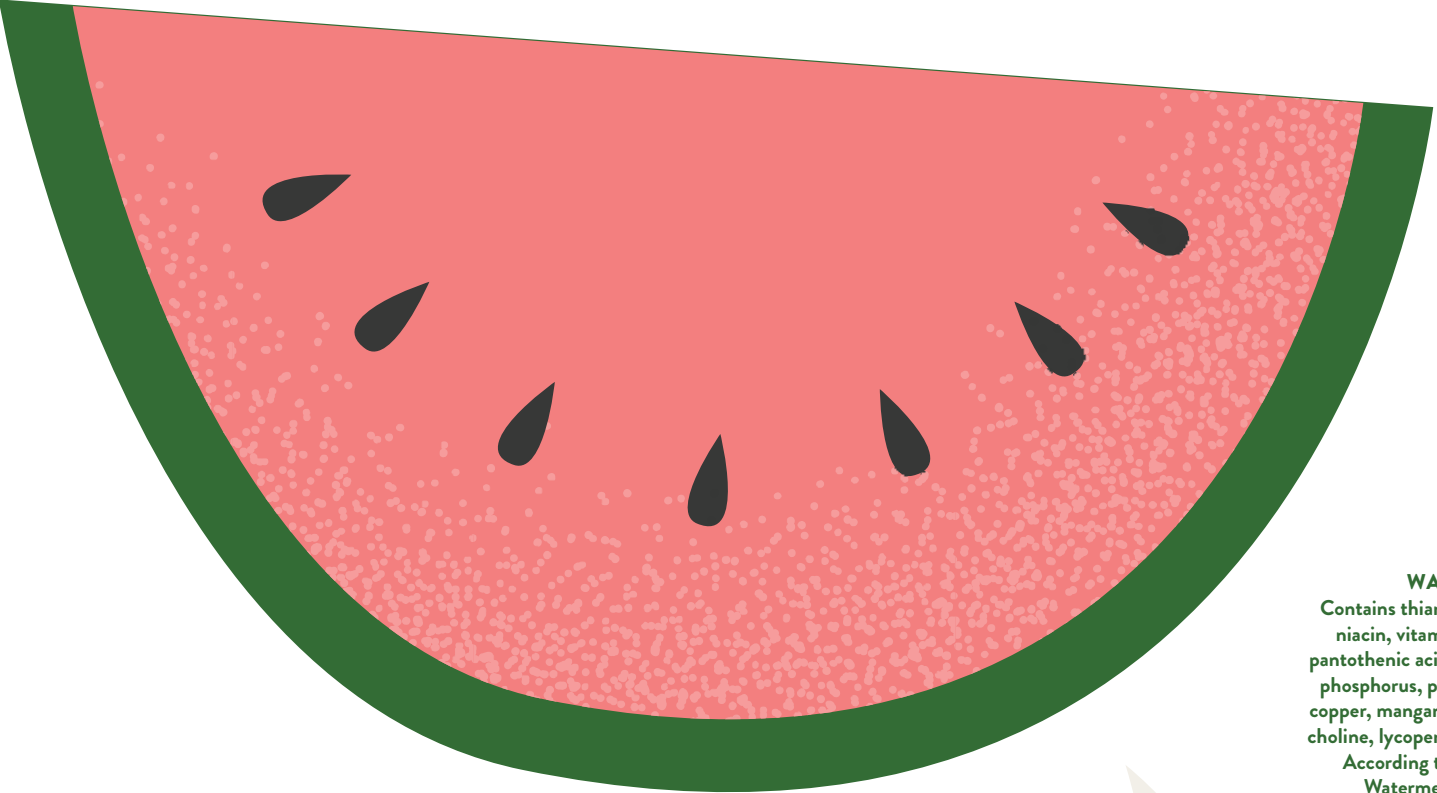
Kim Sheridan – *Looking Behind the Curtain to the Hidden Side of Justice Issues*

Jasmin Singer – *The Gay Animal: A Personal Exploration of Interconnectedness*

Gary Smith – *Animal Rights as a Social Justice Issue*

Jo Stepaniak – *Confronting the Saboteur Within: Advancing a Consciousness of Compassion*

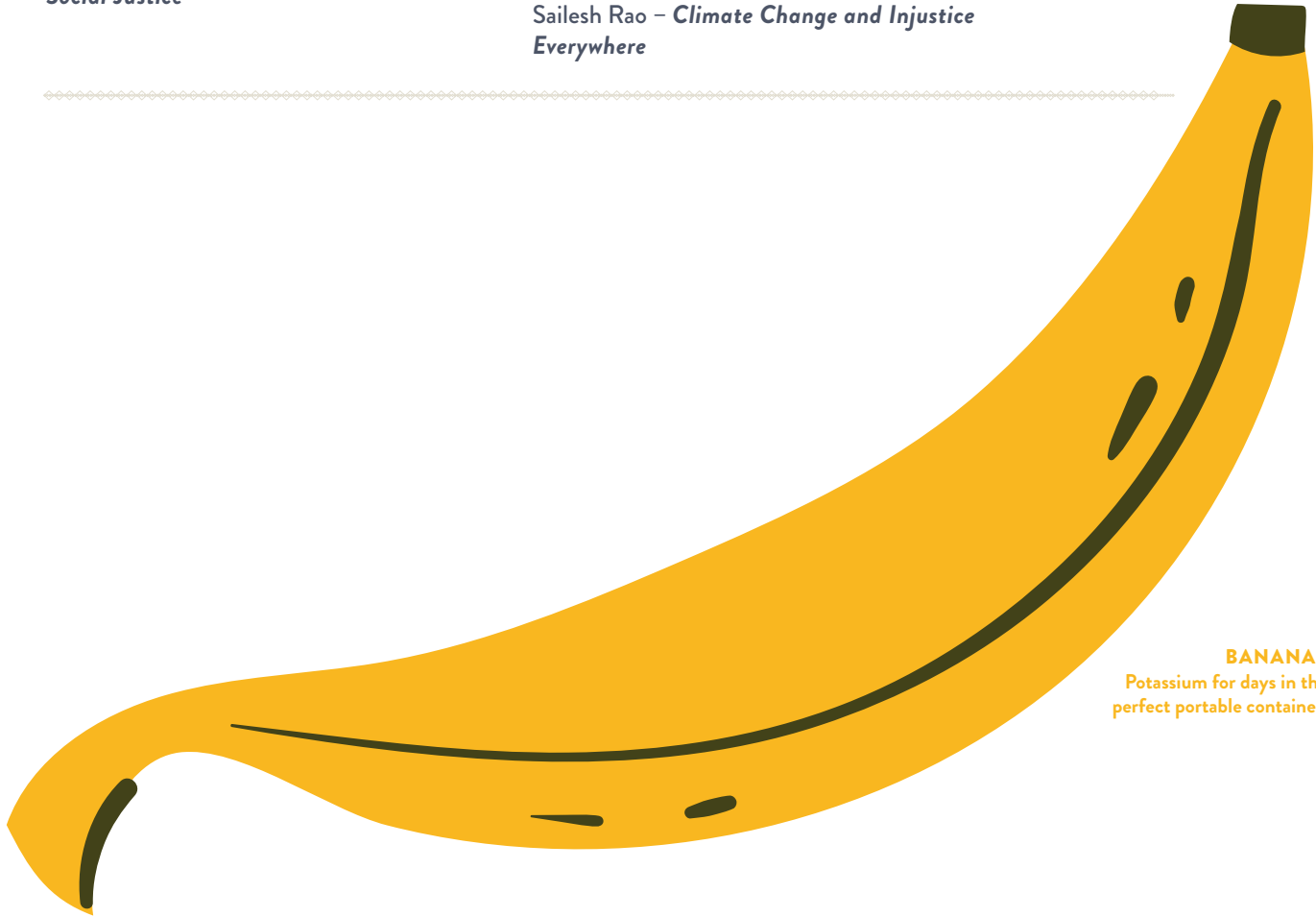
Will Tuttle – *Unrecognized Roots of Injustice and the Vegan Transformation*



WATERMELON

Contains thiamin, riboflavin, niacin, vitamin B-6, folate, pantothenic acid, magnesium, phosphorus, potassium, zinc, copper, manganese, selenium, choline, lycopene and betaine.

According to the National Watermelon Promotion Board, watermelon contains more lycopene than any other fruit or vegetable.



BANANAS

Potassium for days in the perfect portable container,

RAW FOODISM

RAW VEGANS

Raw foodism (or following a raw food diet) is the dietary practice of eating only uncooked, unprocessed foods.

Depending on the exact philosophy or type of lifestyle and results desired, raw food diets may include a selection of fruits, vegetables, nuts, seeds, eggs, fish, meat and dairy products. It may also include simply processed foods such as various types of sprouted seeds, cheese, and fermented foods such as yogurts, kefir, kombucha or sauerkraut, but generally not foods that have been pasteurized, homogenized, or produced with the use of synthetic pesticides, chemical fertilizers, industrial solvents or chemical food additives.

Raw Veganism

A raw Vegan diet consists of unprocessed, raw plant foods that have not been heated above 40–49 °C (104–120 °F). Raw Vegans such as Dr. Brian Clement,

Dr. Gabriel Cousens, Thierry Browsers a.k.a. “Superlight”, and Douglas Graham believe that foods cooked above this temperature have lost much of their nutritional value and are less healthful or even harmful to the body. Advocates argue that raw or living foods have natural enzymes, which are critical in building proteins and rebuilding the body, and that heating these foods destroys the natural enzymes and can leave toxic materials behind. However, critics point out that enzymes, as with other proteins consumed in the diet, are denatured and eventually lysed by the digestive process, rendering them non-functional. Typical foods included in raw food diets are fruits, vegetables, nuts, seeds, and sprouted grains and legumes.

Among raw Vegans there are some subgroups such as fruitarians, juicearians, or sproutarians. Fruitarians eat primarily or exclusively fruits, berries, seeds, and nuts. Juicearians process their raw plant foods into juice. Sproutarians adhere to a diet consisting mainly of sprouted seeds.

Raw food as a dietary health treatment was first developed in Switzerland by medical doctor Maximilian Bircher-Benner, inventor of muesli. After recovering from jaundice while eating raw apples, he conducted experiments into the effects on human health of raw vegetables. In November 1897, he opened a sanatorium in Zurich called “Vital Force,” named after a “key term from the German lifestyle reform movement, which states that people should pattern their lives after the logic determined by nature”.

“COOKING CAN DESTROY YOUR FOOD’S ENZYMES.”



VEGETARIANISM

PESCATARIANS + “LACTO-OUVO” TYPES

LACTO/OUVO VEGETARIANS

An Ovo-Lacto Vegetarian (or Lacto-Ovo Vegetarian, as it were) is a Vegetarian who does not eat animal flesh of any kind, but consumes dairy and egg products.

Awareness around the idea of animal products and animal-based ingredients is key. Gelatin and lard are derived from animal products and are used widely in many processed and fast foods.

Excluding some or all foods of animal origin from your diet will place you in a population of people who come under the broader category of Vegetarians. “Pure/True” Vegetarians or Vegans rely on -- and only consume -- foods of plant origin to meet their nutritional needs.

Plant-based foods are still the predominant food source in the diets of Lacto-Ovo Vegetarians and Lacto Vegetarian diets.

The inclusion of dairy products such as milk, yogurt, cheese and butter in a diet of vegetables, fruits, beans, nuts, seeds and grains adds important nutrients such as calcium, phosphorus, vitamin D and vitamin

B-12 to lacto Vegetarian diets. However, as lacto Vegetarians do not consume eggs, meat, poultry or fish, eating a variety of plant-based foods every day helps to meet their protein needs. Consuming soy products such as textured vegetable proteins, tofu and tempeh on a regular basis also adds good quality protein, B-vitamins and some essential fatty acids.

Most American Vegetarians are lacto-ovo Vegetarians who exclude all kinds of meat, poultry and fish from their diets, but the addition of eggs adds variety and flexibility. Eggs provide nutrients such as protein, vitamin D and some B-vitamins, as well as antioxidants lutein and zeaxanthin that prevent macular degeneration. Well-planned lacto-ovo Vegetarian diets are healthy and nutritious when they contain a variety of foods from the different food groups.

While avoiding meat and meat products is relatively easy, the presence of animal-based ingredients in processed foods such as cookies, cakes, ice creams and refried beans can be a challenge for Vegetarians. To ensure that a food meets your needs as a Vegetarian, educate yourself on the origins of various ingredients listed on food labels.

As a lacto-ovo Vegetarian, avoid foods that contain ingredients of animal origin such as lard, keratin, tallow, carmine and gelatin. In addition to animal-based ingredients, lacto Vegetarians should look for and refrain from eating foods that list eggs and egg products such as albumin on food labels.

Many Vegetarian recipes and restaurant offerings are in fact lacto-ovo Vegetarian.

Pescatarian (sometimes spelled pescetarian with an e) is a word sometimes used to describe those who abstain from eating all

FISH?!

animal flesh with the exception of fish.

But nature’s “last wild food” has problems of its own. Overfishing, responsible for catastrophic depletion of entire wild populations, is a real public issue. The endangered Bluefin tuna, Cod and Snapper could reasonably go extinct within our lifetimes, yet fishery is still a \$220 million industry (with a huge propaganda machine). Choices should include awareness of species.

anatomical evidence. (Critics of this article either use inferior evidence, such as disputed assumptions about the prehistoric diet, or they cherry-pick the anatomical evidence while ignoring the bulk of it.)

**“OMNIVORE” DOESN’T MEAN 50% PLANTS AND 50% ANIMALS. MANY OF MY CRITICS CONSIDER CHIMPANZEES TO BE OMNIVORES BUT 95-99% OF THE CHIMP DIET IS PLANTS, AND MOST OF THE REMAINDER ISN’T MEAT, IT’S TERMITES.**

If humans are omnivores, then the anatomical evidence suggests that we’re the same kind: the kind that eats almost exclusively plant foods. Among animals, plant-eaters have the longest life spans, and humans are certainly in that category (and yes, this was true even before modern medicine). We sleep about the same amount of time as other herbivores, and less than carnivores and true omnivores. (Excerpted from Milton Mills, M.D.)

HUMAN DNA

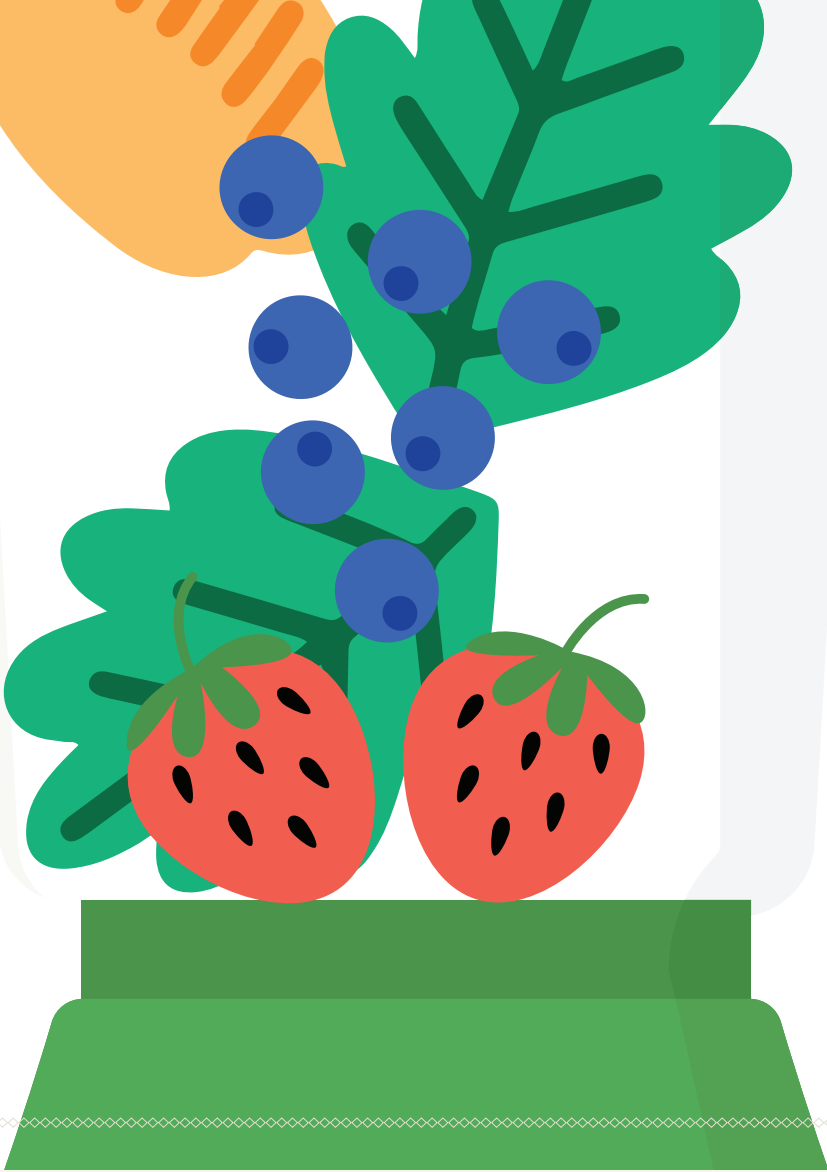
DIET AND THE BIOLOGICAL CONNECTION

A fair look at the evidence shows that humans are optimized for eating mostly or exclusively plant foods, according to the best evidence: our bodies. We’re most similar to other plant-eaters, and drastically different from carnivores and true omnivores.<sup>1,2,3</sup> Those who insist that humans are omnivores, especially if their argument is based on canine teeth, would do well to look at what the evidence actually shows. We’ll cover that below.

I first wrote this article many years ago, but since then Milton Mills, M.D. published an excellent paper which covers the anatomy of eating, so let’s skip right to my table-ized summary of his research:

BIOLOGICALLY HERBIVOROUS

The anatomical evidence tells us that we’re optimized for eating mostly or exclusively plant foods. The only way to come to another conclusion is to ignore the bulk of the



HEALTHY CHOICES

THE BENEFITS OF BEING VEGAN

Paleolithic diets have become all the rage, but are they getting our ancestral diet all wrong?

Right now, one half of all Americans are on a diet. The other half just gave up on their diets and are on a binge. Collectively, we are overweight, sick and struggling. Our modern choices about what and how much to eat have gone terribly wrong. The time has come to return to a more sensible way of eating and living, but which way? One group of self-help books suggests we give up carbohydrates, another that we give up fats, another still that we lay off the protein. Or maybe we should just eat the way our ancestors did. A few immediate benefits are clear:

**High-Fat Dairy Products Linked to Reduced Type 2 Diabetes Risk**

**Healthy Diet Reduces Risk of Cardiovascular Disease by a Third in Over-40s**

**Vegetarian Diet Linked to Lower Risk of Colorectal Cancers**  
**Vegan Diet Best for Weight Loss Even With Carbohydrate Consumption, Study Finds**  
**Diets High in Fruit, Vegetables, Whole Grains and Nuts Among Factors to Lower First-Time Stroke Risk**  
**Researchers Shed Light on Link Between Diet, Epstein-Barr Disease Prevention**

A HEALTHY WEIGHT AND LONGEVITY

Eating a healthy Vegan diet has shown to prevent a number of diseases.

Cardiovascular disease. Eating nuts and whole grains, while eliminating dairy products and meat, will improve your cardiovascular health. A British study indicates that a Vegan diet

reduces the risk for heart disease and Type 2 diabetes. Vegan diets go far in preventing heart attack and stroke.

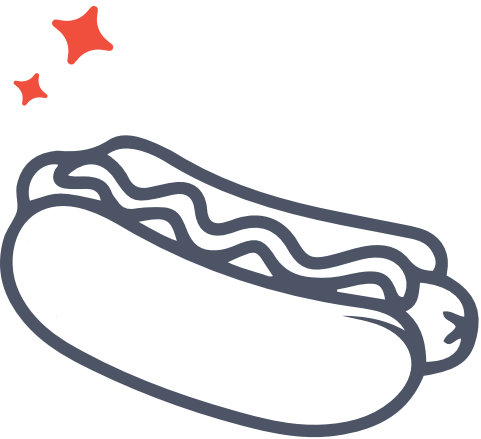
CHOLESTEROL.

Eliminating any food that comes from an animal and you will eliminate all dietary cholesterol from your diet. Your heart will thank you for that.

Blood pressure. A diet rich in whole grains is beneficial to your health in many ways, including lowering high blood pressure.

Type 2 diabetes. Not only is a Vegan diet a weapon against Type 2 diabetes, it is also “easier to follow than the standard diet recommended by the American Diabetic Association.” Read more about it here.

Prostate cancer. A major study showed that men in the early stages of prostate cancer who switched to a Vegan diet either stopped the progress of the cancer or may have even reversed the illness.



MOCK MEATS

Today there are vegan versions of most “meat” products.



★ **HAPPY THAI NOODLES** ①

**INGREDIENTS:**  
for the sauce  
3-4 tablespoons coconut sugar  
3 tablespoons fresh lime juice  
4 tablespoons soy sauce  
1/4 cup water

**FOR THE NOODLES**  
8 oz wide rice noodles, “Banh Pho”  
2 tablespoons vegetable or peanut oil  
crushed red pepper, as much as you like  
4-6 cloves of garlic, minced  
2 cups of broccoli florets  
2 medium carrots, chopped into rounds  
1 heaping cup of cubed fried tofu  
1 big hand full of bean sprouts  
2 green onions, chopped  
3 tablespoons roasted, chopped peanuts  
3-4 cilantro sprigs, chopped  
1/2 lime, cut into wedges

*NOTE: I ALWAYS CHOOSE ORGANIC AND PESTICIDE FREE WHEN AVAILABLE. SEEKING FAIR TRADE AND GROWN/PRODUCED LOCALLY ARE ALSO IN MY MINDFULNESS PRACTICE.*

**HAPPY THAI NOODLES** ②

**DIRECTIONS**

1 Place all the sauce ingredients in a non stick sauce pan. Bring to a boil. Then reduce heat and simmer on low for about 2 minutes, or till the sauce has thickened just a little. Turn off heat and set aside.

2 Soak and drain the noodles according to package instructions. If the package doesn’t have instructions, soak the noodles in warm water for about 15 minutes or till they become pliable. Then drain.

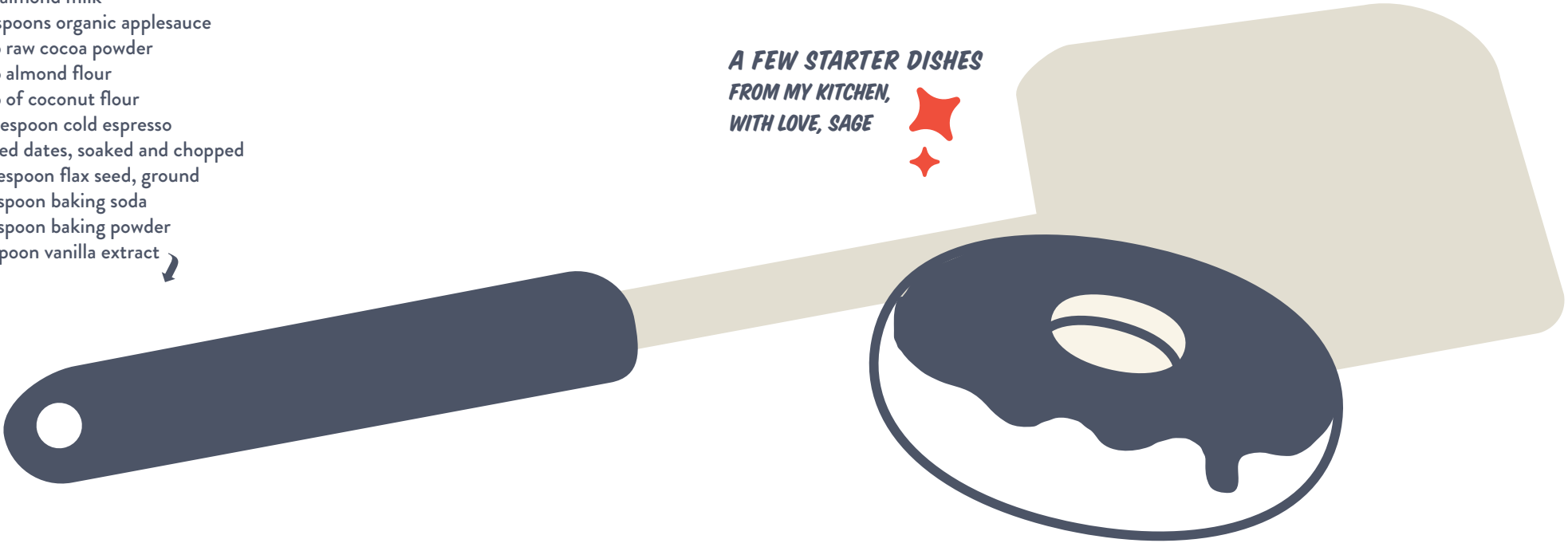
3 Heat the oil in a large wok. Add the crushed red pepper. As soon as they sizzle, add the garlic, broccoli and carrots. Toss on medium-high heat till the broccoli turns bright green and the garlic is fragrant, about 2 minutes.

4 Add the soaked noodles, tofu and the sauce. Toss on medium-high heat till everything is well combine and the noodles are cooked, but still a little chewy, and not mushy.

5 Turn off heat, and add the bean sprouts, and green onions and mix well. Garnish with cilantro, peanuts. and limes.

★ **COCONUT FLOUR CHOCOLATE CAKE** ①

**INGREDIENTS:**  
1 cup almond milk  
3 teaspoons organic applesauce  
¼ cup raw cocoa powder  
¼ cup almond flour  
¼ cup of coconut flour  
2 tablespoon cold espresso  
6 pitted dates, soaked and chopped  
1 tablespoon flax seed, ground  
½ teaspoon baking soda  
½ teaspoon baking powder  
1 teaspoon vanilla extract



A FEW STARTER DISHES  
FROM MY KITCHEN,  
WITH LOVE, SAGE

**COCONUT FLOUR CHOCOLATE CAKE** ②

**DIRECTIONS**

1 Preheat oven to 350 degrees F. Grease a round baking pan (8-9in)

2 Soak dates, until softened and puree with almond milk

3 Combine all the wet ingredients in a large mixing bowl (apple sauce almond milk, vanilla, coffee, dates). Whisk until combined or using a mixer.

4 Pour in dry ingredients (all remaining ingredients), and stir until well combined. NOTE: with coconut flour, the batter may initially look and feel like it’s very thin and watery. This will change as the coconut flour starts to absorb the moisture. When baking it will come together. Bake for 30-40 minutes (until you can stick a knife/toothpick into the center and it comes out clean. Let sit and cool for about 10-20 minutes. Garnish with \*Chocolate Mousse Frosting.

**CHOCOLATE MOUSSE FROSTING** ③

**INGREDIENTS:**  
2 avocados, pitted and 50g of dark chocolate, ½-1 bar  
4 pitted dates  
2 tablespoons raw cocoa powder  
1 tablespoon espresso  
1 tablespoon coconut oil  
½ teaspoon vanilla

**FROSTING DIRECTIONS**

1 Simply blend all ingredients in Vitamix// high speed blender until smooth. Keep in refrigerator after making.

2 Enjoy!

★ **GARDEN VEGAN CHILI** ①

**INGREDIENTS:**  
1 tablespoon vegetable oil  
1 medium yellow onion, diced  
1 cup shredded carrots  
1-2 jalapeño peppers, stemmed, seeded, and minced  
3 garlic cloves, minced  
½ cup bulgur, rinsed  
2 tablespoons chili powder  
1 tablespoon ground cumin  
2 cups diced fresh tomatoes (about 2 medium or 6 plum tomatoes)  
1 ½ cups tomato sauce  
1 (15-ounce) can kidney beans, drained and rinsed  
1 ½ (15-ounce) cans black beans, drained and rinsed  
1 ½teaspoons kosher salt, or to taste  
Chopped fresh cilantro

**GARDEN VEGAN CHILI** ②

**DIRECTIONS**

1 Heat the oil in a Dutch oven or large heavy pot over medium-high heat. Add the onion, carrots, and jalapeño and sauté, stirring often, until the onion is soft and translucent, about 5 minutes. Add the garlic and sauté for 1 minute. Add the bulgur, chili powder, and cumin and stir until well combined.

2 Stir in the tomatoes, tomato sauce, and beans. Bring to a boil, then reduce the heat, cover, and simmer, stirring occasionally, until the beans are tender, about 1 hour. Season with salt to taste. Serve with a sprinkling of cilantro, if desired.





# VEGAN HANDBOOK

## BOOKS, SITES AND GROUPS

**DATING** and social networking sites for Meeting single Vegans is a breeze! Try going online to get to know other Vegans and Vegetarians for friendship and romance; locally or world-wide:

greenfriends.com, veggiedate.org, planetearthsingles.com, veggieconnection.com, ethicalsingles.com and others online!

## VEGAN MEET-UPS

Vegan.meetup.com/cities/us/...

Meet-up groups gather for events and meals.

## VRG.ORG

The Vegetarian Resource Group (VRG) Offering a newsletter, recipes, books food service outreach and education for health professionals! For the Win! Site: VeganismIsNonviolence.com

## LIVE VEGAN FACEBOOK PAGE

facebook.com/LiveVegan

Networking, social justice and friendship.

## HOBBIES AND GROUPS

**VEGAN BAKE SALES** are a great way to raise money for animal rights or Vegetarian organizations, and for letting people taste how delicious Vegan food really is. You can even have a group baking party so everyone can be involved and become better acquainted.

**GIVE AWAY FREE VEGAN SAMPLES** at school or in the community; you can also attach a Vegetarian pamphlet to the food.

**MOVIE SCREENINGS** are a great way to educate and bring people together. Forks Over Knives, Earthlings, Food, Inc. and The Cove are great movies for those interested in Vegetarianism and animal rights.

**ORGANIZE A GROUP WORK DAY** at a local animal sanctuary or shelter.



## KIDS

**PET TOY AND DOG TREAT MAKING PARTY** for local shelters.

**CONDUCT A SUPPLY DRIVE** for local animal sanctuaries.

**PETITION** for the school to offer more Vegan options, such as soy milk and veggie burgers in the cafeteria. For more information.

**HOST DINNER NIGHTS** where members of the club can cook a Vegetarian meal together, relax, and hang out.

**ORGANIZE A RAFFLE FUND RAISER** to raise money for the club in order to cover the cost of food handouts and bake sale supplies.

**PROMOTE "KINDNESS TO ANIMALS WEEK"** where students can sign pledges of kind things they will do for animals (like go Vegetarian for a day, week, or forever, boycott the circus, etc.) and post them all over the school.

**PREPARE A DISCUSSION TOPIC** or theme for every meeting to help keep things structured.

Take turns bringing in Vegetarian-related articles to promote an environment of collaborative learning.

**TAKE GROUP PHOTOS** holding signs that address a particular company, followed by "stop testing on animals," and mail it to that company.

As a group, host an animal rights information table in the student lounge or other area with a lot of student traffic.

**INVITE GUEST SPEAKERS** such as local activists in your community or leaders in local animal rights organizations.

**PREPARE POWER POINT PRESENTATIONS** to help inform the club about issues such as animal testing and the hidden animal ingredients that Vegetarians sometimes overlook.

**ASK YOUR LIBRARIAN TO HELP CREATE AN ANIMAL RIGHTS DISPLAY** with Vegetarian books, cookbooks, and Vegetarian pamphlets.

**ASK THE ACTIVITIES DIRECTOR AT YOUR SCHOOL IF YOU COULD SELL VEGAN SNACKS AT SCHOOL EVENTS**, and be sure to include a sign indicating that the food is cruelty-free and Vegan. Be creative about the promotion of your club and the activities you plan.

The Vegetarian Handbook is a non-profit organization dedicated to helping Vegans thrive through connection, resources and the interrelated issues of health, nutrition, ecology, ethics, and world hunger. We have been helping health professionals, food services, businesses, educators, students, Vegans, and those who love them, since 2009.

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