

your guide to going

Veggie or *Vegan*





Welcome to Animal Aid's guide to animal-free shopping, cooking and eating.

Why Veggie?

Going veggie means that you will be living a more compassionate lifestyle, given that the average meat-eater consumes thousands of animals in his or her lifetime. It's also the healthy choice. A well-balanced meat-free diet is low in saturated fat and cholesterol and reduces the risk of you suffering from diet-related illnesses including obesity, heart disease, diabetes and some cancers. Going veggie is also better for the planet as the farming and slaughtering of animals is now recognised to be a significant contributor to today's greatest environmental problems.

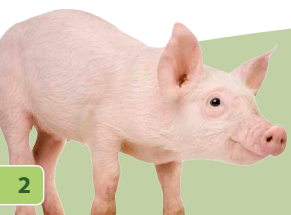
Why Vegan?

A vegan diet contains no animal products at all – including milk and eggs – and so vegans do not contribute to the deaths of the millions of animals caused by the egg and dairy industries (see pages 30 & 31). A balanced plant-based diet is healthy and contains all the nutrients that the body needs. It is also the best diet to protect the planet. Being vegetarian makes a positive difference, but if you can be vegan, the benefits are greater still.

With supermarkets and high street shops stocking a wide range of veggie and vegan foods, it really couldn't be easier.

There are non-animal versions of almost every food you can think of, and a huge variety of new flavours and interesting foods to discover.

So explore, experiment, enrich your life and enjoy!



Recipes



Scramble on toast

Photo: Sarah Tildesley

Ingredients

Serves 2

- 250g plain tofu
- 1 clove garlic – peeled and crushed
- 1 tsp turmeric
- 1 tsp mixed herbs
- Freshly ground black pepper
- Tabasco sauce – a few splashes
- 2 tbsp vegetable oil to fry
- 2-4 slices of bread for toasting

Method

Mash the tofu, add all the other ingredients and mix in. Put oil in a saucepan, heat, add the tofu mix and stir until heated through, approx 3 mins.

Serve on toast.



Tofu quiche

Ingredients

Serves 4

- 1 roll of Jus-Rol shortcrust pastry or
- 255g plain flour and
- 130g dairy-free margarine
- Olive oil for frying
- 1 medium onion – peeled and chopped
- 1 red pepper – sliced after pith and seeds removed
- 1 medium courgette or broccoli head - chopped (or your choice of veg)
- 3-4 cloves garlic – peeled and crushed
- Salt and pepper to taste
- 1 x 250g plain tofu or 1 x 250g smoked tofu
- Splash of unsweetened soya milk
- 1/2 packet of soya cheese

Method

Preheat oven to 200C / 375F / gas 5
Quiche dish approx 25x30cm

Pastry: If not using ready-made pastry, make it from scratch by rubbing the margarine into the flour until it resembles fine breadcrumbs. Add enough water to make a dough which is soft, but not sticky. Roll out on a floured board to size. Press pastry into the quiche dish.

Filling: Fry the onions lightly for a few minutes. Add the vegetables and garlic and fry until they begin to soften. Take off heat and set aside. Season.

Break up the tofu into a blender and grate the cheese to taste. Blend together, gradually adding milk until it forms a paste. Add this mixture to the cooked vegetables. Place into the quiche dish. Bake for 40-50 minutes or until browned on top. Allow to cool/set for a short while before slicing and serving with a salad.

Ingredients

- 1 cup plain white flour
- Just over 1 cup soya milk
- Pinch of salt
- Olive oil for frying

Method

Blend the soya milk, salt and flour and check the consistency by dipping a spoon in. The batter should evenly coat the spoon.

Put a teaspoon of oil in a heavy-bottomed frying pan and tilt to coat evenly. Heat oil on a medium high flame until it begins to smoke. Pour a quarter of the batter in and tilt and rotate so that the batter has covered the bottom and crept up the sides of the pan just a tiny bit. When it looks like the top of the crêpe has set and the sides are beginning to brown, flip over using a spatula and cook the other side for just under a minute.

Place your choice of vegetable filling on one side and roll the crêpe. You could also cover the filled crêpes with a 'cheese' sauce (see page 7).

Adapted from The Breakfast Scoffer by Ronny, which is available from Animal Aid.

Photo: vegan yum yum



Savoury crêpes



Photo: Sarah Tidesley



Lasagne

Ingredients

Serves 3 to 4

- 1 tbsp olive oil for frying
- 2 onions – peeled and chopped
- 2-4 cloves garlic – peeled and crushed
- Freshly ground black pepper
- 1 tin of chopped tomatoes
- 3 tbsp tomato purée
- 2 tsp yeast extract
- 1 tbsp herbs for seasoning
- 2 tsp bouillon stock powder dissolved in 600ml of hot water
- 300g of frozen soya mince
- Lasagne sheets

White sauce

- 60g dairy-free margarine
- 60g plain flour
- 3/4 litre unsweetened soya milk
- 1 tsp English mustard
- 120g melting soya cheese (e.g. Redwood's melting cheezly) – finely grated
- Plus a little extra 'cheese' for grating over the top
- 4 tbsp Engevita (Marigold's nutritional yeast flakes, available from any good health food shop) (optional – for extra 'cheese' taste)
- Freshly ground black pepper

Method

Preheat oven to 190C / 375F / gas 5

In a large pan, heat 1 tbsp oil and fry onions until soft. Add garlic, black pepper, chopped tomatoes, tomato purée, yeast extract and herbs. Then make stock and pour into pan, followed by soya mince. Cook until the mince has absorbed most of the liquid and then turn off heat.

Meanwhile, melt the margarine in a saucepan. Once melted, stir in flour and cook for a further minute, stirring constantly so as not to burn. Then add the soya milk and mustard to the flour mixture slowly and stir constantly. Stir in the 'cheese' and bring to the boil. Then simmer for a few minutes until a nice thick 'custard' is made, stirring frequently. Taste it, season with pepper and add the Engevita for added 'cheese' taste.

In a deepish oven dish put a layer of soya mince, then a layer of lasagne sheets over this, then a layer of 'cheese' sauce. Repeat the layers ending with the 'cheese' sauce. Sprinkle with grated 'cheese'.

Cook in oven for 40 mins or until brown. Check a knife will cut easily through. Let the dish stand for 5 to 10 minutes before eating.

Serve with green vegetables or garlic bread and salad.

If you can't use all the mince mixture in the lasagne dish because it is not deep enough, use the remainder as a bolognese sauce with spaghetti the next day or as the base for a shepherd's pie.



Mushroom stroganoff

Ingredients

Serves 4

- Dairy-free margarine for frying
- 2 medium onions – peeled and chopped
- 3 large cloves garlic – peeled and crushed
- 500g mushrooms – sliced
- 150ml vegan white wine*
- 1 heaped tbsp cornflour
- 250ml soya cream
- Lemon juice
- Freshly ground black pepper

Method

Fry the onions and garlic in a little margarine until soft. Add the mushrooms and cook through. Once the mushrooms are cooked, add the wine and simmer until it has evaporated.

Mix 3 tablespoons of water with the cornflour to make a paste and then add this and the cream to the vegetables. Simmer for 15 minutes. Add a good squeeze of lemon juice and season with black pepper.

Serve with rice.

* See pages 20 - 21

Ingredients

Serves 2 to 4

- 2 tbsp olive oil for frying
- 1 onion – peeled and sliced
- 1 courgette or carrot – sliced (optional)
- 1/2 tsp smoked paprika
- 1 x 400g tin chopped tomatoes or 1/2 jar passata
- 1 x 400g tin white beans e.g. butter beans or cannellini
- 4 veggie sausages e.g. Redwoods - sliced
- 1/2 tsp vegetable bouillon powder
- Chopped parsley to taste
- Freshly ground black pepper to taste

Method

Heat the oil in a pot and sauté the onion and courgette until soft. Add the paprika and stir briefly. Then add the tomatoes, beans and sausages. Add the bouillon powder and stir. Add water if needed.

Cook for 10 minutes until the liquid is reduced. Add fresh parsley and black pepper as required.

Serve with jacket potato or rice.

Created by Liz Hughes -- www.ourlizzy.com

Sausage and bean casserole





Thai bean burger & Sweet potato wedges

Ingredients

Serves 4

Potato Wedges

- 3 large sweet potatoes – peeled
- 1 tbsp olive oil
- Sprig of rosemary – taken off stalk
- Freshly ground black pepper

Burgers

- 1 clove garlic – peeled and chopped
- 2.5cm (1 inch) piece of fresh ginger – peeled and grated
- 1 small red chilli
- Handful fresh coriander leaves
- 1 small lemongrass stalk – topped and tailed, then smashed under the handle of a knife and chopped
- 1 lime – juiced
- 1 tbsp soy sauce
- 2 x 400g tin butter beans – drained and rinsed
- 6-8 spring onions – chopped
- 100g plain flour
- Freshly ground black pepper
- Olive oil for frying

Method

Preheat oven to 180C / 350F / gas 4

Cut the potatoes into wedges and place on an oiled baking sheet. Turn in the oil. Sprinkle with rosemary and pepper. Bake for approx 20-25 minutes.

In a blender/processor, put the garlic, ginger, chilli, coriander, smashed and chopped lemongrass, lime juice and soy sauce and whiz until a smooth paste. (If you don't have a blender/processor, chop the ingredients very, very finely.) Roughly mash the butter beans, add the chopped spring onions and paste, mix well and mould into burger-shaped patties.

Put the flour on a plate and season with freshly ground black pepper. Gently turn the patties in the flour to coat. In a large frying pan, add the oil and fry the burgers on a high heat for a few minutes each side.

Serve with a fresh salad.



Chocolate orange sponge cake

Ingredients Serves 8 to 10

Sponge

- 180ml water
- 175g brown sugar
- 100ml sunflower oil (or other light vegetable oil)
- 300g white self-raising flour
- 2 tsp baking powder
- 2 heaped tbsp cocoa powder

Chocolate orange icing

- 115g dairy-free margarine
- 170g icing sugar – sifted
- 60g cocoa powder – sifted
- 1 small orange – finely scrape zest and mix with the juice

Method

Preheat oven to 180C / 350F / gas 4
Grease two 18cm / 7inch cake tins with dairy-free margarine.

Sponge Cake

Mix the water, sugar and oil in a pan and heat gently, stirring until sugar dissolves. Leave to cool and then add dry ingredients, folding mixture together carefully – rather than beating it – until well mixed. Pour into tins and bake for approx 30 mins. Leave to cool for only 2 or 3 mins. Gently go around the edge with a blunt knife and turn out onto a wire rack. Leave to cool.

Icing

In a bowl, beat the margarine until soft, then gradually add the icing sugar and cocoa, beating until smooth. Add only a little of the orange juice at a time – you'll need far less liquid than you think – and mix thoroughly. Spread half the icing onto one cake and put the other cake on top. Coat the top of the finished cake with the remaining icing.



Strawberry and kiwi cheesecake

Ingredients Serves 6 to 8

Base

- 75g dairy-free margarine
- 340g vegan digestive biscuits

Cheesecake mixture

- 3 lemons – zest and juice
- 430g plain tofu
- 95ml soya milk
- 95ml sunflower oil
- 95g soft brown sugar
- 1 tbsp vanilla essence

Topping

- 1 kiwi - sliced
- 1 85g packet vegetarian strawberry jelly crystals (e.g. Just Wholefoods)

Method

Preheat oven to 160C / 325F / gas 3
Grease a loose bottomed, deep, 20cm / 8inch cake tin with dairy-free margarine.

Cheesecake

Crush the digestives until they resemble fine breadcrumbs. Melt the margarine gently in a saucepan, pour in the biscuit crumbs and mix well. Press the biscuit-mix firmly into the cake tin until about 1cm deep. Finely grate the lemon rinds and put into a blender along with the squeezed lemon juice. Add all the other mixture ingredients and blend together until the mixture is smooth and creamy. Pour the blended mixture onto the base, smooth the top and place in the oven for one hour or until the top turns a rich golden brown.

Topping

Allow the cheesecake to cool. Follow the instructions on the jelly packet. Slice the kiwi and arrange on top of the cheesecake. Then pour on hot jelly. Leave to cool and then place in the fridge to set.



Chocolate chip cookies

Ingredients

Makes 24

- 225g dairy-free margarine
- 250g sugar
- 1 tbsp molasses
- 1 tsp vanilla extract
- 500g plain flour
- 1 tbsp soya flour
- 1 tsp bicarbonate of soda
- 1 tsp salt
- 100ml soya milk
- 150-200g plain chocolate chips

Method

Preheat oven to 190C / 375F / gas 5

Cream the margarine, sugar, molasses and vanilla with an electric whisk (or a wooden spoon).

Sift in the flours, bicarbonate and salt. Whisk until well mixed. Then add the chocolate chips and soya milk and fold in. Lightly grease two flat baking sheets with dairy-free margarine. Using your hands, roll the dough into balls then press down onto the tray to form cookies. Bake for 10 minutes. Transfer to a cooling rack.

Featured in 'Another Dinner is Possible' by Isy and Mike. Available from Animal Aid.

Ingredients

- Dairy-free vanilla ice cream
- Vegan chocolate cake (bought or home-made – see recipe on p13)
- Tinned raspberries and the juice or fresh raspberries and some fruit juice
- Provamel chocolate dessert
- Dairy-free chocolate ice cream
- Soya cream

Method

Take a tall ice cream glass and layer the ingredients from the bottom up in the following order: vanilla ice cream, chocolate cake, some tinned raspberries and a small amount of the juice they're in (or fresh raspberries and some fruit juice), chocolate dessert, chocolate ice cream and to finish off, a raspberry and some soya cream on the top.

Created by Cliff and Jane from Fern Tor B&B, South Molton, Devon - www.ferntor.co.uk



Fernbocker glory

Nutrition

Providing you eat a balanced and varied diet, you can obtain all your body's nutritional requirements from plant-based foods.

Protein – **needed for energy, growth and the body's repair.** Protein needs are automatically met by a balanced plant-based diet. Tofu, rice, all kinds of beans, pulses, wholegrains, soya milk and cereals are rich sources. Even many supermarket ready-meals can be a valuable source of protein.

Omega 3 – **important for a healthy nervous system and to support the heart.** Animal-free sources include plant oils, such as flaxseed, rapeseed and hemp, and these, unlike fish flesh, do not contain pollutants from the contaminated seas. Other lesser sources of Omega 3 include nuts and seeds (especially walnuts), green leafy vegetables and grains.

Vitamins

Vitamin A – **important for good vision, bone growth and a healthy immune system:** carrots, sweet potatoes, spinach, green leafy vegetables, watercress, tomatoes, yellow and red peppers, mangoes, apricots (fresh and dried).

B Vitamins – **for proper functioning of the brain, heart and nerves, and for blood formation:** green leafy vegetables, mushrooms, avocados, beansprouts, wholemeal bread, nuts, bananas, currants and other dried fruits, sunflower and sesame seeds.

Vitamin B12 – **important for maintaining a healthy nervous system.** The most reliable sources are yeast extracts, nutritional yeast flakes (e.g. Engevita), fortified soya products (e.g. milk and margarine) and breakfast cereals. If it's more convenient, simply take one 10 microgram B12 supplement daily.

Vitamin C – **important for a strong immune system, and healthy skin, blood vessels and gums:** green leafy vegetables, broccoli, cabbage, green peppers, parsley, potatoes, frozen peas, oranges and other citrus fruits, blackcurrants, kiwi fruit.

Vitamin D – **needed for healthy bones.** Vitamin D is produced by our bodies on exposure to sunlight, so during winter months, you will need a top-up. You can obtain Vitamin D (in the animal-free version known as D2) from fortified soya milks, dairy-free margarines and breakfast cereals.

Vitamin E – **protects cells from damage and increases muscle strength:** olive oil, red peppers, tomatoes, wholegrains and wheatgerm (e.g. in wholemeal bread), tahini (sesame seed paste), nuts (especially hazelnuts and almonds), seeds, avocados.

Minerals

Calcium – **needed for strong bones and proper functioning of nerves, muscles, kidneys and heart.** Products such as breakfast cereals, soya milk and non-dairy margarine are fortified with calcium. Nuts, seeds, green leafy vegetables, tofu, wholemeal bread and dried fruit are good natural sources.

Iodine – **important for the healthy functioning of the thyroid.** Seaweeds are rich sources, particularly kelp and hijiki. Powdered seaweed can be added when cooking, but if you are not keen on the slightly fishy flavour, then iodine can be bought as a food supplement in tablet form.

Magnesium – **important for healthy metabolism and bones:** green leafy vegetables, broccoli, almonds and cashew nuts, wholegrain bread, yeast extract, soya beans and tofu, bananas.

Potassium – **for maintaining water balance and regulating blood pressure, and for healthy functioning of the heart, brain and nerves:** potatoes, pumpkin, tomatoes, brazil nuts, chickpeas, strawberries, bananas, oranges.

Selenium – **for healthy cells and immune function:** wholegrains, porridge oats, rice, beans, pulses, nuts (especially brazils).

Zinc – **for a healthy immune system and to promote wound healing:** wholegrains, brown rice, baked beans, lentils, pumpkin, sesame seeds, nuts, tofu.

Nutrition wall chart

Send for a colourful, 88cm illustrated nutrition wall chart – just £3.95 (see p35)



Animal ingredients to avoid

| Meat and fish derived ingredients | Animal-free alternatives |
|---|---|
| Suet, dripping and lard: solid fat from kidneys of cows or sheep | Vegetable suet |
| Rennet: derived from calves' stomachs and used to harden some cheeses | Dairy-free cheeses |
| Gelatine: made from boiled-up animal bones, skin and ligaments | Agar agar, carrageenan or pectin |
| E120/cochineal: red food colouring made from squashed insects | Try to avoid products with lots of E numbers (as they are not good for you) |
| Worcestershire sauce: may contain anchovies (small fish) | Try vegetarian Worcestershire sauces made by Biona, Geo Organics or Life |
| Vitamin D3: derived from fish oil or lanolin (extract from sheep's wool) | Look out for the vegan version D2 |

| Dairy and egg-derived ingredients | Animal-free alternatives |
|--|---|
| Quorn: all Quorn products contain a small amount of egg white, and most also contain milk ingredients | Choose vegan products (see pages 22 and 23) |
| Albumen/albumin: egg white | Choose egg-free versions (see pages 24 and 25) |
| Lactose, caseine and whey: milk derivatives and whey may not even be vegetarian | Choose dairy-free versions of the product you want to buy (see pages 24 and 25) |
| E322 / lecithin: Fatty substance found in nerve and other tissues, egg yolk and blood | Soya lecithin |

Alcohol

While spirit drinks are invariably suitable for vegans, some beers and many wines are clarified using animal products, such as isinglass – obtained from fish swim bladders. Other fining agents include blood, bone marrow, insect shells, egg white, fish oil, gelatine and milk products.

Generally, real ales are fined using isinglass. Keg, canned and some bottled beers are usually filtered without the use of animal substances. Lagers are

generally chill-filtered, but a few may involve the use of isinglass.

Some wineries and breweries state on the bottle which of their drinks are suitable for vegetarians or vegans. Many supermarkets, including the Co-op, Marks & Spencer and Sainsbury's, now also label their drinks with this information. For other outlets, there are online lists of vegan brands, but for up-to-date information, it's best to check with the manufacturer.





Tasty alternatives to meat and fish

Listed on the following pages are just some of the many veggie and vegan alternatives now available in supermarkets and high street shops.

Many supermarkets produce lists indicating which of their products are animal-free. Check online or ask for a copy at the store – you'll be surprised at how much is on offer!

Burgers

- Goodlife • Vegetarian's Choice • FRY's • Redwood Foods • Dragonfly • Supermarket own • For making your own - Direct Foods Burgamix and Granose Burger Mix

Sausages

- FRY's • Realeat • Linda McCartney • Wicken Fen • Biona • Redwood Foods • Taifun • Dragonfly • Vegetarians Choice • For making your own - Direct Foods Sosmix and Granose Sausage Mix

Tofu (also known as beancurd)

- Cauldron (plain & marinated) • Clearspring • Blue Dragon • Clear Spot • Taifun (plain, smoked & Mediterranean) • unbranded from Chinese and Japanese supermarkets

Mince

- Linda McCartney • FRY's • Redwood Foods • Supermarket own

Nuggets

- FRY'S • Redwood Foods

Others

- Linda McCartney – deep country pies • sausage rolls • FRY'S – schnitzels • cutlets • polony • Redwood Foods – fake meat slices (Cheatin' ham, chicken, sausage, pepperoni, turkey, beef and bacon) • fake fish (fishless fingers, tuna-style pâté, thai fish-style cakes) • schnitzels • beef, duck and chicken-style pieces

Jelly

- Just Wholefoods jelly crystals • Some supermarket own-brands are gelatine-free – check the label





Tasty alternatives to dairy and eggs

Soya milks

- Supermarket own brands • Holland & Barrett own brand • Alpro • Alpro 'Oy' milkshakes • So Good • Plamil • Granovita • Sojade • Bonsoy

Other non-dairy milks

- Rice Dream • Ecomil almond milk • Ecomil hazelnut milk • So Good oat milk • Kara Dairy Free coconut milk • Good Hemp milk

Creams

- Alpro 'Soya Dream' • Granose soya cream
- Soyatoo (topping cream in a carton and whipping cream in a can)

Cheeses

- Redwood Foods 'Cheezly' (Mozzarella, Edam, Cheddar and Gouda flavours, soy free, pepper jack and blue cheese styles) • Tofutti cream cheese (plain, garlic and herbs, chives and onion) • Parmazano (non-dairy Parmesan) • Sheese (Cheddar, Cheddar with chives, smoked Cheddar, Mozzarella, Gouda, Edam, Cheshire and Blue flavours)

Yoghurt

- Alpro – plain and various flavours • Granovita • Sojasun – plain and various flavours
- Sojade – plain and various flavours

Mayonnaise

- Plamil (plain, garlic, tarragon, lemongrass, chilli) • Granovita (original, lemon, garlic)

Margarines

- Supermarket own dairy-free ranges • Pure • Suma • Vitalite • Biona

Ice Cream

- Swedish Glace (also choc ices and cornets) • Tofutti • Booja Booja • B Nice • Many sorbets • Worthenshaws Freedom frozen desserts

Custard

- Alpro • Sainsbury's 'Free From' • Bird's Eye powder – make in normal way but using soya milk instead of cows' milk

Egg Replacer

- Allergycare • Orgran • Ener-G



Look for the Vegan Society's trademark symbol, which indicates that the product is registered with the Vegan Society and is 100% vegan.





Eating in

Simple suggestions for breakfast, lunch and dinner

Breakfast:

- Porridge, soya milk & maple syrup
- Toast & peanut butter
- Fruit salad, muesli & soya yoghurt
- Beans on toast
- Fruit smoothie
- Veggie grill or fry-up: with veggie sausages and 'bacon', fried mushrooms, fried tomatoes, hash browns & beans

Lunch:

- Baked potato, salad & beans
- Tortilla wrap with falafels, salad & houmous
- Vegetable soup & roll
- Veggie curry ready-meal
- Sandwich – see opposite
- Pot noodle or pot rice

Dinner:

- Spaghetti with veggie bolognese
- Spicy tofu stir-fry with rice or noodles
- Veggie bangers & mash with vegetables
- Roasted vegetables & cous cous
- Pasta, jar of sauce & veg
- Veggie curry (fried onion, tin chopped tomatoes, curry paste, veg of choice)

Sandwich suggestions:

- Peanut butter & banana
- Marmite & tomato
- Avocado, tomato & houmous
- Grated carrot, houmous, pine nuts & cucumber
- Cheatin' chicken, salad & egg-free mayo
- Dairy-free cheese & pickle
- Dairy-free cream cheese & apricot jam
- Cheatin' turkey slices & egg-free mayo
- Cheatin' ham with tomato & mustard
- Veggie sausages & ketchup
- Veggie BLT (made with veggie bacon)
- Roasted vegetables & houmous
- Avocado, raw spinach, cucumber & egg-free mayo
- Dairy-free cream cheese, olives & sun-dried tomatoes
- Toasted Cheatin' ham, dairy-free cheese & tomato



Eating out

These days, you can find vegetarian options on almost every menu, but if you see nothing suitable listed on the menu, don't be afraid to ask. If you're vegan, most restaurants have veggie dishes that can be easily adapted. If it isn't possible to leave out the cheese (for example), ask nicely and the chef may create something especially for you!

Indian, Thai, Vietnamese and Chinese



These restaurants usually have a good selection of vegetarian and vegan dishes, but watch out for ghee (Indian butter), which can be made from either dairy products or vegetable fats. Check with your waiter – if it's dairy ghee, ask for it to be left out. Some curries also contain yoghurt or cream, so again, ask which ones don't. Egg noodles can be replaced with rice noodles. Likewise, you can have plain instead of egg-fried rice. In Thai restaurants, ask them to leave out the fish sauce.

Italian



You can still enjoy a pizza without cheese on top. PizzaExpress restaurants will happily swap Mozzarella for an alternative topping, and will also oblige if you take in your own melting soya cheese (e.g. Redwood's Cheezly) to use. There are plenty of pasta dishes that are vegan, but check that the pasta itself is egg-free.

Snacks and Sandwiches



If you need to grab a quick bite to eat, most cafés will have baked potatoes – leave off the butter and have baked beans or houmous. You'll also find vegetable spring rolls, samosas and onion bhajis in many outlets. Most supermarkets also sell them in their Chinese/Indian sections or at the deli counters. Look out for ready-made falafel, houmous and salad wraps in cafés and coffee shops. If a sandwich is more to your liking, then find a place where they're made to order, ask for a drizzle of olive oil instead of butter, and choose your own fillings. Ask for soya milk in coffee outlets; it is now widely available.



The suffering of *farmed animals*

One billion animals are killed in the UK each year for human consumption.

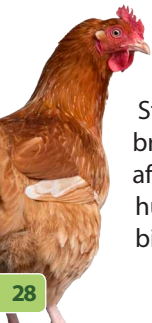
Every animal reared for his or her meat, eggs and milk is an individual with a unique personality. Like us, they can be friendly, shy, playful and affectionate. They are all capable of feeling pain and suffering.

Throughout the process of incarceration, forced pregnancy, fattening and slaughter, animals are exploited to their limits so that the farming industries can obtain maximum profit. Their flesh, milk and eggs are typically marketed in a way designed to deny all connection with a living, feeling being.

The majority of farmed animals are reared in huge, barren units for the whole of their short lives. Pigs, chickens, turkeys and ducks have long been kept this way and now dairy cows, goats and sheep are increasingly being factory farmed, too. To try to prevent bored and stressed animals from injuring each other, farmers subject them to mutilations, such as beak trimming, castration and the removal of their tails, often without anaesthetic.

Life is no better for those farmed animals, such as sheep, who are left in fields in the driving rain and snow, or scorching heat. Often there is no shade or shelter provided, or even enough feed or drinking water. Each year, roughly one in 20 adult sheep die of cold, starvation, sickness, pregnancy complications or injury. Often they die before a farmer realises anything is wrong.

Stressed animals living in close proximity to one another provide the perfect breeding ground for viruses and bacteria. The illnesses they suffer from can also affect the people who eat them, making large numbers ill and even causing many human fatalities. Among the animal diseases that go on to afflict people are BSE, bird flu, swine flu, campylobacter and salmonella.



Free-range and organic

Don't be fooled by these labels! 'Free-range' animals are often still kept in crowded conditions with restricted, or no, access to the outdoors. Organic farming is primarily to benefit people who do not want to consume pesticides and chemicals when they eat animal flesh. Organic farms should, however, provide higher welfare standards for the animals, because a low-drug regime invariably necessitates keeping them in better conditions so that they become sick less often. But whether the process used is described as intensive, free-range or organic, all farmed animals face a traumatic death usually at just a few weeks or months old.

Humane slaughter?

Killing other beings so that we can eat their body parts can never be regarded as humane. Secret filming by Animal Aid, inside numerous randomly chosen British slaughterhouses, has revealed: pigs being routinely kicked in the head; sheep being picked up by ears and fleeces and thrown across the room; a ewe being stunned and killed while her lamb was suckling her; and incompetent and even sadistic use of electric stunning tongs so that animals were going to the knife while still conscious. 'High welfare' plants, such as those accredited by the Soil Association, were no better than the non-organic ones.



A calf is trodden on at the slaughterhouse, filmed secretly by Animal Aid

Do fish suffer?

The best scientific evidence demonstrates that fish are capable of feeling pain and stress. Fish have a brain, nervous system and pain receptors. When hauled up from the deep, the intense internal pressure can rupture their swim bladders, pop out their eyes and push their insides out through their mouths. They die from crushing, suffocation or from being sliced open on the deck of the ship.

Over-fishing is causing populations such as cod to collapse. Eating farmed fish actually increases the problem because three to five tons of ocean-caught fish are needed to produce feed for one ton of farmed fish.

In the crowded, underwater cages on fish farms, infections and disease spread easily. Many fish become infested with lice, which eat them alive. Farmed fish are killed by one of a variety of brutal methods. These include clubbing, gassing, asphyxiation, having their gills cut and bleeding to death, or being gutted alive.



What's wrong with Milk?

The dairy cow is one of the most exploited of all farmed animals. To ensure commercial quantities of milk, she is subjected to a constant cycle of pregnancies, usually by artificial insemination, and is forced (through selective breeding) to produce vastly unnatural quantities of milk. Dairy cows in the UK have traditionally been kept in sheds for around half the year. But, increasingly, they are being subjected to a 'mega dairy' regime in which they are incarcerated almost permanently.

Pregnancy ensures milk production. It also results in a calf being born. These calves are taken from their mothers at one or two days old, so that the milk meant for them can be bottled for people to drink. The repeated separation of mother and calf is extremely distressing for both – cows have been known to bellow for days.

The male calves are often regarded as waste by-products because demand is limited for their 'low quality' flesh.



Dairy cows are treated as milk-producing machines



Female cows love their young and want to stay with them



Around 100,000 'surplus' calves are shot soon after birth every year, and others are sent on punishing journeys to continental veal farms.

Most dairy cows, at some point in their short lives, suffer from serious illnesses such as lameness and mastitis. The latter is an acutely painful infection of the udders. Naturally, cows would live to be 25 years old. But on modern dairy farms, by the time they are five, they are worn out and considered uneconomic. The next stop is the slaughterhouse.

Milk from sheep and goats is produced in a similar way. Some goat farms give their unwanted billy kids to the hunt kennels to be fed to the hounds.



What's wrong with Eggs?

The majority of egg-laying hens spend their short lives inside battery cages with four or five other hens, in a space not much bigger than a microwave oven. They can barely stretch their wings.

Even free-range and organic hens can be kept thousands of birds to a shed. They need to be given outside access for up to only half of their lives. The unnaturally high number of eggs that hens are forced to produce drains calcium from their bodies, which leads to osteoporosis and brittle bones. This causes their legs to break easily, especially when they are handled roughly in transportation and at the slaughterhouse. As early as 72 weeks old, some of the birds can no longer produce commercial quantities of eggs, and so these 'spent hens' will be sent to the slaughterhouse.

Breeding hens are used to produce the millions of egg-laying hens. But for every female chick, a male is also hatched. The males are considered useless: they cannot lay eggs and they are no good for meat. And so, each year, 30 million day-old male chicks are gassed or tossed alive into giant industrial shredders.



Hens in battery cage



Chicks on a conveyor belt in a hatchery

Honey

As with other types of intensive animal farming, bees are subjected to unnatural feeding routines, drug and pesticide treatment, artificial insemination, and death and injury caused by handling, transportation and human interference with their environment. Honey – the colony's food reserve – is taken from them so that people can consume an unnecessary product.

Honey is nectar produced by flowers that has been swallowed by bees, partly digested and finally regurgitated to be stored as a primary food source. Each worker bee produces 1/12th of a teaspoon of honey in her lifetime. Despite claims to the contrary, it is questionable whether there are any real health benefits from eating honey. It is after all, almost 100 per cent sugar and water. People with asthma or allergies have been strongly advised not to take honey after several deaths and severe illnesses have been linked to it. Alternative sweeteners include syrups like maple and agave.

Your Health

Scientific studies have shown that vegetarians and vegans have a lower risk of obesity, heart disease, diabetes and some cancers.



Heart disease and stroke

Saturated animal fats found in meat and dairy products raise cholesterol and can increase the risk of heart disease and strokes by blocking blood flow through the arteries. Dietary cholesterol is found only in animal products. Choosing lean cuts of meat is not enough; the cholesterol is mainly in the lean portion. A diet rich in wholegrains, vegetables, beans and fruits, is free of artery-clogging cholesterol and low in saturated fat.



Weak bones

Excessive animal protein consumption through a diet rich in meat and dairy can lead to serious health problems. Such diets make the blood more acidic. The body tries to neutralise this by drawing calcium from the bones into the bloodstream, which is filtered through the kidneys and lost in urine. The more protein consumed, the more calcium the body needs to balance the losses. Therefore, too much protein actually leaches calcium from the bones and contributes to weak bones and osteoporosis. Countries whose populations eat low-protein diets have lower rates of osteoporosis and hip fractures. Protein from plant sources does not leach calcium from the bones, and calcium from plant sources is much more readily absorbed than that from animal products.



Cancer

One of the largest worldwide studies looking at the effects of diet on health (The China Study) indicated a direct link between animal protein and cancer – the more animal protein there was in the diet, the higher the risk of certain cancers. Cows' milk contains powerful growth hormones. One in particular, IGF-1, is reported to accelerate the growth of malignant cells in people and is linked to the development of prostate, breast and ovarian cancers.

References can be provided upon request.



Your Planet

Animal farming uses much more land, energy and water and has a far greater impact on climate change than plant-based agriculture.

According to a United Nations report, animal farming is responsible for a significant proportion of greenhouse gas emissions. Carbon dioxide (CO₂) is released when huge areas of forest are destroyed to provide grazing for cows or to grow crops to feed farmed animals. Cattle farming is the biggest threat to the remaining Amazon rainforest and the single biggest cause of deforestation in the world.

Animal farming is also the number one source of methane – a greenhouse gas that is 21 times more powerful at trapping heat than CO₂. It is produced during the digestive processes of sheep, cattle and other ruminants and is released from their untreated manure.



Climate change aside, growing food to feed us directly – rather than first passing it through animals – is far more efficient in terms of the amount of land, energy, water and labour required. If all plant foods were available for people to eat, we could feed a human population far greater than already exists. And yet half of the world's precious harvest is fed to farmed animals.



The meat and dairy industries are among the biggest contributors to the problem of water scarcity. Vast quantities of water are used to grow the crops that they eat and as their drinking water. Huge volumes are also used by slaughterhouses. It has been estimated that it takes 1,000 litres to grow one kilo of wheat, but 11,000 litres to produce just one quarter-pound beef burger. Between 2,000 and 4,000 litres are needed for a cow to produce just one litre of milk.



References can be provided upon request.



Compassionate Lifestyle tips

Clothes and footwear

Make a real fashion statement by leaving furs and skins where they look best – on the creatures born with them.

It's not necessary to exploit animals for their skins, fur and wool. Most high street shops stock a good range of affordable, durable and fashionable items of clothing, footwear and accessories that are produced from synthetic and natural plant fibres. There are also a number of online stores that are 100 per cent vegan:



- www.alternativestores.com
- www.animalaidshop.org.uk
- www.ethicalwares.com
- www.freerangers.co.uk
- www.veganline.com
- www.veganstore.co.uk
- www.vegetarian-shoes.co.uk



And for something special, check out:
www.bbohome.com
www.beyondskin.co.uk

Toiletries and cosmetics

On toiletries, cosmetics and household products, look out for BUAV's internationally recognised leaping bunny logo. This provides assurance that no animal testing is used in any phase of product development by the company, its laboratories, or suppliers. M&S, Co-op, Sainsbury's and Superdrug, and many other recognised brands, all carry the logo.



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All sorts of cruelly obtained animal products are put into cosmetics, toiletries and household cleaners, including animal tissue and artery wall extracts, insects, placenta and urine. To ensure a product is completely animal-free, check that it's suitable for vegans. Co-op and Superdrug label which of their own brand products are vegan.

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Animal Aid
The Old Chapel, Bradford Street,
Tonbridge, Kent, TN9 1AW
www.animalaid.org.uk

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