

Friends of Animals 🐾



# VEGAN STARTER GUIDE

Why go vegan? • How to become vegan • Recipes

# Inspiration:

## The reason for this booklet

**E**very day, we at Friends of Animals meet people who are thinking of going vegan. Maybe you are thinking about it too. And you might wonder why people become vegans, why we consider the commitment so important, and what the decision means in everyday terms. In this booklet, we'll explore some of the many reasons people decide to live vegan, and offer you some recipes and resources.

As people dedicated to ending the exploitation of animals, we strive to cultivate in our own lives what we wish for our society. Our work includes a full spectrum of advocacy: initiatives to stop hunting and its use as animal control; legal protection for free-living animals and their land, water, and air; management of a sanctuary for primates (Primarily Primates is just that; it does accept birds, cows and other animals in need too); and our Marine Animal Rescue project, on call constantly at the Los Angeles County coast. We who facilitate these projects adhere to a plant-based diet in support for other animals in the world, and in the spirit of empathy we're advancing.

### WHAT IS A VEGETARIAN? WHAT IS A VEGAN?

Vegetarianism is commonly defined as a plant-based diet. Many people believe a vegetarian can use dairy products, eggs, honey, and leather, or that some will eat fish and birds.

But applying logic, we perceive dairy products, birds, and birds' eggs as taken from animals, just as flesh is taken. And, as you can imagine, all the beings subjected to animal husbandry end up in the same place. So vegans avoid such products—and use the word *vegan*, to avoid misunderstandings.

Vegans also avoid leather, down, fur, honey, wool, silk, and other animal by-products.

The term vegan (pronounced VEE-guhn) was adopted in the 1940s by Vegan Society founding members Donald Watson and Elsie Shrigley. Dorothy (Morgan) Watson had first offered the word to Donald—at a dance they both attended. (We thank Patricia Tricker and George D. Rodger of The Vegan Society for this intriguing piece of information.) The word came from the first three and last two letters of *vegetarian*—“because veganism starts with vegetarianism and carries it through to its logical conclusion.”

While vegetarianism is normally discussed in terms of a diet, veganism embodies a worldview. We have found that egg, flesh, and dairy consumption can be hazardous to the human body and to our environment; and that animal husbandry involves unjust treatment of other conscious beings. We don't want to play a role in that injustice. Nor do we wish to be at war with free-living animals. As vegans, we strive to live harmoniously with the planet and all its inhabitants.

### VEGAN FOR THE ANIMALS

Human beings create unspeakable misery wherever we turn other animals into consumer goods. To process living, feeling beings into food for an entire society means that most of the industry will be based on high-volume production, with chickens (so easily stacked and stored) treated the way companies would treat any object in an assembly line, and animals in their prime seen as *performing* or *ready for processing*, kept in cramped conditions, vulnerable to disease, injury, and immense stress, causing owners to attempt to solve problems with big doses of

antibiotics. Producers (factory or free-range—it matters not) mutilate animals to make them easier to manage in groups. Sometimes, the shock of mutilation, such as the searing off of a chicken's beak, is enough to kill.

Farm animals can't choose their relationships. They're conceived through a variety of artificial or forced insemination modes, and the young are taken away from their parents. Dairy and egg managers kill most male babies—because these animals won't grow up to be pregnant or provide dairy products.

Most animals are transported in horrific

year. So they'll continually produce milk, Holstein and Jersey dairy cows endure repeated pregnancies (which last nine months, as ours do).

Drink milk, and veal happens. Most dairy calves will be cutlets. These cutlets-to-be are confined to restrict muscle growth, deprived of iron to stay pale. But just for four months: their age at death. A new trend involves converting to group housing; but without their parents, calves are nervous and competitive. They are tethered around meal time to control aggression and stress.

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conditions, after being intimidated and forced, zapped and beaten to move quickly during loading. Many develop shipping fever on the way to slaughter; and when they stagger off the truck they'll meet the badly paid workers who might or might not stun them before changing them from animal to product. Even at farms touting humane handling, the conditions and fates of the animals depend on the whims and the wallets of the shoppers, to whom the animals are, in the end, a product.

### **DAIRY PRODUCTS**

Cheese and milk represent tremendous disrespect and hurt, and there is no reason to think it is less than that which goes into the processing of flesh. Artificial insemination is used at most dairy farms; most of these farms have no need for males, who are sent off at an early age to the veal producer. Dairy cows are forced to produce youngsters for the owners each



The eating of cheese automatically results in the production of veal. Most cheeses contain rennet, an enzyme complex that coagulates the milk, causing it to separate into solids (curds) and liquid (whey). The rennet is taken from the stomach lining of unweaned calves. These stomachs are also a product of veal-making. So most cheeses contain flesh from animals as well as animal milk.

If a gaze into the dairy case reminded us of the calves carted away forever from the cows (who, farmers admit, cry for their young), we'd understand the reality of cheese, cream, and milk. Picturing the veal calf strengthens the resolve of many vegans to say no to that cream or cheese.

For quite a few of us in the Americas and Europe, resisting cheese has been the big-

gest difficulty in the transition to vegan living. If you feel you just can't live without cheese, take heart; there's hope! Inventive cookbooks will see you through, such as Jo Stepaniak's

*The Ultimate Uncheese Cookbook*. And if you have yet to experience the joy of Chef Miyoko Schinner, you're in for a wonderful surprise. To delight your palate and bring delicious conversation pieces to a party by learning to make your own gourmet vegan cheeses, look for *Say Cheese: Vegan Alternatives to Make You Smile* (publication: summer 2012).



Photo by Peter Wallerstein

## ANIMALS OF THE WATERS

People might assume fish swim free before being caught; but increasingly, businesses have shifted to enclosed ponds. We now treat fish as farm animals. And carnivorous aquatic animals such as shrimp and salmon eat between two and four times their own market weight in wild-caught fish. Many sites being converted into shrimp ponds are mangrove swamps which lose their vital environmental role: filtering impurities from waters and wetlands.

To enhance profits, farmers crowd the fish. Stress renders fish vulnerable to diseases. No wonder fish farms introduce chemicals and antibiotics into ecosystems. The growth-promoting antibiotic oxytetracycline seeps into sediment below the pens.<sup>1</sup>

Some fish farms have installed filters. Some use yeast-based proteins, rather than wild-caught fish, to feed “sustainable stocks” but they can’t keep up with the burgeoning human population’s appetite for fish. In any case, fish have lives of their own. It’s in

our power to stop confining, catching, and killing them.

Fish suffer from capture, of course. The experience of stress for a fish is documented. Dr. Jonathan Lovell of the Institute of Marine Studies at the University of Plymouth has observed: “Fish don’t have a five-second memory. They have a long-term memory.” Biologist Culum Brown, from Edinburgh University, Scotland, concurs. Brown observed one fish remembering the placement of a hole in a net nearly a year after first finding it. In 2011, a video of a fish using a tool was announced in the journal *Coral Reefs* by Giacomo Bernardi, a professor of ecology and evolutionary biology. In the video, the fish excavates sand to get a shell, then swims for a substantial time to find a good spot to crack the shell. Bernardi said, “It requires a lot of forward thinking, because there are a number of steps involved.” The moves in the video resemble a number of previous reports in which a fish would use a rock as an anvil to crush shellfish.<sup>2</sup>

As a vegan culture grows, the stress we impose on seals, whales, dolphins, pelicans and other sea birds will lessen. Not only do vegans refrain from using gear that traps marine animals; we also withdraw our participation in the massive slaughters of seals and other animals, which are justified because these animals compete with humans for cod and other fish. Vegans no longer view marine animals as *seafood*, and that makes a world of difference. Large, commercial slaughters of seals, whales and other marine animals reflect corporate influence on governments, which subsidize those massive killings in order to reduce competition for fish products—a major component of feed for animal agribusiness, including fish farming.

## LEATHER

Hides comprise a hefty segment of a cow’s market value.<sup>3</sup> Most leather comes from ani-

imals used primarily for their flesh, although some animals are bred and raised in confinement specifically for leather. Waste from tanneries increases the incidence of severe physical health problems for tannery workers and local residents, while causing significant environmental damage. (*A Civil Action*, the non-fiction book by Jonathan Harr which was made into a film of the same name, offers an excellent chronicle of the harrowing effects.) Air pollution results from the use of hydrogen sulfide for de-hairing, and the use of ammonia and various other commercial solvents. Solid wastes comprise up to 70% of the wet weight of hides, so leather processing has high waste-treatment and water-use costs.

Yes, synthetic shoes too have environmental impacts. But there's a wide range of alternatives to leather in addition to synthetics. In any case, leather is not environmentally friendlier than its alternatives. Leather shoes take 25 to 50 years to biodegrade. Much like nylon.

## WOOL

We'd like to think taking wool does not harm the sheep. But imagine living outside and having your clothes suddenly removed. Is it any surprise that some sheep fall deathly ill after shearing?

Ewes are increasingly bred to bear twins or triplets, though with two teats they can only feed one or two lambs. Extra lambs are forced to be adopted by other ewes, who are restrained to prevent rejections. Here again, there are no happy families. Breeding rams' semen is extracted using electrical probes.

Bacteria on the ground often cause foot rot so severe it forces some sheep to graze on their knees. And



enclosed housing comes with its own set of problems: increased danger of joint stress, *E. coli*, worms, heat stress, and respiratory diseases.

Australia's wool industry is the world's largest, and breeds sheep with an unnatural amount of wool. Tails are removed because flies lay eggs under them, enabling maggots to infest living sheep. Farmers also carve strips of flesh from the sheep's hindquarters, ostensibly to smooth the skin and make it less hospitable to flies. After this practice—called mulesing—is carried out, lambs can be seen writhing over the ground on their sides, trying to escape the pain.

Wherever they live, and however they are raised, shearing is dangerous activity, and accounts of injuries inflicted with shears are common. Older, unproductive sheep go to slaughter (sometimes after being crowded onto ships for overseas butchering).<sup>4</sup>

## SILK AND PRODUCTS DERIVED FROM BEES

Vegans avoid commodifying any conscious living beings—including silk and products derived from bees. A silkworm produces a fine thread by making a figure-eight movement some 300,000 times over several days, constructing a cocoon for sleeping. Then, the pupa begins the sixteen days which would normally mean transformation to a winged moth. The pupa attempts to secrete an alkali that opens the cocoon—ruining someone's future silk suit. So, as the cocoons take shape, the pupae are killed by heat: immersed in boiling water, oven-dried, electrocuted or microwaved.

Bees have complex neurological systems and communicate through intricate dances, but they usually get our attention only for the consumer goods they



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can be made to produce: honey, beeswax, propolis, bee pollen, royal jelly, and venom. Bees make honey from the nectar of flowers, then store it to eat in winter. Honey, then, is the bees' own food. The bees might have their legs and wings clipped off to keep them from flying away—but they'll be shaken out of their hives, or removed with blasts of air, so the owner can collect the honey.

Beeswax pours from the bee's underbelly glands; the bees use their mouths to shape the substance into combs, creating a foundation for the hive. Humans take the wax away for cosmetics, pharmaceuticals, polishes, and candles.

Royal jelly, a blend of secretions from worker bees, nourishes the queen bee. Some people believe it has youth-preserving qualities, and take it away.

Bee venom, sought for medicinal purposes, is collected by placing an electrified membrane in front of the hive. When the bees fly into it, the shock impels them to sting the membrane, depositing the venom.

Since the 1700s, beekeepers have attempted to have bees mate in captivity. They have failed. Susan W. Cobey, an entomologist at the University of California-Davis (also owner of a sole proprietorship called Honey Bee Insemination Service selling "custom genetic crosses

for research and commercial stock"), writes: "The technique of instrumental insemination, developed in the 1920s and perfected in the 1940s and 1950s, provides

a method of complete genetic control..."<sup>5</sup>

Cobey describes the use of anesthetics in the procedure to calm abdominal movement, indicating that bees do feel. Higher egg production has been recorded after the use of anesthetic, enhancing the commercial "performance" of farmed bees (although it also shortens the queen's life).

### **VEGAN FOR THE PLANET AND ITS PEOPLE**

Water shortages are already severe in the western and southern United States and the situation is becoming dire as a rapidly growing population demands more water. Conscientious people might turn the faucet off while brushing their teeth, or add a brick to the toilet tank to flush less water. But eating the flesh or the milk of a cow counteracts those measures overwhelmingly.

Animals many people only know as "steak" have their own needs, and they drink 6–12% of their body weight in water daily. Lactating cows will drink 18% of their body weight each day in water. On a summer day, according to Oklahoma State University emeritus animal scientist Glenn Selk, a lactating cow will drink 102 litres daily—about 27 U.S. gallons.<sup>6</sup> That's about four times as much liquid as they produce for the owner.

The plants they eat are watered too. So producing grain-fed beef takes 12,000 U.S. gallons of water per lb.). In contrast, growing soybeans uses 240 gallons per lb. of food produced; for wheat, it's 108 gallons per lb.; and potatoes use just 60 gallons per lb.).<sup>7</sup>

As they become less cost-efficient to feed and water, cows are killed. The average herd life of U.S. Holsteins is today fewer than three cycles of pregnancy and lactation. Dairy



animals' flesh is of low value; it normally becomes processed meat.

The farm animals we've bred into a dependent existence now outnumber us several times over. The ratio of energy for protein produced is inefficient (fossil fuel energy is another major factor in animal commodities), as ecologists' analyses widely acknowledge. Farm animals in the United States are fed five times as much grain as is consumed directly

of starvation, or protect our environment.

As Earth is finite, seven billion human beings (our population has doubled since the 1960s!) put intense pressure on the rest of our bio-community. People who continue buying milk and eggs scarcely reduce the stress. Indeed, this way of eating is damaging marine life already in crisis, as both dairy and egg producers buy feed made with fish-meal. Geophysicists Gidon Eshel and Pamela

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***It is the position of the American Dietetic Association that appropriately planned vegetarian diets, including total vegetarian or vegan diets, are healthful, nutritionally adequate, and may provide health benefits in the prevention and treatment of certain diseases.***

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by the entire U.S. population.<sup>8</sup>

Annually, more than 40 million tons of plant protein—grain and forage crops—get fed to U.S. animals to produce some seven million tons of animal protein for humans.<sup>9</sup> Feeding animals who only exist to be slaughtered is enormously wasteful on a planet where many people lack clean water and never get enough to eat. In comparison, vegetable crops for human consumption can be brought to the table in a far more water-efficient way, and some vegetables, such as potatoes and tomatoes, can be farmed without using any water beyond rain.<sup>10</sup>

The charity VegFam estimates that ten acres growing soybeans can provide protein for sixty people, whereas ten acres with cows grazing can provide for only two people. Even if the reality were less stark, the human population can't adopt the average Western diet; there is simply not enough land. Sending money abroad for famine relief as we continue to eat animal products will fail to create fairness, address the causes

Martin at the University of Chicago showed that U.S. residents annually emit about four tons of global warming gas each but vegans cut that by an impressive 1.5 tons a year. A non-dairy diet is important here. Dairies use ruminant animals, who emit high amounts of methane—an especially potent



Photo by Lidia Belknap

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## *The vegan commitment is the best response to an ecological crisis as well as an urgent matter of fairness.*

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greenhouse gas. For all of these reasons, the vegan commitment is the best response to an ecological crisis as well as an urgent matter of fairness.

### **VEGAN FOR YOUR HEALTH**

Dietary supplements make up a multi-billion dollar industry. If you're eating a well-balanced plant-based diet, though, you can minimize your own expenditures. With a couple of exceptions, it's easy to get all the nutrients you need from plant foods. Supplements (or fortified foods) can give some helpful insurance. Just remember, as author Mark Braunstein points out: "Vitamin pills are supplements, not substitutes."<sup>11</sup>

Heart drugs comprise a big business too. Significantly, the American Dietetic Association cites data indicating fully vegetarian diets reduce the risk for several chronic degenerative diseases and conditions, including coronary artery disease, hypertension, diabetes mellitus, and some cancers.

According to the American Dietetic Association and the Dietitians of Canada as well as The Vegan Society (based in Birmingham, England), well-planned vegetarian diets, including vegan diets, make sense for all of us, including during pregnancy and lactation; and veganism promotes healthy growth in infants, children, and adolescents. What's more, the milk of vegetarian mothers contains substantially fewer residues from pesticides and other toxic chemicals.<sup>12</sup>

We can't guarantee that all researcher scientists will always publish identical results; the occurrence of contradictory studies seems to be a hallmark of science. The main point to remember is that whole cultures have lived without meat or dairy products

for centuries, so it should come as no surprise that a wholly plant-based diet offers all the nutrients you need.

And it helps us to avoid unhealthy substances, such as industrial antibiotics. As farmers rely heavily on antibiotics to keep diseases at bay, bacteria adapt. Salmonella typhimurium appeared in farm animals worldwide in the 1980s, spreading even to sea birds. Its resistance to drugs poses a problem for the federal agriculture department. When antibiotic treatments stop working, a simple case of food poisoning can kill.

### **DEBUNKING THE MYTHS**

#### **MYTH: IF YOU BECOME A VEGAN, YOUR DIET MIGHT LACK PROTEIN, IRON, OR CALCIUM.**

Many people assume that protein and iron must come from meat, and calcium must come from milk. Not at all.

**Protein:** Most people already get more than enough protein, and more than enough isn't better—even for athletes such as endurance runners and bodybuilders. A diet based on a variety of plant foods and adequate calories gives you enough protein. Tempeh (an easily digestible protein made by a natural culturing and controlled fermentation process that binds soybeans into blocks which can be sliced), seitan (a versatile protein made from wheat gluten), lentils, beans, and tofu are great staples; broccoli is also protein-rich.

**Iron:** Vegans have no special susceptibility to iron deficiency. Dark green, leafy vegetables and beans or lentils are great sources of iron. Iron also stars in blackstrap molasses, tofu, prune juice, bulgur wheat, dried apricots, raisins, cashews, figs, and fortified cereals.



Include a good source of vitamin C at meals to boost the absorption of iron from these foods. What are good sources of vitamin C? Oranges or any citrus fruit or juice, green leafy vegetables, broccoli, peppers, cauliflower—all are good choices.

**Calcium:** As a vegan, will you need calcium supplements? It's not difficult to get enough calcium from plant foods. Sesame seeds are great sources of calcium and magnesium (and thus, recipes using the sesame butter known as *tahini*—such as baba ghanouj or hummus—are good picks). And, according to Ginny Messina, RD, "Calcium is very well absorbed from kale, collards, mustard greens, turnip greens, bok choy, broccoli, fortified plant milks, fortified juices and firm tofu made with calcium-sulfate—all good sources of this mineral."<sup>13</sup>

### MYTH: VEGANS HAVE TO DO COMPLICATED PROTEIN COMBINING.

Eat a variety of plant-based foods to get the amino acids your body needs. According to the American Dietetic Association, complementary proteins need *not* be consumed at the same time.

### MYTH: VEGANS MISS ESSENTIAL VITAMINS AND MINERALS OR OMEGA-3s.

The Bottom Line is this: vegan and non-vegan supplement needs do not differ much. People who eat animal products look to sunlight or fortified foods for vitamin D, just as vegans do. Non-vegans are as likely as vegans to depend on supplements to boost their calcium and Omega-3 fat intake. And everyone beyond age 50 requires either supplements or fortified foods to meet B-12 needs, according to the American Dietetic Association—because it becomes harder to absorb this nutrient from animal foods as we get older. *Everybody* should understand the value of B-12, says dietitian Ginny Messina.

No matter what type of diet you eat, take a supplement with B-12 or be sure you're eating foods fortified with the vitamin.

Vegans and others get iodine from vegetables grown in iodine-rich soil, or sea vegetables. As the amounts vary widely depending on where vegetables are harvested and how sea vegetables are processed, iodized salt is still important. Or you can keep using that sea salt (which is not a reliable source of iodine) and take a daily VEG 1, a pleasant-tasting supplement designed especially for vegans, as many of us do. Just visit [vegansociety.com](http://vegansociety.com) and click "Shop Online"; VEG 1 is the best-selling item on the Vegan Society website, where international orders are a breeze. This will also cover your need for vitamin B-12.

If, on your physician's advice, you do take vitamin D, note that not all forms are vegan. Vitamin D-2 is vegan; it's ergocalciferol, derived from yeast. Most D-3 supplements (there is now one exception, approved by and marked with the Vegan Society sunflower emblem) are cholecalciferol, derived from lanolin (a sheep-derived oil) or fish. Calcium supplements can include vitamin D-2 or D-3, and one has to be on guard to avoid cholecalciferol, despite the vegetarian label. The Vegan Society's VEG 1 supplies the recommended amount of vitamin D by a comfortable margin.

During pregnancy and in childhood, people need a variety of zinc-rich ingredients. Stock up on spinach, tofu, tempeh, whole-grain pasta, beans or peas, brown rice or peanut butter.

And finally, what about Omega-3 fats? New research suggests that high blood levels of the Omega-3 fat DHA are linked to increased risk of prostate cancer, observes Ginny Messina; but other studies show that these fats might protect against other chronic diseases, and against depression. It





Photo by Geoff Robson

may be helpful for vegans to supplement with a low dose of Omega-3 fats DHA and EPA, says Messina—just 200 to 300 milligrams a few times a week. Vegan sources are available at most health-food shops or accessible online.

### MYTH: VEGANS CAN'T BE SUCCESSFUL ATHLETES.

Vegan runner **Cody Donahue** shows that vegans can be physically strong—and support the vegan movement even as they exercise! Cody finished the New York City Marathon in 2011 in a time of 04:23 (pace: 10:04). Cody used a professional online fundraising system to gather race sponsors who donated to Friends of Animals' vegan outreach and animal advocacy.

**Scott Gordon Jurek** has won many of the most prestigious ultramarathons multiple times, including the Hardrock Hundred (2007); the Badwater Ultramarathon (2005, 2006); the Spartathlon 152-mile (245 km) race from Athens to Sparta, Greece (2006, 2007, 2008); the Montrail Ultra Cup series (2002, 2003); and the Western States 100 Mile Endurance Run (each year, 1999–2005). In 2010, at the 24-Hour World Championships in Brive-la-Gaillarde,

**Dave Shishkoff** is Friends of Animals' Canadian Correspondent and resident bicycle racer.

France, Jurek won a silver medal and set a new U.S. record for distance running: 165.7 miles in 24 hours.

"But though I want to win," Jurek told **Mark Bittman** in 2010 through the *New York Times*, "the running is a vehicle for self-discovery. I've been racing for 15 years, but I feel like I'm still at my peak."

Jurek, who holds a Master's degree in Physical Therapy, loves preparing food, as Bittman appreciatively reported. Jurek has been vegan since 1999 for health, ethical, and environmental reasons, and credits vegan living as the key to athletic excellence, smooth recoveries, and general physical health.

That winning and fame is not Jurek's main point is clear in the athlete's interactions with others. After finishing races, Jurek has been known to stay at the finish line for hours to cheer later finishers.

"I love the spirit," says vegan cyclist and Friends of Animals' Canadian Correspondent **Dave Shishkoff**. "Proving that vegan excellence is do-able should be the emphasis, and we should encourage people to be leaders and help others along the way."

### MYTH: IT'S OK FOR ADULTS, BUT VEGAN KIDS?

**Anne Dinshah** is a successful athlete, a professional coach, and a life-long vegan. How do we know? Anne's mother is Freya Dinshah—the editor of the *American Vegan* magazine, the president of the American Vegan Society. Freya is a lifelong vegetarian who became vegan nine years prior to Anne's birth.

As a teen, Anne excelled in swimming and diving, and track and field. Anne helped to establish these sports at high school, and then took up rowing and water polo at the University of Notre Dame. After graduating, Anne became a professional rowing coach, serving as an assistant coach for some of the top U.S.

teams: The University of Wisconsin won the team national rowing championship in 1996 and Mercyhurst College won the NCAA team national rowing championship in 2004.

Anne gave birth to a third-generation vegan, **Clint Merrick Dinshah**, on the 7th of December 2010. After taking just three weeks off, Anne was back at work for five practices a week, including calisthenics with the rowers. Clint is an extroverted, energetic youngster who loves to interact with people.

## MYTH: WITHOUT LEATHER, WE'D BE BAREFOOT.

Shoe companies are proudly unveiling vegan lines. Remember Doc Martens, the boots no new-wave rockers could do without? You know vegans have arrived in the fashion world when you can run a successful search for vegan shoes at DrMartens.com.

For running and hiking, New Balance offers many synthetic models, as does Mon-trail. For trail running and backpacking as well as hiking, Salomon has a wide selection of high-performance shoes to choose from. Garmont makes a vegan hiking shoe, and markets it as such. Merrell makes some vegan walking and hiking shoes, and also has a worthy environmental policy—as do Asics, Brooks, Cushe, Emerica, éS Footwear, and Etnies Shoes. (The impact of production on habitat is a vegan issue.)

If a pair of shoes is not promoted as vegan, how can you tell it is free of animal skins? Inside the tongue, sports shoes have a small label that identifies the materials used. Leather is identified by a hide-shaped symbol. Usually, a company focuses on the material of the sole, upper, and any insulation when promoting a shoe as vegan. As with books, the glue that holds the materials together might not have been taken into account. As the demand for vegan footwear (and other items) rises, this issue will be resolved. Meanwhile, the glue issue is being worked on by individual vegans who

are taking the time to enter into dialogue with the companies.

Thanks to vegan fashion consultant **Ginger Burr** (see [totalimageconsultants.com](http://totalimageconsultants.com)) for contributing to this list of sources of fashionable shoes and accessories:

**Cri-de-coeur.com** Cri de Coeur, home of globally conscious vegan footwear.

**Zappos.com** Easy to search here for vegan-friendly shoes. Free shipping; free returns.

**Charmoneshoes.com** Charmone Shoes' mission statement vows "to create charming women's shoes in harmony with animals, people and the environment."

**Alternativeoutfitters.com** Find belts, shoes, clothing and outerwear from a vegan perspective.

**Veganchic.com** Shoes and handbags at reasonable prices.

**Vshoen.com** Vegan shoe store and boutique in Victoria, BC, Canada. Accepts online sales.

**Mooshoes.com** A New York store and a mail-order site for non-leather shoes and accessories.

**Veganessentials.com** Shop online for vegan clothing, shoes, and hard-to-find foods too.

**Endless.com** Large selection of vegan-friendly shoes. Free shipping; free returns. Use the search term *vegan* as you explore the site.

You can find inexpensive synthetic shoes at large discount chain stores, but keep in mind that low prices often reflect the wages, working conditions, and environmental standards of the manufacturing sites.

**Livity.org** is a great place to find recycled, fair-trade accessories that look super stylish: "All of our apparel and accessories are designed using organic, renewable and recycled materials and are produced in equitable trade." As their products aren't always vegan, call 1.866.4.LIVITY (1.866.454.8489) for a representative who can help you.

## MYTH: IT IS TOO EXPENSIVE TO BE VEGAN.

While there are many expensive packaged vegetarian foods, staples such as potatoes, beans and pasta are famously affordable. And lowering our cholesterol, along with the other benefits of plant-based living, saves health care expenditures over the long term.

Trish Sebben-Krupka, based in New Jersey, is a professional chef, caterer, cooking instructor, and community activist. Trish recommends enjoying and sharing local food, to make inspired cuisine possible on a budget. Plan ahead, says Trish. Know what's in season to plan meals in advance without overspending at the farmers' market. A basic canning class can open whole new ways of cooking with the seasons. With canning, freezing and cold storage, you can have local foods to enjoy throughout the winter.

With the will and the planning, any community can start a garden in a school, back yard, or reclaimed lot. So let's do it! "We can show children it's *fun* to grow food and share it," Trish says. "And there are so many reasons to eat close to home: supporting biodiversity, reducing the miles food travels to your plate, sustaining green space in your community, keeping family farms in business, and ensuring that the person growing your food cares about the health of your family and their land."

## MYTH: VEGANS CAN'T FIND ANYTHING TO EAT WHEN THEY GO OUT.

Vegans can graciously accept meal invitations. It helps to let the host know in advance that you are a vegan. Offer to bring a dish that everyone can enjoy. Vegans can welcome family gatherings and cookouts as opportunities to share new recipes with people who might not otherwise try them.

When a party is called for, you might suggest a vegan restaurant. A

guide by Green Menu will help you find information about restaurants in specific cities; see

**GreenMenu.org**

Of course, many restaurants serving international cuisines—such as Chinese, South Indian, Italian, Thai, Ethiopian, and Mexican—offer a variety of purely vegetarian dishes. Supporting international restaurants is a great way to delight your palate, refresh your creative spirit, and meet people from various regions of the planet.

## MYTH: EATING MEAT IS AN IMPORTANT TRADITION.

Vegans decline to uphold a tradition of treating other feeling beings as objects.

You might also hear the eating meat is natural for human beings. Are hormones, antibiotics, toxins, waste pollution and unnecessary water shortages natural? We can do better than this.

## MYTH: IT'S HARD TO ENJOY AN EVENING OUT AND FIND ANYTHING VEGAN.

Vegan foods abound! From salads to pasta to peanut butter and jam, many well-known foods are already vegan. In towns of all sizes, regular grocers offer staples such as grains, beans, fruits, nuts, and vegetables. We've found that Mediterranean, Chinese and Indian restaurants usually speak vegan: their staff can help you navigate the menu and get excellent, animal-free food.

Mediterranean restaurants offer lentil-based, eggplant-based, and chickpea-based dishes. (Chickpeas are also known as garbanzo beans.) Italian restaurants offer an array of tomato- or garlic-based sauces for pasta dishes, and the good ones will gladly supply olive oil (instead of spreads) with the bread. Some restaurants use fresh pasta that contains eggs; best to phone in advance and ask.

Many suburban areas now boast all-vegetarian restaurants whose chefs artistically



prepare mock sweet-and-sour pork, sesame chicken, and vegi-duck hot pots in the Chinese vegetarian tradition.

Indian restaurants make fiery and intensely flavored vegetable curries and intricately seasoned rice dishes. But avoid the yoghurt and the ghee, a form of butter. Some coconut chutney contains dairy ingredients; some doesn't; you'll need to ask. Canola or other vegetable oils are regularly substituted for ghee.

In time, you will learn which dishes are likely to contain animal ingredients. For example, many soups and rice dishes are made with beef or chicken stock, canned beans may contain lard or bacon, salad dressings may contain anchovies or cheeses, and Thai and Japanese restaurants might use fish sauces and fish-derived bonito seasonings unless asked to omit it. Yet nearly all restaurants will modify dishes or make something special to satisfy your request. Unless your request is completely unexpected in a very busy restaurant, the chef is likely to appreciate requests for something new and creative.

In any case, 100% vegan eateries now flourish in seemingly unlikely locales. When you find small, ethical businesses, consider extending your support. They need loyal

customers if they are to survive and thrive in a culture all too welcoming to massive fast-food chains.

## VEGAN CULINARY TIPS

Good news: a boundless array of tastes and textures awaits the new vegan. Yet we often start with what we know best. Breakfast can be as simple as a bagel with almond butter and fruit preserves. Dried fruit becomes luscious and juicy in hot oatmeal; and soy milks are now perfected for use with breakfast. Try cereal with soy, almond, coconut or rice milk; hash browns, pancakes or waffles; an assortment of fresh fruit; or a hearty tofu scramble with sautéed vegetables. Several types of vegan breakfast sausages and bacon taste good, spare the animals, and are easy on your arteries.

If you've come to rely on eggs, you'll be surprised at how simple it is to omit them—with excellent results. Some vegan chefs use avocados to achieve a whipped texture (in the dough or the frosting). Some add a fourth-cup of mashed banana, applesauce, or prune purée for each egg in the recipe. You can also whisk a tablespoon of ground flax seeds with three tablespoons of water; this results in a jelly-like egg replacer that

Photo by Linda Long





**Trish Sebben-Krupka is a professional chef, caterer, activist, and cooking instructor.**

binds very well and is excellent for baking. A convenient, long-lasting egg alternative for baking recipes is Ener-G Egg Replacer, available at your health food shop.

For summer barbecues, there's so much to do. Corn on the cob, basted with olive oil, lime juice, salt, pepper and paprika is divine on the grill. Homemade veggie burgers are perfect for summer—or try our recipe for Tofu Triangles (both included in this book-let's recipe section).

To fully enjoy and explore the vegan culinary arts, we recommend picking up a great vegan cookbook and delving in. *Dining With Friends: The Art of North American Vegan Cuisine* is Friends of Animals' premiere cookbook and a great start for anyone who wants to excel at creating vegan offerings and even full holiday meals. Never cooked? No worries. You'll produce gorgeous offerings by following this cookbook's straightforward directions. *Dining With Friends* will promptly equip you with an impressive repertoire of delicious recipes; and many of the book's recipes, from beginning to end, can be on the table in less than an hour. Learning to cook homemade food is liberating. For further adventures, we offer a second cookbook, *The Best of Vegan Cooking*. You'll be able to sample recipes from both books by trying out the recipes in this section. Begin with breakfast!

## **BREAKFAST**

### **How About a Southwestern Veggie Skillet?**

Chef Trish Sebben-Krupka recommends it with a side of Irish oats cooked with maple syrup, blueberries and strawberries, adding, "If I had a cute little diner of my own, I would cook this delicious skillet of breakfasty, potato-ey goodness while back-talking sassily to my customers, chewing gum and wearing a fabulous beehive hairdo with a pencil stuck in it..." You can find more of Trish's wonderful (and perfect-to-follow) recipes in *The Best of Vegan Cooking* (from Friend of Animals' Nectar Bat Press).



#### **INGREDIENTS**

- 3–4 Tbsp. extra-virgin olive oil
- 10 oz. (280g) fingerling potatoes, sliced into rounds
- 1 large onion, halved and sliced
- 6 oz. (170g) button mushrooms, thickly sliced
- 1 tsp. smoked paprika
- 1 medium zucchini (courgette), seeded and diced
- 2 scallions, thinly sliced, white and green parts divided
- 1 cup diced tomato
- 1 avocado, diced
- 2 Tbsp. chopped cilantro
- Hot sauce

#### **PREPARATION:**

Heat your cast iron skillet over medium-high heat, and add potatoes. Cook for about 5 minutes, then add onions, mushrooms and smoked paprika, season with salt and freshly ground pepper, and cook 5 minutes more. Stir frequently, but not too frequently. You want everything to brown.

When it's all getting nice and brown and delicious-smelling, toss in your zucchini, the white parts of the scallions, and the tomatoes. Cook until the zucchini begins to turn golden brown, about 4 more minutes.

Remove from heat, and top with sliced avocado, green parts of the scallions and cilantro. Serve with lots of hot sauce.

"You can certainly fancy this simple recipe up in many ways," Trish says. "Chop a poblano or a jalapeño pepper up and add it with the mushrooms and onion. Tofu sour cream or

whatever kind of salsa you have lying around, like maybe some black bean salsa, would be nice. But sometimes simplicity is the thing, and you really don't need any of this stuff."

### **Scrambled Tofu**

Many are the recipes for this dish; we've found this one is highly popular with everyone who's made it. It's from Friends of Animals' cookbook *Dining With Friends: The Art of North American Vegan Cuisine*.

#### **INGREDIENTS:**

- 1 lb. extra-firm tofu
- 2 Tbsp. olive oil
- 1 onion, diced
- 1 zucchini (courgette), thinly sliced
- ½ red bell pepper, diced
- 2 cloves of garlic, minced
- 1 tomato, diced
- 1 tsp. dried basil
- 2 Tbsp. tamari
- 1 tsp. ground cumin
- ½ tsp. turmeric
- A pinch each of cayenne pepper and fresh ground black pepper
- ¼ tsp. salt

#### **PREPARATION:**

Drain and crumble the tofu. In a large skillet, heat the oil, and add tofu, onion, zucchini, red pepper and garlic. Stir-fry for about 3 minutes. Add tomato, basil, tamari, cumin, turmeric, paprika, salt, and black and cayenne pepper.

Serve immediately with fresh salsa on the side.

## **LUNCH**

### **Grilled Corn and Black-Eyed Pea Salad**

This salad from *The Best of Vegan Cooking* (available to order from Friends of Animals) makes a wonderful light lunch for four when served over well-chilled greens with a drizzle of extra-virgin olive oil. It also makes a fine condiment for grilled veggie dogs!

#### **INGREDIENTS:**

- 3 ears fresh corn, shucked, silk removed
- 2 cups cooked black-eyed peas (canned are fine)
- 1 red bell pepper, finely diced
- 1 yellow bell pepper, finely diced
- ½ red onion, finely diced
- ¼ cup chopped fresh Italian parsley

- 1 Tbsp. finely chopped cilantro
- Zest and juice of 1 lemon
- A dash or two of hot pepper sauce
- Extra-virgin olive oil, to taste
- Salt and freshly ground pepper, to taste



Photo by Priscilla Feral

#### **PREPARATION:**

Heat the grill or grill pan to medium-high. Grill the corn, turning frequently, about 5 minutes. Or roast in an oven heated to 400 degrees F (200 C; gas mark 6) for about 10 minutes with equally good results.

Set the corn aside to cool. Remove the kernels by standing the cob on your cutting board on its stem end, and running a sharp knife down the sides of the cob at a 10 degree angle. This should leave you with whole kernels of corn.

Place the corn kernels, black-eyed peas, red and yellow bell pepper, onion, parsley and cilantro in a mixing bowl. Add lemon zest (remove zest with a microplane grater, or peel the yellow skin from lemon, being careful to leave the bitter white "pith" behind, and chop finely), lemon juice and a drizzle of olive oil. Season it with salt, pepper, hot sauce and a little more olive oil if necessary.

### **Spicy Barbecued Tofu Triangles**

This dish for six, printed in *The Best of Vegan Cooking*, was originally published in Bryant Terry's book *Grub: Ideas for an Urban Organic Kitchen* (Tarcher/Penguin, 2006). This barbecue sauce is delicious, combining a bit of heat with a bit of sweet.

#### **INGREDIENTS:**

- 2 blocks extra-firm tofu
- 6 Tbsp. extra-virgin olive oil
- ¼ cup apple cider vinegar
- 2 Tbsp. fresh lime juice
- ¾ cup tamari or soy sauce

¼ cup tomato sauce  
1 large chipotle chile, canned in adobo sauce  
6 Tbsp. pure maple syrup  
2 Tbsp. ground cumin  
2 Tbsp. water  
Pinch of cayenne pepper

**PREPARATION:**

Pre-heat oven to 350 degrees F (180 C; gas mark 4). Place each tofu block on its side and cut into thirds. Keep the layers together, cut the tofu diagonally to make six long triangles, then cut the triangles down the middle to make 12 smaller triangles. Place each triangle between paper towels and press.

Warm three tablespoons (3 Tbsp.) of the olive oil in a large, non-stick skillet over medium heat. Fry the tofu triangles in a snug layer, until golden brown, 7 to 10 minutes on each side. Depending on size of pan, you may need to cook in more than one batch. Drain on paper towels.

In a blender, combine the vinegar, lime juice, tamari, tomato sauce, chile, three tablespoons (3 Tbsp.) olive oil, maple syrup, cumin, water, and cayenne. Purée for 30 seconds.

Place the tofu in a large baking dish and cover with the marinade. Tightly cover the dish with foil. Bake for 1 hour, turning once halfway through.

Transfer the tofu and remaining marinade to a serving plate and serve with extra sauce to spoon on top.

### **Chicago Diner Burgers**

*Vegetarian Times* adapted this recipe for burgers made at the Chicago Diner by adding a step—baking them in the oven—and grilling them on foil to prevent sticking on the grill. This recipe makes enough for everyone at the party.

**INGREDIENTS:**

3 stalks celery, diced, and 1 small onion, diced  
¼ cup low-sodium soy sauce  
2 tsp. each: onion powder and garlic powder  
½ tsp. ground black pepper  
3 cups old-fashioned rolled oats  
12 oz. (340g) mushrooms, finely chopped  
½ cup whole-wheat flour

**PREPARATION:**

Bring 4 cups water, celery, onion, soy sauce, onion powder, garlic powder and pepper to

a boil in pot over high heat. Reduce heat to medium and simmer 5 minutes. Stir in oats, mushrooms and flour, and cook 5 minutes more. Transfer to bowl, and chill.

Preheat oven to 350 degrees F (180 C; gas mark 4). Coat baking sheet with cooking spray.<sup>14</sup> Shape mixture into patties, and bake on prepared baking sheet 15 minutes. Flip, and bake 10 minutes more. Cool.

Heat grill to medium-high. Place foil on grill, and coat with cooking spray. Grill burgers on foil 7 minutes per side.

Serve with Red Pepper Aioli: ½ cup vegan mayonnaise; ¼ cup olive oil; 1 jarred roasted red pepper, drained; 1 clove garlic, minced. Purée all ingredients in blender until smooth. Season with salt and pepper.

### **Carrot and Potato Soup**

Rich and hearty, this soup from Priscilla Feral appears in *Dining With Friends*; it easily serves four.

**INGREDIENTS:**

3 to 5 carrots, chopped  
1 onion, sliced  
3 to 5 potatoes, cubed  
1 clove garlic, minced  
6 cups vegetable stock  
¼ tsp. powdered ginger  
2 tsp. curry  
A few shakes of tamari  
Salt and pepper to taste

**PREPARATION:**

In soup pot, sauté onions and garlic in oil. Add vegetable stock, carrots, and potatoes. Bring to a boil. Lower to simmer; add curry, tamari, ginger, salt, and pepper. Cook until potatoes are tender. Take out half of the solids; purée in a food processor or blender. Return to pot. Heat thoroughly.

## **DINNER**

### **Asparagus and Spring Pea Risotto**

Patience is a virtue, as the adage goes. Making a risotto requires a bit—but the reward for your virtue is substantial, and you can share it with three friends.

**INGREDIENTS:**

1¾ cups fresh asparagus, peeled, trimmed and cut into 1-inch long (2.5 cm) pieces, tips



Photo by Linda Long

reserved

1¼ cups shelled sweet peas (frozen, thawed peas are acceptable)

5 to 6 cups vegetable broth

3 Tbsp. extra-virgin olive oil

2 Tbsp. vegan margarine

2 to 3 large shallots, minced

1½ cups Arborio risotto rice

½ cup dry white wine

Salt and pepper to taste

#### PREPARATION:

Bring a saucepan of water to a boil. Add the asparagus stalks and cook about 5 minutes until quite soft. Rinse quickly under cold water. Place cooked asparagus in a food processor and add just enough water to purée until almost smooth; set aside.

Cook half of the fresh peas for 3 to 4 minutes in boiling water. Add these peas to asparagus purée mixture. Allow machine to purée asparagus/pea mixture for a few seconds until mostly smooth.

Heat broth in a medium saucepan over low heat. Add olive oil and one tablespoon (1 Tbsp.) margarine in a large, heavy saucepan over medium heat. When heated, add shallots, stirring 3 to 5 minutes until softened.

Add rice to pan; stir the rice for about 2 to 3 minutes, until grains are well coated with oil, translucent, with a white dot in the centers.

Add wine and stir until absorbed.

Add warmed broth, a ladleful at a time, stirring frequently, after each addition. Wait until broth is almost completely absorbed

before adding more.

After about 15 minutes, add remaining asparagus tips, continuing to add broth when necessary. In 5 minutes, begin tasting the rice. When the rice is almost tender to the bite but slightly firm in the center and looks creamy, add remaining whole peas, and stir in asparagus-pea purée.

Heat for a few seconds. Remove skillet from heat, add remaining margarine

and stir briskly. Season with salt and pepper.

### **Linguine With Cauliflower and Onions**

This recipe, perfect for two or three people, comes from Priscilla Feral, also through our original cookbook, *Dining With Friends: The Art of North American Vegan Cuisine*. Cauliflower can be harvested through much of the year, and pasta is the universal language...

#### INGREDIENTS:

1 head of cauliflower and 1 large onion, Vidalia if possible

Cold pressed, organic olive oil

1 quart (canned) plum or fired-roasted crushed tomatoes

Crushed red pepper flakes

Salt and black pepper

12 oz. (one small package) dry linguine, cooked

#### PREPARATION:

Cut cauliflower into bite-sized florets. Sauté in several Tbsp. of olive oil until lightly browned; then add the chopped onion and sauté the mix until the onion is transparent.

Break tomatoes into mixture and cook about 20 minutes or more over medium heat, adding black pepper, salt and a pinch of crushed red pepper flakes. Serve over cooked linguine.

### **Roasted Vegetables With Butternut Squash**

Most winter squashes are high in beta carotene, iron, calcium, magnesium, and potassium.

Butternut squash is no exception. Prepare this dish—from Friends of Animals' original cookbook *Dining With Friends: The Art of North American Vegan Cuisine*—for your party of four to six.

**INGREDIENTS:**

- 1 medium butternut squash, peeled and cut into half-inch chunks
- 1 sweet potato, peeled and cut into cubes
- 4 medium Yukon Gold potatoes, unpeeled and cut into smaller cubes than the squash
- 1 medium onion, chopped
- ½ small head cauliflower, cut into florets
- 1 red bell pepper, cut into ½-inch slices
- 2 cloves garlic, minced
- ¼ cup extra-virgin olive oil
- ¼ tsp. sea salt
- ¼ tsp. ground pepper
- 1 tsp. each dried basil and dried marjoram

**PREPARATION:**

In a large, shallow baking dish combine the butternut squash, potatoes, onion, cauliflower, red pepper and garlic. Drizzle the olive oil over the vegetables; then sprinkle with salt, pepper, basil, and marjoram; toss to coat the vegetables.

Bake uncovered at 400 degrees F (200 C; gas mark 6) for about 40 minutes, or until the potatoes and other vegetables are tender.

**READY FOR DESSERT?**

**Banana Custard Parfait**

If you have a horizontal juicer and need a good use for it, you've come to the right vegan starter guide. We got the idea from Susan Wu at SuTao Café, an outstanding vegan restaurant in Malvern, Pennsylvania.

**PREPARATION:**

Peel a banana that's just becoming overripe and freeze it overnight or for about 8 hours. Before the fruit begins to darken, run frozen banana through a horizontal juicer, such as the Champion. Serve in parfait glass topped with walnut bits or slivered almonds for one serving per banana.

And if you don't have a juicer, that's OK, too. Put the frozen slices of banana in a food processor, and run until creamy and smooth. You'll need to use a spatula to scrape the banana off the sides, periodically. This method takes longer, but it produces an equally



delicious and creamy parfait.

**Transcending Borders:  
Apple Sauce  
Sweetened With Agave**

Nectar Bat Press began with our first cookbook, *Dining With Friends*. Agave nectar, pollinated by nectar-eating bats, comes from the inside of a cactus-like plant. It's the perfect substitute for honey in any recipe. The plant's flowering date plays a significant role in the lives of bats along the southern U.S. border, and the bats in turn pollinate the plant. Cattle ranching is the biggest threat to the agave plant and its greater bio-community.

**INGREDIENTS:**

- 3 pounds of apples (suggested: combined green and MacIntosh)
- ½ cup apple juice or (non-alcoholic) cider
- 1½ Tbsp. fresh lemon juice
- 1 large cinnamon stick
- 6 Tbsp. agave nectar
- ½ tsp. powdered ginger

**PREPARATION:**

On cutting board, peel, core and slice the apples into quarters, and then into quarters again. Place the apple pieces in a medium pot with apple juice or cider, lemon juice and the cinnamon stick. Bring to boil over medium heat, and then lower heat to medium-low, stirring occasionally and cooking for 15 to 20 minutes, until apples have fallen apart. Then add agave nectar and ginger. Mash lightly. Serve apple sauce warm or cold.

**Sugar and Spice: Apple Sauce Cake**

**INGREDIENTS:**

- ½ cup safflower oil
- 1 cup Florida Crystals natural sugar



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## Once we consider animals' interests, a vegan path is a natural expression.

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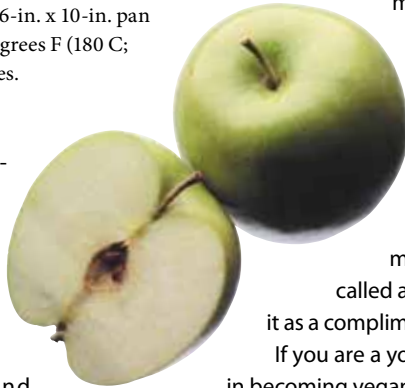
2 cups flour  
½ tsp. salt  
½ tsp. cloves  
1 tsp. cinnamon  
½ tsp. nutmeg  
1 tsp. baking soda  
1 cup raisins  
1 cup hot apple sauce without sugar (you can use the previous recipe *without the agave* to make the applesauce if desired)

### PREPARATION:

Mix oil and sugar. Combine spices and raisins with flour and add to oil mixture, alternating with hot apple sauce. (Optional: Stir in a handful of chopped walnuts or pecans to mix into the batter.) Cream until smooth. Pour into greased and floured 6-in. x 10-in. pan (loaf pan). Bake at 350 degrees F (180 C; gas mark 4) for 45 minutes.

### KIND COSMETICS

Many cosmetic companies no longer test their products and ingredients on animals, thanks to the efforts of advocates. Yet even if labels on shampoos, soaps, and cosmetics say "cruelty-free" or "against animal testing," one must also look for the words "no animal ingredients" or "vegan." Beeswax, collagen, lanolin, and milk protein frequently appear, even in natural cosmetics. Carmine in red products comes from crushed beetles used as a tint; and by the way, most tints in cosmetics and foods are tested on animals. Yes, it takes careful attention navigating store shelves and reading the labels. Ecco Bella ([eccobella.com](http://eccobella.com)) and Sevani Skin Care ([sevaniskin.com](http://sevaniskin.com)) are pioneers in accommodating vegan clients.



### TO THE YOUNG VEGAN

Many Friends of Animals members are young people with experience in vegan living—that might be you. Or perhaps you have requested this booklet because you want support as you make the change. You are usually known by your friends as creative and confident and not one to follow the crowd, but you are likely to be the peacemaker in friends' disputes, and one of the first to spot injustices and to find a way to change things for the better. You might have been the one to introduce recycling into your classroom, or to request

meat-free offerings in the cafeteria. You might be famous for helping stray animals find homes, or the student whose papers and book reports tend to talk about animals. Sometimes you are called an idealist, and you take it as a compliment.

If you are a young person interested in becoming vegan, you may find that the idea is not understood immediately by your family. That's not unusual; many young vegans experience initial resistance. After all, it is our parents' job to be concerned about our health.

You might let your family know that a study published in the *Archives of Pediatric Adolescent Medicine* showed that vegetarian young people are on track to significantly lower their risk of leading causes of death as adults, as students surveyed who did not eat animal flesh consumed, on average, more than the recommended five servings of fruits and vegetables each day.<sup>15</sup>

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## *Being vegan is one of the most effective decisions we can make to bring about world peace.*

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Moreover, teens with plant-based diets ingest far less saturated fat than do their meat-eating friends. Good news for you, particularly when the Surgeon General reports that 13% of children aged 6 to 11 years and 14% of adolescents aged 12 to 19 years in the United States are struggling with extra weight.<sup>16</sup> If you're struggling, don't feel alone. What you're experiencing is hardly surprising, given our culture of advertising. Be alert to the tendency of food marketers to see young people as easily swayed by sugars and gimmicky packaging.

They key to good health is exercise and an emphasis on a balanced diet.

To change your diet means a change for the whole family. Explain your decision. Once we consider animals' interests, a vegan path is a natural expression. Some people might say, "But aren't some animals meat-eaters? Why shouldn't we do the same?"

As you know, some animals do catch and eat other animals, but that is because they must do so to survive. Humans can be fully vegetarian.

Learn about your nutritional needs and strive to keep your body healthy. Then you can teach by example: If you put an emphasis on wholesome, nutritious foods, your knowledge will benefit your family and friends. Learn to prepare foods your whole family can enjoy. Offer to shop, find new recipes, and help prepare meals. If you are a Web surfer, you can keep up with vegan recipes, vegan hobby groups, discussions and stories.

Try to plan a trip to a vegan festival. The North American Vegetarian Society's annual

**Summerfest** is a good example of a family-friendly and 100% vegan five-day experience: basically a short summer camp that refreshes, teaches, and helps vegans and aspiring vegans find friendship and support.

### **ASK A VEGAN**

Visit **VeganMeans.com** to see more about the meaning of the word *vegan*, navigating your new social waters, how the vegan movement began, and to read about individual vegans living their daily lives—including vegan babies and young people. From whether beer is vegan to what the early vegans did to inspire a culture, we're talking about it and linking references; send us your questions and ideas! We're also available on Twitter to discuss any aspect of vegan living: follow **@VeganMeans** and introduce yourself. We're delighted to have your feedback and contributions as we continue our journey.



### **CONCLUSION**

It is virtually impossible to be 100% vegan in today's society. Traditional camera films, automobile components, pharmaceutical products, and building and art supplies all use animal derivatives. But living as vegan as possible is essential if we hope to effect positive change, and to ensure that our planet has a future. Generally speaking, vegans do more than simply avoid specific foods and products; we strive to participate in beneficial action as well. We think being vegan is also one of the most effective decisions we can make to bring about world

**Lagusta Yearwood is the owner of Lagusta's Luscious—an all-vegan, organic and fair-trade chocolate shop located in New Paltz, New York and online at [lagustasluscious.com](http://lagustasluscious.com).**

peace; for wars against animals and those imposed between human groups reinforce the violence we could do without.

**Note to the reader:** We at Friends of Animals strive to keep the references in this booklet accurate and up-to-date. Yet we cannot maintain responsibility for later policy or informational changes, nor does time permit us to research the histories of all companies, groups, and studies mentioned. Please use this booklet as a guide to help with your own explorations. Many people jump right into a vegan diet, but if you have a relevant medical condition or you are just concerned about ensuring a healthful, balanced diet, seek tips from a nutrition expert who is knowledgeable about vegan living. From the staff and volunteers at Friends of Animals, thank you for your interest in our



work to cultivate a fairer society for all.

Feel free to contact us by writing to [contact@friendsofanimals.org](mailto:contact@friendsofanimals.org) with VEGAN STARTER GUIDE in your subject line. Special thanks to Lidia Belknap, Rob Branch-Dasch, and Jen Kaden.

- 1 H.V. Björklund, C.M.I. Råbergh, and G. Bylund (among others) have demonstrated this through the Institute of Parasitology at Åbo Akademi University in Finland.
- 2 Tim Stephens, University of California, Santa Cruz news release: "Video Shows Tool Use by a Fish" (28 Sept. 2011); wrasses are involved in these reports.
- 3 See Darrell S. Peel & Roger V. Sabs, CR-528, "Beef By-Product Values: Trends and Current Issues," Division of Agricultural Sciences and Natural Resources, Oklahoma State University.
- 4 Information on wool production, as well as silk production and bee products, is provided, in part, by The Vegan Society, Birmingham, England.
- 5 See [www.honeybee.breeding.com/about1.html](http://www.honeybee.breeding.com/about1.html)
- 6 Water Consumption Critical to Beef Cattle Health, Production" – *High Plains Journal* (8 Aug. 2011).
- 7 Jeff Nelson, "How Much Water to Make One Pound of Beef?" – *VegSource Interactive* (citing the research of David Pimentel, professor of ecology and agricultural science at Cornell University).
- 8 From "Livestock Production: Energy Inputs and the Environment" by David Pimentel.
- 9 *Ibid.*
- 10 Little Organic Farm, owned and managed by David Little, has pioneered dry-farming of tomatoes and potatoes in Marin County, California (see photo, courtesy of Lidia Belknap). Animal manure is used, but need not be, as observed by Belknap, who notes that dry-farming is a traditional method of farming in other regions of the world. Indeed, many home gardens – by default – are good examples!
- 11 Mark Mathew Braunstein, *Radical Vegetarianism: A Dialectic of Diet and Ethic* (Lantern, 2010).
- 12 Reed Mangels, PhD, RD, "Feeding Vegan Kids"; avail-

able at [vrg.org/nutshell/kids.htm](http://vrg.org/nutshell/kids.htm); (internal citations omitted). For general, up-to-date information about vegan pregnancy, see Reed Mangels, *The Everything Vegan Pregnancy Book* (2011).

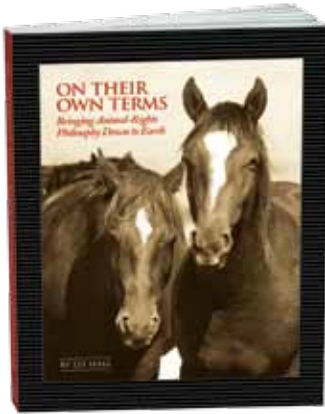
- 13 Virginia Messina, MPH, RD is a dietitian specializing in vegan nutrition, co-authored the American Dietetic Association's position on vegetarian diets and authored the first textbook on vegetarian diets written for health professionals. Messina is also an active blogger, providing continually updated research and commentary. See *TheVeganRD.com*
- 14 You don't have to buy a commercial cooking spray. *EHow.com* recommends putting equal parts organic vegetable oil and organic liquid lecithin (available at health food shops) in a food-grade spray bottle. *About.com* suggests simply putting olive oil into your spray bottle.
- 15 Cheryl L. Perry, PhD, et al., "Adolescent Vegetarians: How Well Do Their Dietary Patterns Meet the Healthy People 2010 Objectives?" *Archives of Pediatric Adolescent Medicine* (May 2002); 156: 431–437. The study states in its Conclusion: "Adolescent vegetarians have a dietary pattern that is more likely than non-vegetarians to meet the Healthy People 2010 objectives." The study included "vegans" (6%) but the actual descriptions of these students' diets did not indicate fully vegan diets. Thus the importance of looking at such research in combination with continually updated work that defines "vegan" accurately, such as that of Virginia Messina, MPH, RD, which is readily available to young people through the Internet.
- 16 "The Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity" is published by the U.S. Department of Health and Human Services.



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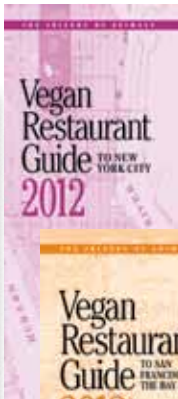
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On the cover: Chocolate Marbled Pound Cake, from *The Best of Vegan Cooking*, page 80  
Photograph by Jane Seymour