

Viva!



# GET HEALTHY WITH HEATHER

Includes  
vegan  
recipes and  
shopping  
tips

The ultimate  
guide to going  
vegan plus...

Get fit, feel good, look great!

# Alicer's Veggies



- \*Free from GMO
- \*Gluten & Wheat free
- \*Dairy & egg free
- \*Vegan
- \*No artificial preservatives
- \*No artificial colours or flavours
- \*No cholesterol/hydrogenated fats

# B'Nice Rice Cream



- \*No cholesterol
- \*No hydrogenated fat
- \*No artificial sweeteners
- \*Dairy free\*
- \*Gluten free
- \*Natural flavours & colours
- \*Nut free
- \*Vegan
- \*Low in fat
- \*Strawberry & Vanilla flavours are both completely soya free!

# FRY'S



Look out for FRY'S brand new packaging!  
Same great tasting vegan products!

Find Alicer, B'Nice & FRY'S in the freezer section of your local health food shop (or ask them to order in for you!)  
Beanie's Health Foods 01489 574593/info@beanieshealthfoods.co.uk

# GET HEALTHY WITH HEATHER

The ultimate guide  
to going vegan

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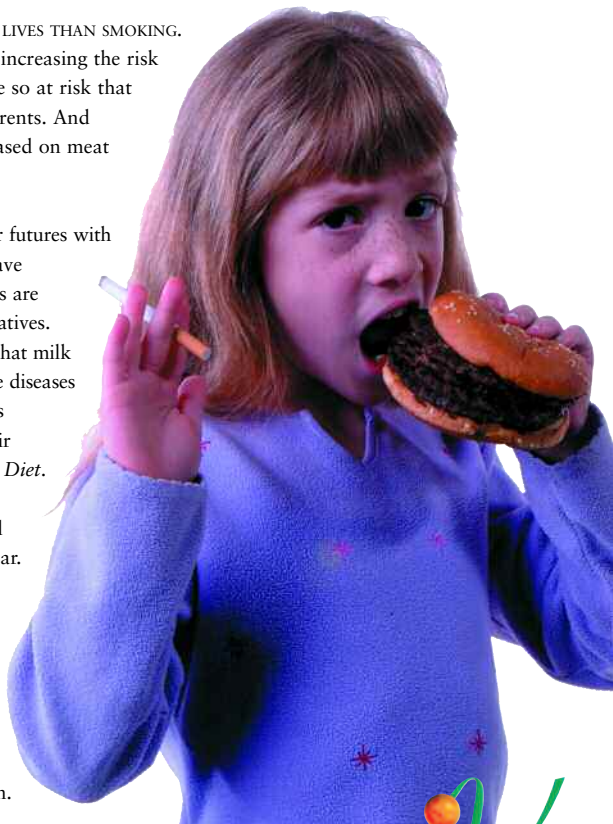
[www.vegetarian.org.uk](http://www.vegetarian.org.uk)

# Help us help them to **KICK** the habit

JUNK FOOD DIETS CLAIM MORE LIVES THAN SMOKING. Obesity is out of control and increasing the risk of killer diseases. Children are so at risk that many may die before their parents. And much of it is down to diets based on meat and dairy products.

The VVF is fighting for all our futures with hard-hitting campaigns. We have mangled the myth that fish oils are healthy – and identified alternatives. We have countered the claim that milk is good for you and shown the diseases it causes. And our nutritionists have nobbled obesity with their victorious, plant-based *V-Plan Diet*.

You can be a part of this vital organisation for just £15 a year. This will help fund our campaigns and in return you'll receive three copies of the great magazine *Veggiehealth*, five fact sheets and have access to hundreds of great recipes plus free advice on health and nutrition.



Ring the VVF on **0117 970 5190** or write to:  
VVF, 8 York Court, Wilder Street, Bristol BS2 8QH.



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## About Viva!...

Meat and dairy are the main causes of environmental destruction, they damage our health, play a big part in world hunger, are one of the main causes of global warming and inflict immense suffering on billions of animals. Viva! knows that the simplest way to impact on all these massive problems – to end the destruction and cruelty – is to stop eating animals.



Through popular campaigns, solid research, undercover exposés and effective media skills we have enlightened millions, shocked most and changed the diets of many. Going vegetarian or vegan is the most effective single thing you can do to make this world a kinder, fairer and better place and it improves your health. There has never been a better or more appropriate

time to make the change and the array of foods available to vegans has never been greater or more appetising.

Join the millions of people who have already chosen to celebrate life and turn vegan. To find out more about Viva!'s campaigns visit: [www.viva.org.uk](http://www.viva.org.uk)

## About VVF...

Viva!'s sister group, the Vegetarian & Vegan Foundation (VVF), is the UK's premier nutrition and health charity. It helps people to understand why good nutrition is so important for health and fighting disease. Our published scientific reports include how



to safeguard children's health, why fish is not a health food, the negative effects that dairy products have on health and just how devastating the obesity epidemic really is. We produce a range of easy to read guides and fact sheets, an acclaimed magazine called *Veggiehealth* and are happy to answer questions about diet and health. We also run the inspiring *Vegetarian Recipe Club* and a mail-order gift catalogue, *Vegetarian Shop*. Visit the VVF at: [www.vegetarian.org.uk](http://www.vegetarian.org.uk)

## Heather Mills, Patron of Viva! and VVF

In 1993, Heather Mills' modelling career came to an abrupt end when she was struck by a police motorcycle outside Kensington Palace Hotel in London. Her body was thrown in one direction, her left leg in another and she suffered severe injuries to her head, pelvis, ribs and lungs. Remarkably, there was a doctor near the scene who saved her from bleeding to death but could not save her leg.

Heather wasn't going to let the loss of most of her lower leg affect her life. In fact she refused to think negatively about it and instead saw it as a new beginning – the start of a new life. As a consequence, Heather has helped thousands of people around the world who'd had their lives torn apart by land mines, she has become vegan and fights to save animals from suffering and is now a patron of Viva! and the VVF.

After the loss of her leg, a persistent infection in Heather's residual limb refused to clear despite antibiotics and medication. Nothing worked and eventually the bone



# HEALTHY WITH



became infected, resulting in the amputation of a further two inches from her leg.

A friend recommended the Hippocrates Institute in Florida which had helped to cure her breast cancer. In a leap of faith, Heather checked out of hospital in London and went to the US where she was required to come off all antibiotics and other medication and adopt a wholefood vegan diet (with zero junk foods!). Wheat grass and garlic poultices were applied to the

wound and in just one week the infection had cleared up and the healing process had begun, progressing so quickly that Heather was able to have a prosthetic leg fitted while she was at the Institute.

“I know from personal experience of the healing powers of a dairy-free, vegan diet. But the more I discover about cow’s milk and dairy products, the more I am convinced that my decision to avoid them entirely is the right one.

It isn’t just the 400 million pus cells that are allowed in every litre. It isn’t only the hormones and growth factors that promote some cancers. And it isn’t solely the lactose and casein, responsible for so many allergies. It is the obscenity of taking new-born calves away from their mothers so we can have their milk – a product designed by evolution for little cows not little people, or big people for that matter.”





Today Heather is an active campaigner fighting for the underdog, whether human or other animal. She is also an extraordinarily active person, skiing when she can find the time and, more recently, wowing spectators by her impressive dancing in the US hit show *Dancing with the Stars* (donating her appearance fee to Viva!). She had to prove her metal against a mixed bag of actors, singers, athletes, an Olympic gold medalist, a Miss USA and a female boxer. She did so magnificently.

It is obvious that Heather will triumph in whatever she does – through determination, strength of character, confidence in her own ability and a refusal to be beaten. She has helped to inspire thousands of amputees, showing them anything is possible. Her appearance in *Dancing With the Stars* is a testament to what a positive attitude and healthy diet can achieve.

So what about Heather's diet today? She is enthusiastic about it:

"I'm a vegan now – a healthy diet which saves animals, something very important to me as I detest cruelty. Following a plant-based diet not only benefits your health massively but also makes a huge difference to the planet, to animals and to feeding the world. And it makes you feel great!"

## How Healthy Are We?

The World Health Organisation (WHO) has devised a new system to rank the health of 25 'leading' countries. It isn't just about life expectancy but how many years an average person can expect to live in full health. 'Full health' is the key phrase and it reveals some shock surprises.

Where do you think the US, the wealthiest country on Earth, rates in the 25? Well, Japan comes top, Australia second and France third. The UK comes in a miserable 14th whilst the US has the ignominy of coming last! People may be living longer in the US but only thanks to advances in medical treatment and drug therapies – pills, potions and procedures! They are not growing old gracefully.

## What's Up Doc?

The US and UK populations are getting older and many are suffering from

debilitating conditions such as arthritis and osteoporosis. All age groups are increasingly suffering from heart disease, diabetes, obesity, breast cancer, prostate cancer, colon cancer and the other 'diseases of affluence'.



©Pat Doyle/Corbis

Even more alarming is the growing number of children with serious health problems, particularly childhood obesity, which has reached epidemic proportions. The effects of obesity itself are bad enough but it also acts as a gateway to other diseases – high blood pressure and raised cholesterol levels, asthma, diabetes, heart disease and other conditions. Then there are the potential psychological and social problems from discrimination and bullying.

## What's the Cause?

Poor diet and lack of physical exercise are responsible. Meat, dairy products and processed foods containing high levels of saturated animal fat, animal protein, salt, sugar, cholesterol, hormones and growth factors are squarely in the frame.

## What's the Cure?

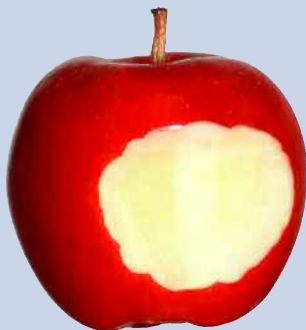
The solution is simple – get on your feet and go vegan! Veggies have lower blood pressure and a whopping 25 to 50 per cent lower risk of dying from heart disease! Vegan diets contain zero cholesterol and much less saturated fat than the typical meat eater's nosh. Vegans also consume more of the good stuff such as nuts, soluble fibre (from oats and barley), soya proteins and plant sterols. All this means that vegans have much lower levels of 'bad' cholesterol (American Dietetic Association). The research is crystal clear, vegans weigh less, suffer less from diabetes, obesity, arthritis, constipation, kidney and gallstones and certain cancers including breast, prostate and colon cancer.

People who eat plenty of fruit and vegetables (and pulses – all types of peas, beans and lentils) but little animal fat and animal protein cut their risk of many illnesses

and diseases including some of the most common cancers. That's why the American Cancer Society recommends that everyone should have at least five servings of fruit and vegetables a day, eat wholegrains (wholemeal bread, brown rice, wholewheat spaghetti etc) instead of processed grains such as white flour, and cut down on red and processed meats.

## What's a Vegetarian?

Vegetarians don't eat red or white meats, fish or other water creatures such as prawns and lobsters. No slaughter by-products such as gelatine (made from horns, hooves, bones and ligaments), lard or cochineal, obtained from crushed insects. They may or may not eat dairy products, free range eggs and honey.



## What's a Vegan?

A vegan is a person who tends to be healthier than either dairy or meat eaters – and that's because they eat no animal products at all – including no meat, fish, dairy, eggs, honey or cochineal. This means no damaging animal protein, animal fats or cholesterol pass their lips.



"I've discovered a great deal about the dairy industry recently but the most shocking fact is that up to 400 million pus cells are permitted in every litre of milk. It isn't just that we're not told and are expected to drink the stuff but what about the cows? They're so diseased that they frequently produce pus from their udders in huge quantities.

"The dairy industry's sales hype also avoids mentioning the growth hormones in milk that are linked to cancer, the saturated fat and cholesterol linked to heart disease and strokes nor the ridiculously high quantities of oestrogen that also pose serious health threats."

Far from going short, they are more likely to eat a much wider range of healthier foods that are high in vegetable protein, fibre, complex carbohydrates, vitamins, minerals and good fats. These are the nutrients that fight disease and are found in fruit and vegetables, pulses (peas, beans, lentils, peanuts and soya products),

# GET HEALTHY WITH

wholegrains (including brown rice, oatmeal, wholewheat, buckwheat, millet, quinoa, corn meal and whole rye), nuts, seeds, herbs, spices and vegetable oils, including flax seed, hemp seed and virgin olive oil.

The American Dietetic Association and Dietitians of Canada have no doubts that this is the way to go:

“Well-planned vegan and other types of vegetarian diets are appropriate for all stages of the life cycle, including during pregnancy, lactation, infancy, childhood, and adolescence” and that “...appropriately planned vegetarian diets are healthful, nutritionally adequate, and provide health benefits in the prevention and treatment of certain diseases”.

After decades of being told that veggies are risking their health, this scientific review sets the record straight. Not only is a vegan diet healthy, it is so healthy that it protects you against many killer diseases!

## What's Nutrition?

Variety is the key to a healthy, well-balanced diet. All food contains a mixture of nutrients – protein, carbohydrates (including fibre), fat, vitamins and minerals – in different quantities. Some foods, particularly, wholefoods are referred to as a protein food or carbohydrate food and so on because they are rich in this particular nutrient even though they also contain a proportion of the other nutrients.

## Protein

Protein is made up of substances called amino acids and most plant foods contain some but not all of them. By eating a range of foods, however, you get all the different essential amino acids necessary to make up 'complete' protein.



A vegan diet, rich in a variety of plant foods, provides all the high quality vegetable protein necessary, which is needed for the body's growth and repair but also for protection against infection. Good sources are pulses (peas, beans, lentils, peanuts and soya products),

the whole range of nuts (Brazils, hazelnuts, almonds and cashews etc), and seeds (sunflower, pumpkin, sesame and so on), wholegrain foods (brown rice, wholewheat bread and pasta, oatmeal, barley, millet, buckwheat) and vegetables.



Tofu and soya products are different to other plant foods as they provide all the essential amino acids in one food. Unlike vegetable protein, animal protein from meat, eggs, dairy foods and fish can increase the risk of osteoporosis and some cancers.



"I am totally vegan and enjoy a variety of alternative meat and milk substitutes and most of my house guests can't believe they aren't the real thing. The more I discover about meat and dairy, the more I know this is the right choice."

## Carbohydrate

Carbohydrates include sugars, fibre and starch and are the most important source of energy – how much depending on how processed they are. Wholegrains include all the grain – bran, germ and endosperm – whereas refined grains are effectively stripped of their nutrients and are made up solely of endosperm.

Refined foods such as sweets, syrups, table sugar, white rice, white bread and white pasta provide fast-releasing carbohydrates which lack fibre, vitamins and minerals. Wholegrain brown rice, oatmeal, wheat, buckwheat, millet, quinoa, corn meal and rye contain superior, complex carbohydrates which release their energy slowly and contain fibre, vitamins and minerals.

# Go vegan and save a whole menagerie!

That meat and dairy might not look very much on your plate but add up all the plates you eat and you'll be amazed that the average person eats 11,047 animals in a lifetime! The old excuse that one person can't make a difference simply doesn't wash. If you really want to save animals, the answer is simple – stop eating meat and dairy! At whatever age you turn vegan you can make a difference.

1  
GOOSE

6,182

FISH

4  
CATTLE

1,158  
CHICKENS

3,593  
SHELLFISH

23  
SHEEP

18  
PIGS

39  
TURKEYS

28  
DUCKS

1  
RABBIT

Viva!

# Big Up Your Health!

The **Vegetarian and Vegan Foundation** is your corner shop for nutritional information about vegetarian and vegan diets.



Just starting out? **Becoming Vegan** will answer both practical and specific questions about your new way of life. It costs just £12.99 (plus add £2 p&p) to lay that foundation of knowledge.

For quick reference in the kitchen, our colourful, laminated **Wallchart** (£2, plus £1 p&p - what a steal!) is a necessity. At a glance, you'll see where to get your vital vitamins and nutrients, and there's plenty of them in the recipes from the venerable Rose Elliot's **Vegan Feasts** cookbook, only £8.99 (plus £2 p&p). If you're already a vegan gourmand, you'll want **Vegan** in your culinary arsenal. At £12.99 (plus £2 p&p), and packed to the hilt with stunning recipes for every occasion, those pages will be worn in no time.

Want to eat yourself to health? Just wait until you read **The China Study** by T. Colin Campbell (£11.99 plus £2 p&p). A remarkable book from a world renowned cancer scientist (he was advisor to the World Health Organisation), who explains in a very compelling style, why vegans are protected so much from all cancers; heart disease; diabetes, autoimmune diseases and more - and why dairy is such a culprit in causing these killers.

Remember, your health is in your hands. A wholegrain vegan diet can prevent and cure many diseases. If you want to know more, read Jane Plant's landmark tome about diet and breast cancer in **Your Life in Your Hands**. £9.99 (plus £2 p&p) is a tiny price to pay for robust health, n'est-ce pas?



To order any of the above or to request a free copy of our *Vegetarian Shop* catalogue, please contact the Vegetarian & Vegan Foundation, Monday-Friday from 9 to 6 on 0117 970 5190 or see our website at [www.vegetarian.org.uk](http://www.vegetarian.org.uk). Alternatively, send a written order and cheque or PO, payable to VVF (with your name and address) to: VVF, Top Suite, 8 York Court, Wilder Street, Bristol BS2 8QH

"I used to be an absolute chocoholic and when I arrived at the Hippocrates Institute in Florida, one of the first things they did was to advise me to stop eating sugar – so chocolate had to go. They explained that the bacteria responsible for the infection in my residual limb thrived on sugar and it was one reason why the wound refused to heal. The incredible results of giving up sugar and all animal products was evident within days."

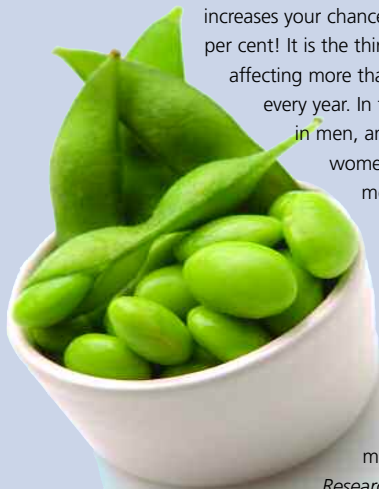


The World Health Organisation recommends that 55-75 per cent of our calories should come from slow-releasing carbohydrates – that's how vital to good health they are. Meat eaters often go short of these vital nutrients whilst vegetarians and vegans tend to eat plenty.

## Fibre

Fibre – dietary fibre – is the indigestible part of vegetable foods and is essential for the digestive system to work properly. It acts like a broom, sweeping away toxins and helping to prevent diseases such as colon cancer.

The American Cancer Society says that regularly eating red and processed meats increases your chances of colon cancer by between 30 and 40 per cent! It is the third most common cancer in the US, affecting more than 145,000 people and killing over 56,000 every year. In the UK it is the third most common cancer in men, and the second most common cancer in women. The complete absence of fibre from meat plays an important part. A vegan diet rich in carbohydrates from plant foods contains plenty of fibre and the more unrefined they are the more fibre, vitamins and minerals they contain, making them the healthiest possible choice. Avoidance of meat itself is also vital. Red meat forms N-nitrosocompounds which cause genetic mutations in the large bowel (*Cancer Research* 2006).





## Fat

There are two types of fat: saturated 'bad' fat and unsaturated 'good' fat. We don't need saturated fat at all and yet it is in a vast range of foods, increasing the risk of obesity, diabetes, heart disease and other serious health problems. We do need some unsaturated fats, particularly those called essential fatty acids – omega-3 and omega-6.

Scientific research suggests that omega-3 fatty acids can help keep your heart healthy. Vegans obtain their omega-3 from nuts, seeds and green leafy vegetables and by adding 1–2 tsp of flax seed oil to their food each day. Flax seed oil is on sale in many natural food and grocery stores and should be kept refrigerated and not used for cooking as heat destroys the omega-3 oils.

Foods often referred to as high fat such as nuts and seeds and their butters (eg almond butter, Brazil nut butter, peanut butter), avocados and small amounts of organic vegetable oils, especially canola (rape) and virgin olive, all go to make up a healthy diet.



"I could never go back to eating meat, fish or dairy. The effect that our diet has on the rest of the world was brought home to me by an African woman at the Live Eight concert. She explained that in her home country children starved alongside fields filled with lush crops destined to be exported to Europe to be eaten by farmed animals. Viva! then joined up all the dots by explaining how livestock production is destroying the environment and the effect that dairy produce has on human health. Essentially it ain't healthy – for us or the planet!"

## Vitamins

### Vitamin A

Vegetarians and vegans get plenty of vitamin A from foods containing beta-carotene which our bodies convert to vitamin A. It is found in green vegetables such as spinach, kale, broccoli and watercress, as well as red and orange vegetables such as carrots, yams and sweet potatoes. Vitamin A has antioxidant properties and so protects against many diseases including cancers and heart

disease. It is needed for many things eg healthy vision, cells to reproduce, our nerves to form and function, reproduction and for our immune system.

## **B Group Vitamins**

The B group vitamins help us obtain energy from the food we eat. Essential for normal growth and development, they help keep the heart, nervous and digestive systems functioning properly. They are essential for a healthy liver. Good sources include green leafy vegetables, nuts, legumes, wholegrain products, mushrooms and savoury yeast flakes, which most health food stores stock. An increasing number of breakfast cereals are fortified with B vitamins.

Vitamins B6, B12 and folic acid (folate) deserve a special mention as they play a crucial role in controlling levels of an amino acid called homocysteine, which can cause serious health problems at high levels. Folate and B6 are found in savoury yeast flakes, green leafy vegetables, pulses, wholegrains, nuts and fortified breakfast cereals. Vitamin B12 is found in fortified foods, including savoury yeast flakes, soya milks, breakfast cereals and margarines.

"I still find it surprising that even some very big hotels don't have soya milk available. Wherever I go, I make a point of asking for it particularly if I'm having decaf coffee. If they say they have none I talk to the catering manager about its benefits and they always buy it in. I'm glad to see that some of the biggest coffee shop chains now have it as standard – but only because people asked for it!"



## **Vitamin C**

Vitamin C is an important antioxidant that helps protect against many diseases. It is needed to form collagen to hold our cells together and for healthy teeth, gums and blood vessels; it improves iron absorption and helps us resist infections. As with most other vitamins, vegetarians and vegans tend to get more vitamin C than meat-eaters simply because they eat more plant foods which are the sources. Particularly rich in vitamin C are green vegetables (broccoli, cabbage, green bell peppers, collard greens) and fresh fruit (oranges, lemons, grapefruit, kiwis, blackcurrants, strawberries) but vitamin C is also present in many other fruits and vegetables.

### Vitamin D

This important vitamin helps us absorb calcium, crucial for healthy bones and teeth. Vitamin D can be made in the skin (synthesised) in response to sunlight's UV rays and for most light-skinned adults, exposing their hands and face to sunlight for 10-15 minutes, two to three times a week will provide enough. Elderly people may need up to four times this exposure and dark-skinned people six times if sunshine is their only source of vitamin D.



Vegans who don't get much exposure to sunlight need to supplement with vitamin D, especially during the winter or cloudy months. Good dietary sources include fortified soya, almond or rice milks, breakfast cereals and margarines (check the ingredients).

### Vitamin E

Along with vitamins A and C, vitamin E is an important antioxidant involved in fighting off disease and blood clotting. Good sources include vegetable oils, wholegrains, nuts, seeds and avocados.



"I train regularly in order to keep fit but also to strengthen the muscles in my leg. I sometimes wonder, if my diet wasn't vegan and didn't include the huge array of vital vitamins and minerals it does, whether I could have kept going in *Dancing With the Stars* and progressed as far as I did. I seriously doubt it!"

## Minerals

### Iron

Iron is vital for healthy red blood cells to carry oxygen to all parts of the body. Everyone should ensure a good supply of iron in their diet and women in particular, who lose iron each month during menstruation. The world's leading health advisory bodies agree that vegetarians are no more likely to suffer from iron-deficiency anaemia than meat eaters and research shows that vegans have the highest intake of iron of anyone.

Good sources include pulses, wholegrain products, molasses, green leafy vegetables, dried fruit, particularly apricots and figs, cocoa and pumpkin seeds. Vitamin C increases your absorption of iron (by a whopping four times) and is another reason why fresh vegetables and fruit are so important.

### Calcium

Calcium is vital for healthy bones, teeth and for good muscle function and there is virtually none in meat. Even though cow's milk contains calcium it also contains animal protein and animal protein from meat, dairy, fish and eggs can actually lead to calcium being lost from the bones. This is because they cause acidity in our blood and calcium is pulled out of our bones to neutralise this effect, weakening them and increasing the risk of the debilitating disease osteoporosis, where the bones become brittle and break easily.

It's one important reason why getting your calcium from plant foods rather than dairy

foods is healthier – dark green leafy vegetables, pulses, dried fruits, root veg (parsnips, swede, turnips), olives, some fruits eg dried figs and nuts and seeds, particularly almonds and sesame seeds (try tahini – sesame seed paste – used in hummus). The calcium in most green



leafy vegetables such as kale, broccoli and collard greens is easily absorbed as is the calcium in fortified soya milk. Spinach, Swiss chard and beet greens, on the other hand, contain a substance called oxalate which reduces absorption.

Many soya milks are fortified with calcium, vitamin D, and vitamin B12 and many orange juices also have calcium added (listed on the label).



"I hate the cruelty of factory farming. Cruelty in any area of life is bad enough but to animals, who have no voice, it's just disgusting. The growth promoters and antibiotics meted out to the animals every day in those places have helped to create superbugs which now seriously threaten our future."

### Magnesium

This mineral is present in all tissues, including bone, and helps to release energy from food, assists bone and tooth formation and muscle function. It is found in chlorophyll (the green pigment in plants), and so it follows that green leafy vegetables contain plenty. Grains and nuts are also a rich source and so eating a variety of foods, including at least five portions of fruit and vegetables a day and plenty of wholegrains, ensures you get all you need.

### Iodine

Iodine is needed for metabolism and thyroid function but too much can have the opposite effect and disrupt thyroid function. In the US, iodised salt is widely available and some green leafy vegetables contain it, how much depending upon the levels of iodine present in the soil where they were grown.



Sea vegetables can also contain iodine but again the quantity can be variable so it's best

to use seaweeds that are known to have a fairly consistent content, such as kelp (kombu) or hijiki. Adding small amounts of powdered or crumbled seaweed to soups and stews is a great way to get the iodine you need. Some products such as Vecon Vegetable Stock contain kelp (and so iodine); or, if concerned, you can buy kelp tablets from health stores.

## Phosphorus

This essential element is a vital component of all body cells which, along with calcium, is needed for strong bones and teeth and muscle function. Deficiency is rare as phosphate is plentiful in all plant foods.

## Potassium

Potassium is vital for maintaining fluid balance in the body. It's needed in many ways eg for muscle and nerve cell function, to produce energy, regulate blood pressure, maintaining proper calcium balance, keeping bones strong and for minimising the pressure-raising effects of a high sodium intake.

It is found in many plant foods, especially root vegetables and wholegrain cereals. Other good sources include orange juice, bananas, avocados and apricots.

## Zinc

Zinc is involved in a range of important functions including metabolism, digestion, wound healing and maintaining a healthy immune system. Good sources include legumes, savoury yeast flakes, nuts, seeds and wholegrain cereals. Pumpkin seeds provide an excellent source.

"Factory farming is cruel and dangerous and it's done by those who don't care enough about animals. People who eat meat don't know what they're putting into their bodies. It's extraordinary that we're all encouraged to fill ourselves with flesh and chemicals that cause so many diseases and farmers are actually subsidised for producing the stuff. But it's the way animals are treated that most horrifies me. Factory farming should be outlawed by all governments immediately."



## Selenium

A mineral important for red blood cell and liver function, it also acts as an antioxidant. Good sources include nuts, especially Brazil nuts, wholegrain foods (eg

wholewheat bread, oats, brown rice), garlic and vegetables. Like iodine, selenium content in foods depends upon how much was in the soil where they were grown.

So, now you know what you need and all that's left is to tell you just how much your body and mind will benefit from switching from meat and dairy to a healthy vegetarian or vegan diet.

## Look Good – Feel Great!

If your body is healthy and well nourished the evidence will radiate from your hair, skin, eyes and overall appearance. To look good and feel great, change to a vegan diet packed with fresh fruits, vegetables and wholegrains... it won't be long before your hair shines, your skin glows and your energy levels soar. But don't just take our word for it, let the science speak for itself.

### Skin

There are several reasons why a veggie diet is so good for skin. By cutting out meat, dairy and processed foods your saturated fat intake will fall but you still need some fats – good fats! Nuts (walnuts in particular), seeds (especially flax seed and hemp seed), soya beans and oils provide these 'good' fats and are excellent foods to make your skin glow.

Vitamin A protects the skin against dryness and premature aging and helps maintain good circulation and fights skin infections, which will give you a healthy glow! B vitamins (B for Beauty!) also play a crucial role in maintaining healthy skin and a deficiency can lead to dermatitis or eczema. Symptoms often disappear completely when B



# GET HEALTHY WITH



vitamins are added to the diet.

Vitamin C is essential for the production of collagen, the major component of connective tissue.

Collagen acts as a scaffold, providing the structure and support to stop skin from sagging and wrinkling. It also protects against dry skin and helps prevent lines, wrinkles and spider veins and at the same time helps wound healing and infection fighting.

Vitamin E helps prevent premature aging of the skin, protects against dry, dull skin, the formation of age spots whilst improving the circulation and helping scars to heal.

Antioxidants (vitamins A, C and E and selenium) work together to help protect skin and combat the signs of aging. The most colourful and bright vegetables and fruits tend to contain the highest quantities. Fortified margarines and spreads are good sources of essential fatty acids and vitamin A. Eat wholegrains, seeds and nuts for zinc, dried fruits, pulses, nuts and seeds for iron and wholegrains, bananas and nuts for selenium.

One of the most important ingredients for good skin is water – we're 70 per cent water so make sure you drink plenty (one to two litres per day – at least eight glasses). Your minimum of five portions of fruit and vegetables each day will also provide water so it makes sense to snack on them rather than cookies and chips!

## **Hair**

The average Western woman spends about a half an hour a day on her hair – longer than some take to cook dinner! What you eat is reflected in your hair and like the rest of your body, healthy hair needs the right nutrients in the right quantities.

For example, a lack of vitamin A can lead to dry, dull and lifeless hair whereas essential fatty acids can be used to combat dry, brittle hair and improve its texture.



Magnesium and calcium work together to promote healthy hair growth whilst vitamin E helps scalp circulation and, together with the B vitamins and zinc, may reduce hair loss. There is a very strong hereditary link with grey hair but some research suggests that the B vitamins can delay the greying process.

## Eyes

The claim that carrots help you see in the dark is based on the fact that carrots contain beta-carotene (vitamin A), an essential vitamin for healthy vision. It is particularly important to the rods of the eye – which help us to see in the dark! If you're lacking vitamin A, night blindness can be the result.

There is now plenty of evidence to show that some foods aid vision in other ways. A major US study found that antioxidants can slow down the development of age-related macular degeneration. Other research suggests that zinc has a similar effect. Vitamins C and E, on the other hand, may help to prevent or delay cataracts.

In summary, if you want to keep that twinkle in your eye eat plenty of wholegrains, nuts, seeds and fresh fruit and vegetables, particularly the brightly coloured ones!



"My hope is to continue to put the message out there and my excitement is that more and more people are going vegan.

Whenever anyone comes to my house and I cook, they taste all these great things and say they would love to eat that way every day. I simply say: 'Well you can, there's nothing stopping you!' And that's what this guide is all about!"

## Bones

The dairy industry has been telling us for years that cow's milk is necessary for strong bones. Some convincing scientific studies tell an entirely different story and that far from protecting, dairy can weaken bones and increase the risk of fractures.

American women are some of the biggest consumers of calcium in the world yet they have one of the highest levels of osteoporosis, a disease that makes bones brittle and prone to fracture. Research suggests that too much animal protein (such as meat and cheese) can upset the body's acid balance which it tries to neutralise by leaching calcium from the bones.

Other studies point to a high salt intake contributing to calcium loss – so beware of ‘hidden’ salt in processed foods. Phosphoric acid, used in carbonated sodas, can also increase calcium loss while other guilty parties include caffeine and smoking.

The evidence is fairly clear that the most critical factors in protecting bone health and preventing osteoporosis are weight-bearing exercise throughout life and adequate calcium and vitamin D intake. Weight-bearing exercise means climbing the stairs instead of taking the elevator, walking to the shops instead of driving, and of course dancing. Heather says dancing is a great way to exercise...

“To be on *Dancing with the Stars* was a dream come true – it meant I could raise thousands of pounds for animal awareness and Viva!’s campaigns, while doing something I love! Being vegan has boosted my energy and fitness and definitely helped me be able to do hours of training each day for the Show.”

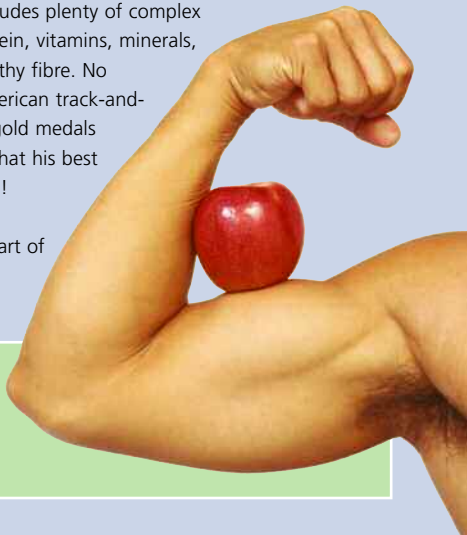


## Muscle

You don’t build muscle by eating muscle (meat) you do it with regular training and hard work – unfortunately there’s no magic bullet. The best muscle fuel is a wholegrain, plant-based diet that includes plenty of complex carbohydrates, ‘good’ fats, plant protein, vitamins, minerals, disease-busting antioxidants and healthy fibre. No surprise then that Carl Lewis, the American track-and-field athlete who won nine Olympic gold medals during the 1980s and 1990s, found that his best year was the first year he went vegan!

Don’t forget that eating well is only part of the equation; you have to exercise regularly, too!

“I lead a hectic life like many mums but try to exercise every day. It keeps my energy levels high along with my vegan diet.”





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ORGANIC



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Wholegrain, slow-release carbohydrates should be the primary source of energy for everyone. A good mix will contain plant protein, fats, vitamins and minerals to stay in good shape. The key is a range of different foods with enough calcium for good muscle function, iron to carry oxygen to the muscles and B vitamins that will help your body obtain the energy it needs from food. And drink plenty of water when exercising to prevent dehydrating.

### Energy

Complex carbohydrates are the key to energy and in combination ensure your supply of essential amino acids from which protein is built. Low levels of iron are often responsible for a lack of energy and feelings of weakness and fatigue and again it's worth remembering that vitamin C significantly improves iron absorption. A lack of zinc can lead to a loss of energy as it plays a vital role in so many biological functions. B vitamins are also important as they are essential for the release of energy from food.

### Heart

Vegetarians are 25 to 50 per cent less likely to die of heart disease than people

# GET HEALTHY WITH

who eat meat and it's thanks to the fact that they eat less of the bad stuff – saturated fat, hydrogenated and trans fats, cholesterol, salt, and refined carbohydrates – and more of the good stuff such as complex carbohydrates, plant protein, 'good' fats, vitamins and minerals. Research shows that soya protein lowers cholesterol, so include soya milk or tofu in your diet. Rice bran is also very effective (buy from health shops and sprinkle on breakfast cereals, add to soups and stews etc).

A typical Western diet, dominated by meat, eggs, dairy and processed foods, contains high levels of the bad stuff and low levels of the good stuff. A good vegan diet, on the other hand, is low in fat, high in fibre and is loaded with the foods that help control heart disease, lower cholesterol and blood pressure, and lead to weight loss of between six and 28 pounds!

Fibre lowers both blood pressure and cholesterol so really do make sure you eat at least five portions of fruit and vegetables a day (preferably eight portions). Their disease-busting antioxidants vitamins (A, C and E) will help your heart as well as protecting against cancer and other diseases.



Watch your weight!  
Losing just an inch or two from your waist can significantly lower your risk of heart disease and a vegan diet, coupled to regular exercise, can help shed those excess pounds! Follow the Vegetarian & Vegan Foundation's *V Plan Diet* – it does not restrict foods but shows you how to be slim by eating healthily for life. (For a copy contact VVF – see page 3.)

Homocysteine is an amino acid produced in the body which can cause heart problems at high levels. Folate and vitamins B6 and B12 can help reduce it.

High salt intake can increase blood pressure so use fresh herbs and spices to flavour your food and take that salt off the table! It won't be long before your taste buds adapt.

Smoking is a major cause of heart disease and stopping can half your risk in just one year. Too much alcohol is also a threat. Once you've got rid of those two and gone veggie, you have the recipe for a healthier, longer and fitter life.

### **Organs – Kidneys, Liver and Lungs**

Vegetarian and vegan diets benefit the whole body inside and out, including the kidneys, liver and lungs. Animal protein can overwork the kidneys and reduce their filtering abilities. It can cause calcium to be leached from the bones and excreted in the urine, causing even more stress. Because a vegetarian diet contains less animal protein it is less of a burden on the kidneys while a vegan diet, which contains no damaging animal protein at all, is the least stressful.

Switching from meat and dairy to a plant diet has been shown to benefit kidney disease.

The liver acts as a clearing house, collecting nutrients, removing waste and regulating the level of chemicals in the blood. It makes sense, then, that the liver will suffer from too many refined or processed foods and artificial chemicals.

Avoid too much saturated or damaged (hydrogenated and trans) fats and to give your liver a boost, make sure you drink plenty of water and eat fresh fruits and vegetables, unrefined wholegrain foods and a wide range of legumes. Even your lungs could benefit from changing your diet. Research shows that lung cancer rates are lower in vegetarians and although this may be partly because they are less likely to smoke, the protective effects of their diet can't be ignored.

### **Mood**

Heather benefits tremendously from having a positive outlook on life, even in tough times:

"I've found it best to show people how to go vegan by introducing them to great food – and cooking them a few tasty dishes. Most people subconsciously feel uneasy about eating animals and this helps them break the habit. Once they open their minds to being vegan they also open their eyes and ears and are ready to hear the horrifying truths."



The good news is you can improve your mood and eat your way to happiness by changing your diet. Omega-3 oils help stabilise mood and help prevent depression so include flax seeds and flax oil in your diet as well as walnuts. Increase your intake of fruits, vegetables, wholegrain foods, pulses (peas, beans and lentils), nuts and seeds to give you a boost of invigorating nutrients.

Studies show that people who suffer from depression often lack B vitamins, particularly folate, B1, B6 and B12. With the exception of B12, all these are available in abundance in many plant foods, including nuts, green leafy vegetables, savoury yeast flakes, pulses, bananas, avocados and mushrooms. B12 is in fortified foods such as soya milk, breakfast cereals and margarines.

Reduce your intake of refined, processed foods and saturated animal fat from meat and dairy. Avoid sugary snacks and



cut back on tea, coffee and alcohol. Tip – if you do drink – organic red wine is the way to go! Avoid smoking at all costs!

### Get Smart

Vegetarians were given a boost in the UK last year when a team of veggies won BBC TV's national *Test the Nation* IQ battle. And a study published in the *British Medical Journal* shows that intelligent children are more likely to be or become vegetarians later in life. Researchers found that people who are vegetarians by the age of 30 had an IQ five points higher than average when they were 10.

You wouldn't think you needed to be super-intelligent to reduce your risk of heart disease, hypertension, obesity, diabetes, various cancers, diverticular disease, bowel disorders, gallstones, kidney stones and osteoporosis! That's what vegans do so draw your own conclusions – it's not rocket science!

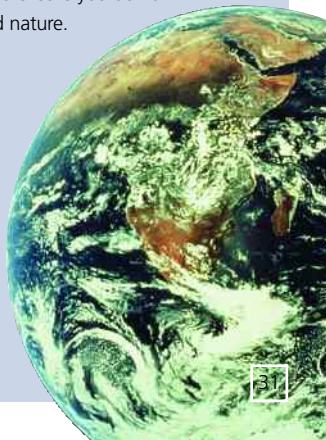
### Teeth

There are things you can do to maintain a healthy smile! In the presence of sugar, bacteria in the mouth produce acid which can damage teeth and the more frequently they're exposed to sugary foods, the more likely tooth decay is to happen.

Swap chewy and sticky snacks for healthier nuts, seeds and vegetable sticks. Limit sugary drinks – water is far more thirst quenching. Low intakes of vitamins B2, D, and B12 may increase dental decay but gum disease can be just as harmful for your teeth as tooth decay. Vitamin C helps prevent gums bleeding so ensure you don't go short. Before long, healthy eating will become second nature.

## Save the World, Too!

The World Health Organisation, American Dietetic Association and British Medical Association all agree that vegetarian and vegan diets can lead to good health. They can also help bring an end to the horrors of factory farming, stop the onslaught of fishing that is destroying the world's oceans, offer hope to the world's most impoverished people and start the environment on the road to recovery. Save yourself and the planet by going vegan!



## Easy Ways to Veganise Your Meals

**New for Old.** Many familiar dishes such as Spaghetti Bolognese, Chilli, stir-fries, pancakes, cakes... can easily be made vegan. Check out Viva!'s *Martin Shaw Cooks Veggie* guide for lots of ideas (free online at [www.viva.org.uk](http://www.viva.org.uk) or £1.50 from Viva! – 0117 944 1000).

**Favourites.** Most people have between five and 10 dishes that they cook regularly, and vegans are no different. You don't need to learn a whole bookful of new recipes! Broaden your repertoire gradually.

**Eggs Away!** Tofu is a great replacement – the silken variety is particularly good for sauces, quiches and desserts such as mousse or cheesecake. Firmer varieties are better for stir-fries and Tofu Mayo Salad (vegan equivalent of Chicken Mayo!). Cauldron brand's deep-fried tofu pieces are lovely in stews, pasta dishes and stir-fries. Smoked tofu is good raw in salads, sandwiches/wraps or tomato pasta sauces – or just oven-baked or fried to add to anything savoury.

If one of your favourite old recipes calls for meat or fish, just substitute cooked tofu – plain, smoked or marinated. For more know-how, see Viva!'s guide *How to be Dairy-free* – at [viva.org.uk](http://viva.org.uk) or as a free booklet from Viva! – call 0117 944 1000.



**Saucy!** For those frantic nights when time is really short, sauces are a great way to bring a quick and tasty meal together. See pages 39-41 for some quick and easy sauces.

**Ready-mades.** There are plenty of veggie-friendly sauces around – Indian, Italian, Chinese, Thai, Mexican. Meridian and



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Seeds of Change are good brands. Add vegetables, grains, pasta, tofu, tempeh, pulses as you like.

**Chill Out!** It's almost as quick to cook a bit extra, then freeze the leftovers in portions. Curries, soups, stews, pasta sauces all freeze well.

**Feel the Pulse...** Adding cooked pulses to soups, stews, curries and pasta sauces gives an instant protein and fibre boost, as well as providing calcium, iron and zinc. Available dried (cook in bulk and freeze) or in handy tins. Experiment with whole lentils, chickpeas, pinto beans, white beans...

**Seeds of Health.** Plant-based sources of omega-3s are safer and kinder than fish oils, which are often highly polluted. Store raw seeds (in an air-tight container) or oils in the fridge. Linseeds (flax seeds) can be ground up a little at a time in a blender – 1½ tbsp on your breakfast cereal will keep you fighting fit! And have linseed (flax seed) or hemp seed oil – 1 teaspoon per day. These oils are also great in salad dressing. Other nuts and seeds are gorgeous on their own as snacks or else sprinkled in salads.

# VEGANISER CHART

## Traditional Breakfast

Cereal with milk and fruit served with orange juice

Scrambled eggs, toast, sausage, cup of tea

Bacon sandwich

Pancakes and Maple Syrup

## Traditional Lunch

Chicken sandwich with lettuce, tomato & mayo;  
yogurt; crisps

Chicken soup, bread, green salad & vinaigrette

Burger and chips

Sausage sandwich

## Traditional Dinner

Grilled salmon, boiled new potatoes with butter;  
asparagus with parmesan cheese

Spaghetti Bolognese with garlic bread

Quiche Lorraine, chips with salad

Chicken Chow Mein

Chilli Con Carne

Bangers & Mash

Baked potato with ham & cheese

## Veganised Breakfast

Cereal with soya (or other non-dairy) milk

**Scrambled Tofu** (see page 60), wholemeal  
toast with soya milk

Veggie Rashers sandwich – Redwood brand

**Pancakes with Maple Syrup or Fruit**

## Veganised Lunch

Smoked tofu or hummus sandwich with  
wholemeal bread, veggie mayo, tomato, onion,  
fruity soya yoghurt; piece of fruit

Vegetable soup or minestrone, bread, green  
salad with olive oil dressing

Veggie burger in a wholemeal roll, chutney,  
wholemeal bread, tomato, onion, lettuce,  
of salad

Veggie sausage sandwich on wholemeal bread

## Veganised Dinner

Grilled mushrooms (use the big open ones),  
new potatoes with basil and black olive oil  
dressing, green salad, tomato, onion, garlic  
and delicious nutritional yeast flakes

Veggie Bolognese (substitute frozen veggie  
mince), wholemeal crusty bread and green salad

**Red Onion & Thyme Tart**, baked potato  
with green salad (see page 42)

**Tofu Vegetable Stir-fry & Peanut Sauce**

Chilli Non Carne (substitute frozen veggie  
mince), guacamole, rice and salad

Bangers & Mash – vegan sausages, mashed  
potatoes, instant gravy, Bisto Onion Gravy  
Granules

Or try our **Ultimate Gravy** (see page 42)  
Baked potato with chopped cooked veggie  
mince

ilk and fruit served with orange juice  
neal toast, veggie sausage, cup of tea  
brand sold in health stores

'n' Nuts (see page 38)

n lettuce, tomato & vegan mayo;

green salad with flax seed or

ney and vegan mayo with extra portion

al bread, tomato/brown sauce and salad

nes) drizzled with olive oil, garlic and shoyu, boiled  
pepper, grilled asparagus with a drizzle of olive oil  
s (Marigold Engevita, sold in health stores)  
ggie mince or whole lentils for meat). Serve with

to or low-fat potato wedges with salad

uce with Egg-free Noodles (see page 43)

ggie mince or whole lentils for meat), avocado dip

sh potatoes creamed with vegan spread and non-dairy milk; steamed greens and gravy. If using  
granules and Oxo Onion or Vegetable Gravy Granules are all vegan, as is the Co-op's Gravy Mix.  
(see page 41)!

thers/Cheatin' Ham & Redwood Cheezly Melting 'Cheddar' with mixed salad



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*Viva!*

**BE A REAL HERO:  
SAVE ANIMALS, SAVE  
THE ENVIRONMENT  
AND SAVE YOUR  
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# BECAUSE BEING A MAN MEANS MORE THAN HAVING MEAT AND TWO VEG

Men and women rejoice; being veggie is about enjoying the best things in life and there's plenty of passion in the compassionate. As shown by gold medal winning athletes, academics, popstars and gorgeous models alike, an animal free diet is perfect for the animals, the environment and your health.

Factory farming abuses animals on a massive scale and is destroying the planet, which is why Viva! is doing all it can to end it. With your support, we can be even more effective.



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## Pancakes with Maple Syrup or Fruit 'n' Nuts

Makes approximately 8. Takes 5 minutes to make batter plus frying time

175ml (6fl oz) soya milk

175ml (6fl oz) water

175g (6oz) plain flour

2 *tbsp chickpea flour*

1 *tsp baking powder*

1 *tbsp sunflower oil*

*Pinch of salt*

*Additional oil for frying*

Serving suggestion: dribble with maple/date syrup or fruit coulis; sprinkle with chopped fresh fruit and nuts or squeeze lemon juice over. Yum!

1. Place all of the ingredients, except the oil for frying, in a blender and blend until smooth. Alternatively, whisk by hand until there are no lumps.
2. Heat a small amount of oil in a frying pan until piping hot. Drain off any excess.
3. Pour enough of the batter mixture in to the frying pan to thinly cover the bottom.
4. Fry on one side for about a minute. Loosen the edges with a spatula and flip.
5. Fry the flip side for another minute or until done.
6. Remove from pan and keep warm in the oven on its lowest setting.
7. Add more oil to the pan if and when necessary. Repeat steps 3 to 6 until all of the mixture is used up.

Serve drizzled with maple syrup, fruit coulis or a dash of lemon juice.

Alternatively, pancakes are great with a savoury filling – just prior to cooking add a pinch or two of mixed herbs plus lots of black pepper to the mix. When cooked, add your favourite fillings: good with cooked mushrooms, spinach and garlic... experiment!



## Mustard Peanut Sauce

Serves 4-6. Takes 5 minutes

Incredibly quick and easy. Gently warm through and drizzle over steamed vegetables and grains – or use cold as a salad dressing. The parsley gives it a green rather than yellow mustard colour!

*½ cup smooth peanut butter*

*2 tbsp fresh lemon juice*

*1 tbsp prepared English mustard*

*Large handful of parsley (curly or flat-leaf), thick stalks removed*

*2 tbsp water*

*A dash of natural sweetener such as maple, date or agave syrup*

*1 small clove garlic, crushed*

*Pinch salt*

1. Combine all ingredients and whizz everything up until smooth.

## Cheezy Sauce

Serves 4-6. Takes 5 minutes

This vegan version of cheese sauce goes well with macaroni, potatoes and greens, baked potatoes... and there are two other variations below.

*½ cup water*

*6 tbsp tahini (or try lower fat version – see below)*

*2 tbsp nutritional yeast flakes*

*1 tbsp fresh lemon juice*

*2 tbsp chopped onions, finely chopped (shallots or red best) – one medium-large shallot equivalent to 2 tbsp chopped*

*2 tbsp light miso (available from Oriental stores or health food shops)*

1. Combine all ingredients and whizz until smooth.
2. For a lower fat version, reduce tahini to 2 tbsp and add ½ cup silken tofu.
3. For a smokey flavour, add a pinch of smoked paprika (available in big supermarkets, delis or health shops). Warm gently to serve.



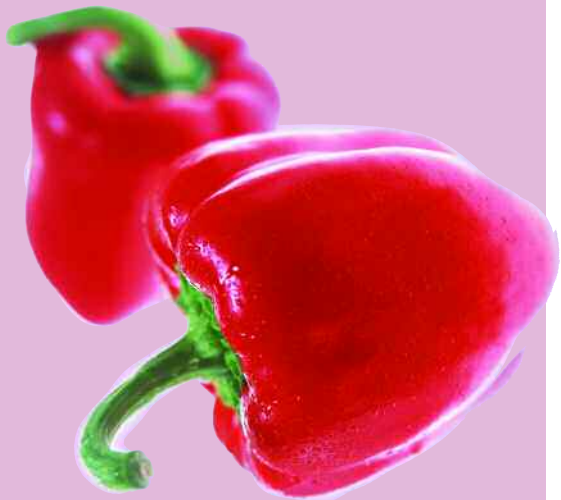
## Roasted Red Pepper & Pine Nut Sauce

Serves 4-6. Takes 5-7 minutes

Good warmed through and spooned on pasta, rice, green or mixed vegetables, fried tempeh strips, baked tofu...

- |   |   |
|---|---|
| <i>1 cup/½ jar roasted red peppers<br/>(available in jars from supermarkets,<br/>delis and health stores)</i>                   | <i>2 tbsp pine nuts, lightly pan-roasted</i>      |
| <i>3 tbsp extra virgin olive oil (reduce if<br/>you are watching your fat intake –<br/>add a little water or stock instead)</i> | <i>1 tbsp balsamic vinegar</i>                    |
|   | <i>1 tsp dried basil</i>                          |
|   | <i>1 tsp crushed garlic (about 1 small clove)</i> |
|   | <i>½ tsp salt</i>                                 |
|   | <i>Pinch ground allspice</i>                      |

1. Roast pine nuts: place them in a non-stick frying pan over a medium heat. Stir constantly until they are golden brown – don't take your eye off them as they burn easily!
2. Remove immediately from pan so they don't stick.
3. Grind pine nuts.
4. Blend all ingredients, including the pine nuts, until creamy and smooth.





## The Ultimate Gravy

Makes 750ml/1½ pts. Takes 20-30 minutes, including simmering time  
Is it a sauce, is it a gravy? Full of savoury oomph, as well as easy-peasy! It also freezes well.

<i>4 tbsp wholemeal flour</i>	<i>2 pinches ground cumin</i>
<i>600ml/1pt water or unsalted stock (water from cooked vegetables is good)</i>	<i>2 pinches paprika</i>
<i>1 tbsp olive oil</i>	<i>Pinch dried rosemary</i>
<i>1 medium onion, quartered &amp; thinly sliced</i>	<i>Pinch dried thyme</i>
<i>2 tsp black mustard seeds</i>	<i>Pinch dried oregano</i>
<i>3 cloves garlic, crushed</i>	<i>Pinch dried coriander</i>
<i>1 tin chickpeas or 300g/11oz cooked (white haricot beans also good)</i>	<i>3 tbsp soy sauce</i>
	<i>Juice 1 lemon</i>
	<i>4 tbsp nutritional yeast flakes (Marigold Engevita from health stores)</i>

1. Mix the flour with water until the flour is dissolved.
2. Heat a large frying pan over a medium heat. Add the olive oil and heat for 20 seconds.
3. Add the onions and mustard seeds and cook for 10 mins, stirring occasionally until the onions are browned and the mustard seeds are toasted.
4. Add the garlic and sauté for 2 minutes.
5. Add the chickpeas, and mash them lightly to break them up (not to a paste).
6. Add the herbs, spices, soy sauce and lemon juice. Stir well.
7. Reduce the heat, and add the flour mixture. Stir until a thick gravy forms.
8. Cook for 5-10 minutes on a low heat, stirring occasionally.
9. Add the yeast flakes. If the gravy is too thick and pasty, add more water/stock and mix well.

## Red Onion & Thyme Tart

Serves 4-6. Takes 25 minutes to make and 30 minutes to bake

We've used frozen pastry – but feel free to make your own!

### Filling

25ml/1½ tbs olive oil

3 medium red onions, finely sliced

5ml/1 tsp dried thyme

A dash of natural sweetener such as  
maple, agave or date syrup

130g/3½oz soft silken tofu

150ml/½pt/½cup soya cream

15ml/1tbsp Dijon mustard

Salt and freshly ground black pepper

### Pastry

1 packet frozen shortcrust pastry, defrosted  
according to packet instructions

1. Preheat oven to 200°C/400°F/Gas Mark 6.
2. Roll pastry out to fit a fluted 23cm/9in loose-bottomed quiche tin.
3. Prick pastry base with fork and line with greaseproof paper so the paper covers all the pastry.
4. Place a handful of dried beans on top of the pastry – they weigh down the paper. This method (sometimes called 'blind baking'), allows the pastry to partially cook before you add the filling – it stops the pastry from becoming too soggy!
5. Cook in the oven for 10 minutes until lightly golden.
6. Meanwhile, heat oil in a large heavy based frying pan. Sweat onions over a low heat for 20 minutes until very soft and translucent, stirring often.
7. Remember to remove pastry from oven after 10 minutes! Remove the paper and beans. (You can reuse the beans indefinitely for pastry cooking.)
8. Stir in thyme, sweetener and seasoning and cook for a further 5 minutes until caramelised.
9. Set aside and leave to cool slightly.
10. Blend silken tofu, soya cream, Dijon mustard and seasoning until smooth and creamy.
11. Spoon the onion mixture into the partially cooked pastry base.
12. Spoon over tofu mixture and smooth with a knife.
13. Bake for 30 minutes until golden and set.

## Tofu Vegetable Stir-fry & Peanut Sauce

Serves 2. Takes 10 minutes to make and 5 minutes to cook

125g/4oz Chinese rice noodles  
 2 tsp toasted sesame oil  
 6 spring onions, sliced  
 100g/3½oz baby sweetcorn, halved  
 100g/3½oz mange tout, halved  
 100g/3½oz oriental greens such as bok choy or Chinese leaves, shredded  
 Large handful of Cauldron marinated tofu pieces

### Stir-fry sauce

1 tbsp smooth peanut butter  
 1 tbsp soy sauce  
 1 tbsp sherry  
 1 tbsp rice vinegar  
 1 garlic clove, crushed  
 Dash of natural sweetener: maple, date or agave syrup

1. Place rice noodles in a large bowl, cover with boiling water and leave for 4 minutes, or according to packet instructions.
2. Meanwhile, make stir-fry sauce by mixing together all ingredients in a small bowl. Set aside.
3. Heat sesame oil in a large saucepan or wok, add prepared vegetables and stir-fry for 2 minutes.
4. Meanwhile, drain noodles in a colander; then add to vegetables, together with stir-fry sauce.
5. Stir-fry for about 2 minutes, until everything is mixed and heat through – you have to stir quite firmly to integrate tangle of noodles with sauce and vegetables.
6. Serve at once.



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## Watercress, Avocado & Walnut Salad

Serves 2 as a starter, 4 as a side salad. Takes 12 minutes in total – salad prepared while walnuts roasting in oven

For a more filling meal, add cooked wholegrains (eg brown rice or quinoa) and pulses. Cooked white haricot beans or whole lentils are particularly good.

### The Salad

*Bunch of watercress, washed, trimmed and dried*

*½ a small Cos or other lettuce (not Iceberg) the outer leaves discarded, inner leaves torn up*

*10 or 12 ripe cherry tomatoes, washed, dried and halved*

*1 large ripe avocado*

*Small handful of roasted, chopped walnuts*

### The Dressing

*2 tbs olive oil*

*1½ tbs balsamic vinegar*

*Salt and freshly ground black pepper*

1. Preheat oven to 180°/350°/Gas Mark 4.
2. Roast the walnuts whole on the middle shelf of oven for 9-12 minutes.
3. Chop when cooked.
4. Meanwhile, put the watercress, lettuce and tomatoes in a salad bowl.
5. Make the dressing by shaking the ingredients together in a screw-top jar.
6. Peel and dice the avocado. Cut it in half and remove the stone then peel skin by hand or with a small knife before cutting into chunks.
7. Add the avocado chunks to the salad.
8. If adding grains/pulses, add these now.
9. Toss everything together with the dressing.
10. Scatter the roasted walnuts over the salad and serve immediately.

## Pasta with Asparagus, Sun dried Tomatoes and Pesto

Serves 3-4. Takes 15 minutes

The quickest and yummiest pasta recipe ever – good served with the salad recipe on page 44.

*1 bunch fresh asparagus chopped into 3cm pieces or 1 tin asparagus, drained and chopped*

*250g fusilli spirals or other pasta such as penne*

*½ pack of moist sun dried tomatoes chopped into bite-sized pieces with scissors*

*4 large garlic cloves, finely chopped (crushing them doesn't work so well as they tend to stick together in a lump)*

*2 tbsp extra virgin olive oil*

*200g jar vegan pesto such as Zip or Motherhemp*

*Handful of fresh, chopped coriander or couple of pinches mixed herbs such as tarragon and oregano*

1. Cook pasta in a pan of boiling salted water according to packet instructions.
2. Meanwhile, if using fresh asparagus, steam gently for about 3-5 minutes.
3. Test to see if it's done – cook another minute or so if not. Keep warm.
4. When the pasta is cooked, drain and keep warm.
5. In a small pan, heat the olive oil, add chopped garlic and fry gently until lightly browned.
6. Add oil and garlic to pasta and mix thoroughly.
7. Add the sun dried tomatoes to the pasta together with cooked asparagus, pesto, herbs – mix in well.
8. Add salt, ground black pepper and a little more olive oil if liked.

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## Summer Compôte

Serves 6. Takes 7-12 minutes

1kg mixed summer fruits  
(eg strawberries/  
raspberries/  
blackberries/  
blackcurrants/  
redcurrants) – frozen  
fruits can be used

2-3 *tblsp* natural sweetener  
(eg maple syrup,  
date syrup)

2 *tblsp* water

5cm stick cinnamon



1. Remove stems/stalks and wash fruit.
2. Place water and syrup in large saucepan, bring to boil and dissolve syrup.
3. Add fruit, turning very gently so they don't break up.
4. Add cinnamon stick.
5. Simmer for 5-10 minutes until lightly cooked.
6. Allow to cool, remove cinnamon stick and turn into a serving dish.
7. Refrigerate until needed.
8. Serve with soya cream, soya yoghurt or cashew cream (recipe below).

## Cashew Cream

180g cashew pieces, unsalted

125ml fruit juice (apple works well)

A little natural sweetener such as maple, date or agave syrup if desired

1. Grind cashews into a fine powder.
2. Blend nut powder with fruit juice, adding more liquid if necessary.
3. Add sweetener if necessary.
4. Store in a screwtop jar in fridge until needed.

## Celebration Cake

Serves 8 slices. Takes 5-7 minutes to make and 30 minutes to bake

### Wet ingredients

240ml/1 cup soya milk  
 180ml/½ cup maple, agave or date syrup  
 1 medium or 2 small bananas, mashed  
 80ml/⅓ cup sunflower or other plain oil  
 2 tsp vanilla extract  
 2 tsp cider vinegar

### Dry ingredients

2 cups fine wholemeal flour  
 1 level tbsp baking powder  
 Pinch salt

### Filling

Jam of your choice – eg blackberry or apricot  
 Provamel Vanilla Soya Dessert

1. Preheat oven to 180°C/350°F/Gas Mark 4. (If using a fan-assisted oven, see maker's instructions and alter time/temperature accordingly.)
2. Lightly oil or spray 2 shallow 9 inch cake tins. Loose-bottomed or spring form are best.
3. Place wet ingredients in a blender or food processor and process until smooth.
4. Place dry ingredients in a large mixing bowl and stir them together.
5. Pour wet ingredients into dry ingredients and beat well, using a wire whisk or electric beater to make a smooth batter.
6. Pour batter equally into the prepared cake tins.
7. Shake pans back and forth to even out batter, then tap on a work surface to rid the batter of any air pockets.
8. Bake for about 25-30 minutes (less if in a fan-assisted oven), until a skewer inserted in the centre of each cake comes out clean. You may have to swap oven racks to ensure that each cake is cooked evenly.
9. Remove cake tins from oven and allow to cool for 10 minutes.
10. Gently turn them out of the tins – a long spatula is handy for this – and allow to cool completely.
11. While cakes are cooling, get the filling of your choice ready.
12. If using our filling suggestion, spread jam on each half of cake, then the Soya Dessert.
13. Put the two halves together, slice the cake and serve.

# POP TO THE SHOPS – TIPS FOR NEW VEGANS

It's never been easier to eat healthily – even for busy mums-cum-dancing stars such as Heather!

“But what do vegans eat?” “I don't like healthy foods.” “Health foods are too expensive and hard to find.” These familiar trills are a favourite among vegetarians and vegans because they're easy to answer. A trip to your local supermarket can uncover tons of goodies; pay particular attention to the 'special diets' (yes, you're special!), free-from and organic aisles to find your favourite foods minus the gluten, dairy, eggs, sugar and GM. Health food shops – chains such as Holland & Barrett as well as independents – can be found on most highstreets and contain a plethora of products (if they haven't got something you fancy in stock, just ask and they'll usually order products for you). OK, you will miss out on some things – but who wants a mouthful of saturated fat, cholesterol, damaging animal protein and pus?!

## First Steps

When you're going meat and dairy-free, you might find it helps to initially replace some products you love with animal-less versions. (See the *Veganiser Chart* on page 35 to start you off.) For almost every meat and dairy dish there is a vegan alternative – just as tasty but healthier and cruelty free.

## 'Meat'

For breakfast make porridge from organic oats and non-dairy milk (see page 51) or try one of the many wholegrain cereals available. But if you can't live without a bacon butty or a full English, you won't need to. From 'sausages' and burgers to 'bacon', vegan alternatives are easy to find.

- Redwood Foods make a range of Cheatin' sliced meats such as bacon rashers, ham and turkey, perfect for sandwiches (with HP sauce or Branston pickle) and chicken style pieces. Their roasts are ideal for Sunday dinner – enjoy with Bisto vegetarian onion gravy granules (or see our recipe on page 41). Their TVP mince is perfect for spag bols or chillis. Available by mailorder from [www.redwoodfoods.co.uk](http://www.redwoodfoods.co.uk) or tel 01536 400557; also in some supermarkets and health food shops.



# Delicious Vegan Products...

...from a truly independent company



# Plamil



Plamil® - the 'Dairy Free' name you can trust.

[www.plamilfoods.co.uk](http://www.plamilfoods.co.uk)



available from: Health food stores and selected items in Holland and Barrett, Tesco, Asda, Morrisons, Waitrose or order on our website.

- Fry's also produce a range of vegan meat-less meats, including hot dogs, schnitzels, polony, sausages, nuggets and burgers. Go to [www.beanieshealthfoods.co.uk](http://www.beanieshealthfoods.co.uk) or call 01489 574593 to order online or for a list of retailers.
- VeggieMaster vegan chicken breasts, nuggets and their chicken chunks can be found in health food shops and Fresh & Wild.
- Swap beef mince for Realeat vegemince in many a dish (in the freezer section at Co-op, Tesco, Sainsbury's, Waitrose, Holland & Barrett and health food shops).
- Oasis organic tofuburgers (including apple & raisin and beetroot & walnut flavours), sausoyges, (original, sundried tomato and smoky flavours) (buy online at [www.naturemade.co.uk](http://www.naturemade.co.uk)).
- Goodlife spicy bean quarterpounders, butternut squash roast and nut cutlets (available at Sainsbury's, some at Waitrose and health food shops).
- Cauldron Foods' organic carrot, peanut & onion burgers and spicy bean burgers. Found in most big supermarkets and health food shops.
- Linda McCartney's renowned sausages, sausage rolls and deep-filled country pies have been keeping both veggies, vegans and meat-eaters satisfied for years. Can be found in all supermarkets and health food shops.
- Holland & Barrett stock a variety of pasties, 'sausage' rolls (made from sosmix – vegetable protein) and even pork-less pork pies! You can find similar products in other, independent health food shops – just head for the chilled cabinet. You can buy boxes of Direct Foods sosmix and burgamix from health food shops where you just add water to create your own.
- Harvest Direct veggie ribs mix are great for the BBQ and their easy-to-prepare soya chicken breasts can be grilled, baked, breaded or fried (buy online at [www.veganstore.co.uk](http://www.veganstore.co.uk)).
- If you're a fan of Chinese food, mock duck (made from wheat gluten) is a culinary dream. Buy it in tins from large supermarkets, health food shops and if you're lucky, down your local takeaway.
- MacSween's vegetarian haggis, proper Scottish and made from beans, vegetables and nuts, is alarmingly tasty and filling. Available in some health food shops.

## 'Fish'

- There's nothing fishy about the range of fish-less dishes from Redwood Foods, including 'fish' fingers, 'scampi' pieces, 'salmon' pate, Thai 'fish cakes', 'tuna' and 'fish' steaks. They don't contain hydrogenated fats, artificial colours or

preservatives or GMOs – nor PCBs and dioxin now present in all sea creatures due to pollution. Available online (see page 48) and from health food shops.

- VeggieMaster vegan fish-free steaks and Realeat fishless fish cakes – both in health food shops and fabulous with oven chips and peas!

For a fishy twist to any dish sprinkle on nori flakes – in the Chinese section of big supermarkets, Chinese shops and health food stores. They're a great source of iodine too. You can make vegan sushi using nori sheets and rice; check out the cookbook *Japanese Cooking: Contemporary and Traditional*, available from Viva! ([www.viva.org.uk/shop](http://www.viva.org.uk/shop) or call 0117 944 1000). Or visit our online, international recipe resource: [www.viva.org.uk/recipes/80ways](http://www.viva.org.uk/recipes/80ways).

Don't believe what you read in the papers: you don't need to eat oily fish to feel good. Omega-3 is important for heart and brain health and you can get it in abundance from flax seed, rapeseed and soya oils, nuts, particularly walnuts, and green leafy vegetables – all of which can be found easily.

## 'Milk', 'Cream' and 'Ice Cream'

Cow's milk is neither natural or healthy and is linked to an array of health conditions. Soya milk, made from soya beans and water, is widely available in a variety of flavours: sweetened (normally with apple juice), unsweetened, chocolate, vanilla, banana and strawberry. Everyone's tastebuds vary so try different brands, perhaps starting with Alpro (or your supermarket's own brand which are usually about 60p per litre), until you find one you like. Sweetened tastes very different from unsweetened – so try both. They're all high in calcium (and many contain vitamin B12 – check the label) and are low in fat, available as organic as well as being great in drinks, on cereals and in cooking.



# GET HEALTHY WITH

In coffee, soya milk sometimes curdles – but don't be disheartened. Try...

- warming the milk and pour it in over the back of a spoon.
- using a wide-brimmed cup or mug and pouring the milk in fast.
- fresh soya milk, instead of the UHT packs.

Or most mainstream coffee shops, such as Starbucks, Costa, Caffe Nero and independents too, offer soya milk now so treat yourself to a full-froth soya latte made by someone else! It doesn't curdle and is soya milk at its best!

Other non-dairy milks include oat, rice, hazelnut, quinoa and almond (try the Ecomil range) – available from health food shops and, increasingly, large supermarkets. Each are very tasty and versatile.

Alpro also produce Soya Dream single cream, dairy-free custard and soya yogurts and Soya Too make whipping cream and squirty cream, some can be found in the supermarket's 'special diets' section but all are available in health food shops. Buy the squirty cream from Viva! (see page 3).

Vegan ice creams are utterly convincing to even the most refined palate! Decadent and delicious and yet free from animal fat and cholesterol!



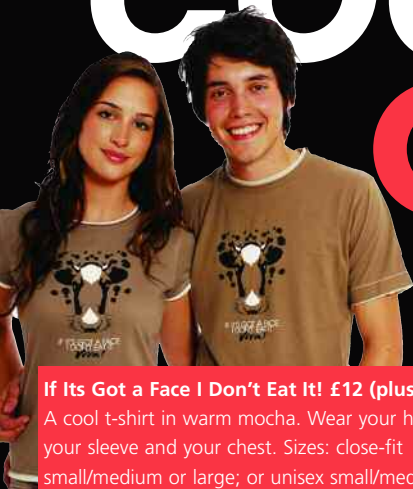
- Swedish Glace (in most supermarkets as well as health food shops) including vanilla, raspberry, strawberry, chocolate and caramel flavours. Their Magnum-style lollies are the perfect summer cool-down and can be found in the freezer section of Holland & Barrett and other health food shops.
- Tofutti's organic chocolate, vanilla, strawberry, mango & passion fruit and better pecan flavours plus their Rock 'n' Roll – a vegan Vienetta! (Health food shops.)
- First Glace oat supreme. Made from oats and in creamy vanilla and strawberry flavours. (Also in health food shops.)
- Mother Hemp – made from creamy hemp seed milk in vanilla, strawberry and mint choc chip flavour (health food shops).
- B'Nice. Available through Beanie's Health Foods (see page 50) and made from rice. Free from gluten, hydrogenated fats and GM ingredients. Vanilla, chocolate, strawberry and mint varieties with more flavours on the way!

## 'Cheese' & Chocolate

No other foods evoke as much commitment than these – but again, you don't have to do without.

- Redwood's Melting Cheezly (from health food shops, some varieties are in Waitrose and Tesco, or direct from Redwood – see page 48) comes in blocks and slices in mozzarella, cheddar, gouda and edam flavours and is great for pizzas or baked potatoes.
- There's also Sheese (found in health food shops), hard cheese free from hydrogenated fat and in the following flavours: blue, cheddar & chives, Cheshire, edam, gouda, mozzarella and cheddar. There's also soft creamy Sheese: garlic & herbs, cheddar style, Mexican style, chives and original. Stir into pasta dishes, let it melt on your baked potato or spread on bread.
- Tofutti 'cheddar' and 'mozzarella' cheese slices make for quick toasted sandwiches (in health food shops).
- Florentino Parmezano is a mock parmesan that's perfect to sprinkle on pasta dishes and available in most big supermarkets in the deli or Italian sections.
- Dairy-free cream cheese is unbelievably scrumptious and comes in many flavours (all available in health food shops): Tofutti – plain, French onion, garlic & herb, herbs & chive; Redwood – sour cream & chive, garlic & herb. Delicious on a warm bagel and you can even use the plain type when making decadent vegan cheesecake!

# COOL TO CARE!



Order online at [www.viva.org.uk](http://www.viva.org.uk) or call 0117 944 1000 Mon-Fri 9am-6pm.

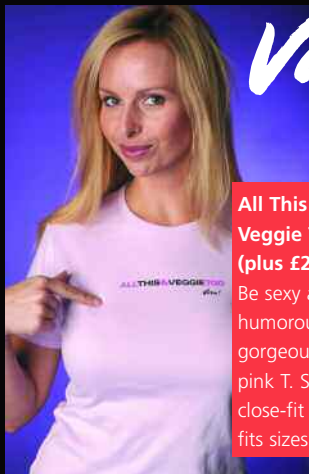
*"Buying from Viva! helps save animals!"*

Heather Mills

**If Its Got a Face I Don't Eat It! £12 (plus £2 p&p)**

A cool t-shirt in warm mocha. Wear your heart on your sleeve and your chest. Sizes: close-fit small/medium or large; or unisex small/medium/large

## Viva!



**All This and Veggie Too! £11 (plus £2 p&p)**

Be sexy and humorous in this gorgeous dusky pink T. Sizes: close-fit (one size – fits sizes 10 to 16)

For more fun and fashionable Ts and belts, stickers, toys, mugs, a wealth of cookery books and lots of vegan chocolates, see our free catalogue, *Gifts for Life*, by calling 0117 944 1000 or [www.viva.org.uk/shop](http://www.viva.org.uk/shop)

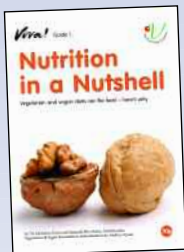


**Respect Life, £11 (plus £2 p&p)**

The cute piglet on this cool t-shirt is guaranteed to make anyone squeal with delight!

Sizes: blue women's fit in medium (fits 8-12) or large (fits 14-16)

# Guides to Everything Veggie!



**Nutrition in a Nutshell** – 70p  
By Dr Christine Fenn  
(Doctor of Nutrition)  
and edited by Amanda  
Woodvine, VVF.



**Your Health in Your Hands** – £1 –  
*updated 2007*  
Easy to read overview  
of how diet affects our health.



**Martin Shaw Cooks Veggie** – £1  
Full colour guide to  
delicious vegan recipes.  
Ideal for cooks new  
and old.



**A Matter of Life and Death** – £1  
By Viva!'s director, Juliet  
Gellatley.  
The truth behind modern  
farming and slaughter.  
Colour throughout.



**L-Plate Vegan** – £1  
Not a recipe book but a  
shopping guide to quick  
lunches, evening meals  
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**ALL SEVEN  
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ONLY £5.00!!!  
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**How to be Dairy-Free** – £1  
Fantastically helpful and  
friendly guide, with 36 pages  
of practical advice and  
inspirational, easy recipes.

To order: send name, address, name of guide, quantity and payment (payable to Viva!) to:  
GHH Guides, Viva!, 8 York Court, Wilder St, Bristol BS2 8QH.  
Order by phone (Mon-Fri, 9am-6pm) on 0117 944 1000 (quote 'GHH Offer').

**Viva!**

- For a quick, tasty cheese sauce – without the cheese! – try Free & Easy cheese flavour sauce mix. Available from Morrisons, Holland & Barrett or online at [www.veganstore.co.uk](http://www.veganstore.co.uk) (a great online store selling all-things vegan).

Chocolate is made from cocoa beans and although milk chocolate contains milk (shock!), plain may be vegan. High quality bars with 70 per cent cocoa solids and no dairy (such as Green & Blacks or Lindt) not only taste amazing but are a good source of iron (in moderation)! If you like it less rich look for products with vanilla in the ingredients for a softer, sweeter sensation, such as Divine's fair trade dark chocolate (they also do one with crispy mint pieces – see [www.viva.org.uk/shop](http://www.viva.org.uk/shop)).

Creamier options include: Fry's chocolate crèmes – widely available; Tesco's free from chocolate bar; Organica fair trade white chocolate (just like a milky bar) and couverture bar (a vegan Galaxy!) – both available from the Vegetarian & Vegan Foundation (see page 3); Lyme Regis dairy-free bars in tangerine and rice crackle flavours – from Viva! or some supermarkets such as Morrisons (in the free from section). Several mint crèmes are vegan – including the original After Eights.

Sugar-free chocolate can be found in Boots in their diabetic range. For something a bit different Plamil produce velvety, semi-sweet and mild carob bars – made from pods of the carob tree, less sweetener and are caffeine-free. They also make organic dark chocolate, sugar-free chocolate and chocolate spread. Order online at [www.plamilfoods.co.uk](http://www.plamilfoods.co.uk) or buy in health food shops and Holland & Barrett, Tesco, Asda, Morrisons and some Waitrose outlets.

While products like the above are great for softening the transition from meat-eating to vegetarianism (and vegetarians to veganism), it's not just about replacing like-for-like. Many find that by cutting out animal products, their palate actually expands as they're seduced with the array of animal-free fare.

## Fruit & Vegetables

From the dark, green and leafy to the rainbow splendour of peppers, root veg and fruits: obviously all vegan and imperative for perfect health. Get your five-a-day by enjoying fruit for breakfast, dried (apricots, dates, pineapple, banana, raisins...) as a snack, juicing/blending them for smoothies (very 'in') or even baked as a pudding – the ideal end to a meal. Delicious with soya cream or ice cream if you must!



Veg ain't just for boiling so rattle dem pots 'n' pans! Steaming or stir-frying veg helps retain their nutrients, colour and taste. Or roast red peppers, carrots, courgettes, garlic, red onions, leeks, parsnips in extra virgin olive oil – hmmm. Half a roasted butternut squash makes a terrific alternative for your Sunday dinner. A baked sweet potato is also a tastier, brighter alternative to a traditional jacket spud.

Organic box schemes such as Farmaround Organic's ([www.farmaround.co.uk](http://www.farmaround.co.uk) and [www.farmaroundnorth.co.uk](http://www.farmaroundnorth.co.uk)) are a convenient and surprisingly inexpensive way to sample new produce – and most providers offer cooking suggestions.

The easiest veg solution is to boil or roast as normal and blend to make soup – and almost every combo goes. Beans and pulses can bulk it out and give texture. Add soya milk for a creamier soup.

You can buy ready-made soup in tins: Suma organic soups come in various flavours including carrot & coriander, tomato & red pepper and pea (health food shops); Baxter's healthy choice carrot & butterbean soup, Sainsbury's organic tuscan bean soup; Heinz vegetable soup and Blue Dragon's wonton soup (amazingly oriental and in most supermarkets). Or fresh (in the chiller cabinet): Marks & Spencer spicy tomato & lentil; Simply Organics lentil & parsley and chunky vegetable (from supermarkets such as

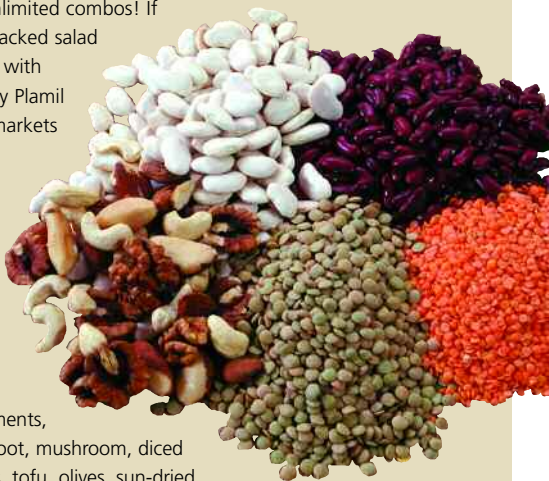


Tesco and Sainsbury's); Covent Garden Food Co three bean & red lentil and plum tomato & basil.

## Salad

The ultimate health food with unlimited combos! If you're stuck for time, buy a prepacked salad from your local supermarket. Eat with hummus, egg-free mayonnaise by Plamil (in health food shops and supermarkets such as Tesco) and Granovita (Sainsbury's) or pour over your favourite dressing.

For more fun and flavours, make your own! Begin with a selection of leaves (spinach and rocket make a change from iceberg), then go wild. Add nuts, seeds, apples, pears, orange segments, avocado, grated carrot and beetroot, mushroom, diced peppers, spring onion, watercress, tofu, olives, sun-dried tomatoes, capers, artichokes, beansprouts, herbs etc.



With so many oils and vinegars available, create your own dressing too. You need roughly one part vinegar to six parts oil. Clearspring's organic walnut oil is superb mixed with their organic apple balsamic vinegar (available in most health food shops and big supermarkets).

## Nuts & Seeds

Nuts are a great snack – healthy (especially Brazils, walnuts and almonds), tasty and filling. Eat them as nature intended, roasted/salted or grind them down as finely as possible for smoothies and sauces. Peanut butter is vegan too. Look out for organic unsalted brands – mainly in your health food shop – as many mainstream brands contain sugar, salt and then some. Meridian Foods produce an array of nut butters – not just the usual peanut but cashew, Brazil, almond and hazelnut too! Found in health food shops and great on warm bagels or toast!

Seeds are among the healthiest of nibbles. Pumpkin seeds are packed with zinc (good for boosting your sex drive!), and sesame seeds and sunflower seeds are high in calcium. Eat raw, toast in soy sauce, add to salads or buy snack tubs such as those by Munchy Seeds. There's lots of varieties, from pumpkin mix (sesame, sunflower & pumpkin seeds) to omega seed mix (sunflower, pumpkin, sesame, linseed, flax, poppy & hemp seeds) – available from Waitrose, Lakeland and health stores.

## Beans & Lentils

Packed with protein, vitamins and minerals, they are cheap and can be used in loads of meals. There's a huge choice of beans available; it's easier to get them pre-cooked in a tin (if you buy them dried read the instructions carefully to avoid stomach upsets). Choose from kidney, flageolet, borlotti, haricot, cannelloni, black-eyed, aduki and butterbeans – as well as baked beans. Try organic brands such as Whole Earth.

Lentils are either red, yellow, green or brown and can be used as a meat substitute in casseroles, soup, stews and even dishes like shepherd's pie. Try making a dahl (puree) with them, or add them to soups or salads. Puy lentils are especially scrumptious simmered slowly in vegetable stock and then used in a stir-fry with mushrooms and red peppers.

## Tofu & Tempeh

Tofu is the Japanese word for beancurd and is a versatile and healthy food made from soya beans and is available in supermarkets, health food shops and Chinese supermarkets. It's low in fat and a great source of protein as soya supplies all the amino acids our bodies can't produce naturally in one go! It's made from soya beans and so is high in protein and low in fat – in fact it's the richest and cheapest source of protein in the world...and possibly the most feared!

To enjoy savoury, buy it plain and firm, such as Naturemade (available online at [www.naturemade.co.uk](http://www.naturemade.co.uk)) and Cauldron Foods found in all supermarkets' chilled cabinets. Plain tofu doesn't taste of anything unless you marinade it. Smoked or pre-marinated tofu is tastier and ready to cook. Try the firm smoked pieces sliced – alternating with avocado slices; drizzle on salad dressing and roasted sesame seeds and *voilà*, a lovely starter!

Also, fry plain or smoked in oil and soya sauce, marinade or deep-fry...then add to stir-

fries, pasta dishes or salads, or scramble to produce an alternative to scrambled egg!

## Scrambled Tofu

One block of plain firm tofu is enough for two people. Remove the tofu from its wrapper, pat dry using a clean towel and then squash it between two plates so that the excess water drains out. Add one tablespoon of oil to a frying pan and heat gently, then add one small finely chopped onion. When the onion is beginning to soften and brown (after about 5 mins) crumble in the tofu – it should be in small pieces about the size of peas. Gently fry for a couple more minutes and add some turmeric (a yellow coloured spice sold in all supermarkets), a little bit of salt, pepper and then serve! If you like things hot 'n' spicy, add a little chilli powder along with the turmeric or you could also add some finely chopped fresh green chilli or spring onion at the end for colour.

You can make tofu firmer and chewy by freezing it in a plastic bag for at least 24 hours – thaw thoroughly and squeeze out excess moisture before cooking.

The softer textured silken tofu is ideal for making cheesecake (see [www.viva.org.uk/recipes](http://www.viva.org.uk/recipes)) or whisking into sauces to add a luxurious, creamy texture.

Tempeh is made from fermented soya beans and makes a healthy and tasty meat substitute. Buy it frozen or chilled, cook and then use it for anything – from sarnies to stir-fries. Impulse tempeh is available organic and in different flavours including lemon garlic & coriander stir-fry pieces and organic smoky slices. Available from health food shops – as is Oasis tempeh (and online at [www.naturemade.co.uk](http://www.naturemade.co.uk)).

## Get Saucy

A bit o' sauce can make all the difference to a dish. When cooking a stir-fry, add Sharwoods black bean or spicy szechuan sauce or Blue Dragon's peking lemon or sweet & sour flavours to the veg towards the end of cooking (in supermarkets).



For a mind and mouth-blowing vegetable curry, cook some veg (such as cauliflower, broccoli and potatoes) and stir in Meridian Foods' korma or tikka masala sauces or Loyd Grossman's balti curry or rogan josh curry sauces over a low heat until warmed through.

Pasta is a cheap, healthy food – remember to buy organic wholewheat instead of white. Add some veggies and tofu to the mix and then stir in a dollop of:

- Meridian Foods organic red pepper & sweet chilli pasta sauce (gorgeously hot!) or their creamy white wine & mushroom sauce (health food shops and some supermarkets, such as Tesco).
- Seeds of Change organic slow roasted garlic & chilli and Mediterranean vegetable (most supermarkets and some health food shops).
- Pesto: Zest's coriander, basil & hazel pesto style sauce or Suma's organic vegan green pesto with cashews and garlic (both from health food shops and [www.veganstore.co.uk](http://www.veganstore.co.uk)).
- Biona organic large ravioli is filled with leek & spinach and available in health food shops. As is Mr Bean's organic Mediterranean tofu ravioli.

## Extras

- Bragg Liquid Aminos Healthy All Purpose Seasoning: A bit of a mouthful in more ways than one! Derived from soya this contains many nutrients and vitamins and is an alternative to soy sauce, tamari or even salt. It adds a savoury twang to salads, dressings, soups, veggies, rice, beans, tofu, stir-fries, tempeh, casseroles, potatoes, popcorn, gravies and sauces. Available from health food shops.
- Yeast flakes: add a slightly cheesy taste to savoury dishes. Marigold (who also make a scrummy vegetable stock) make it; it comes in large tubs with Marigold Engevita on the side. Available from big supermarkets and health food shops.
- Dips & spreads: hummus is a vegan staple and comes plain, organic or flavoured and in every supermarket. Great in sarnies with salad, falafel and/or roasted veg or as a dip for fresh veggies.

**Jam:** St Dalfour jam is sugar-free and in available in health food shops. Meridian's wide range of organic fruit spreads are also sweetened using only natural juices (health food shops).

**Margarine:** Biona extra virgin olive oil margarine is available in health food shops. Pure can be found in most supermarkets' chiller cabinets.

- Feeling peckish? Pick up Jonathan Crisp crisps (in some supermarkets and confectioners); Goodies assorted crisps (health food shops); Sainsbury's sweet potato chips – different to the usual potato offering; Clearspring Japanese rice cakes and puffed wheat rice cakes are tasty straight from the packet or with a topping (from health food shops and some supermarkets); as are Kallo organic rice cakes from Holland & Barrett; Doves Farm's organic lemon zest cookies are great with a cuppa as is their apple & sultana flapjack. Find them in several, larger supermarkets and health food shops.
- Organix Goodies make children's snacks such as noughts & crosses in spicy tomato flavour (buy from Tesco, Sainsbury's, Waitrose, Boots and Superdrug) and banana & mango and apple & berries fruit pots (Asda, Tesco, Sainsbury's, Waitrose and Boots).

## Sweet Treats

Because you can never be sweet enough!...

- Yogurts: dairy-free varieties are extremely delicious and unidentifiable from their cow's milk brethren. Provamel Alpro yogurts come in many flavours (raspberry & vanilla, red cherry, peach, strawberry), some of which are probiotic too. There are also dessert pots in chocolate, caramel and vanilla flavours plus fruits of the forest. They also do large pots in forest fruits flavour and plain. Available in health food shops and big supermarkets. Sojasun can be found in health food shops and flavours include lemon, black cherry, apricot & guava, raspberry and strawberry – and plain, again, in a larger pot. Plain soya yogurt is great with muesli, in cooking and making dips.
- Just Wholefoods make vegetarian jelly crystals in lemon, raspberry, strawberry and tropical fruit flavours (health food shops or via [www.veganstore.co.uk](http://www.veganstore.co.uk)). Rowntrees also make little tubs of ready-to-eat jelly which are vegan and in most supermarkets.
- Tesco's free from range includes vegan apple pies and cherry bakewells. Baker's Delight bramley apple pies and cherry bakewell tarts are found in Asda. Exceedingly good are Mr Kipling's bramley apple & blackcurrant pies.
- Some cake companies make vegan cakes to order for special occasions. Blue



Lotus ([www.bluelotusproducts.com](http://www.bluelotusproducts.com)) sell cakes, pastries, muffins and other goodies online. Baby Cakes Direct ([www.babycakesdirect.co.uk](http://www.babycakesdirect.co.uk)) is another all-vegan bakery purveying cakes of all descriptions for all diets. Zeds Foods produce American style sweet and savoury muffins ([www.zedsfoods.co.uk](http://www.zedsfoods.co.uk)).

If you've got a sweet tooth, instead of sugar try maple syrup such as Meridian's organic version. Add it to drinks, in cooking and baking as a flavoursome alternative to sugar. Date syrup is good too and often cheaper. (Both in the jam and sometimes organic aisles of the supermarket.)

There are many great cookbooks around – from cheap, student dishes to vegetarian chic selections. Viva! and VVF have a wide choice – see page 3 for contact details. If cooking terrifies you there's an increasing selection of veggie and vegan ready meals such as:

- Simply Organic: mixed bean chilli, Thai vegetable curry and lentil & winter vegetable stew found in most supermarket chilled cabinets (eg Tesco, Sainsbury's and Morrisons).
- Marks & Spencer vegetable curry, aloo gobi sag, Mediterranean vegetable pasta with red pepper sauce and vegetable casserole.

- Waitrose masala dahl and Bombay potatoes.
- Granovita vegetable hotpot (in a tin – health food shops and through [www.veganstore.co.uk](http://www.veganstore.co.uk)).

## Eating Out

Long gone are the days of iceberg lettuce salads and baked potatoes with beans. Eating out isn't effortless but it's getting better all the time.

Your average pub, café or restaurant won't usually advertise that their food is vegan but most will have a vegetarian menu containing at least one vegan option. If you're not sure, ask the staff: "Is it bound with eggs?" "Does it contain dairy or cheese?" "Can you leave the mayonnaise off?" And don't be afraid to ask the chef to tailor a dish or make you something specific. If you want to be sure, phone in advance. Wetherspoons – a restaurant/bar found in most towns – do a veggie burger that comes vegan.

Indian restaurants are extremely easy to find vegan food in – try several of the side dishes with rice and breads (the best way to eat Indian anyway). Good Chinese restaurants have a great selection including tofu dishes, just watch out for eggs. Even the most basic eatery will do stir-fried veg – so have some crispy seaweed and a spring roll on the side. Thai and Japanese restaurants also offer a vast veggie choice as they too have no tradition of cooking with dairy. Lebanese establishments are great too. If you fancy Italian, have a vegetarian pasta dish without the cheese. Order a veggie pizza and instead of cheese, go mad for vegetable toppings! (Pizza Express pizza bases are vegan, but sadly Domino's and Pizza Hut's aren't.)

The simplest solution of all is to check Yellow Pages for your nearest vegetarian restaurant – you'll get a bigger menu and your money goes towards an ethical business. And check out veggie friendly eateries at: [www.viva.org.uk/eatingout/veg-friendly-form.html](http://www.viva.org.uk/eatingout/veg-friendly-form.html); plus Viva! sells international, UK and London veggie travel guides – call 0117 944 1000 for details or go to [www.viva.org.uk/shop/bookstravel.htm](http://www.viva.org.uk/shop/bookstravel.htm) We also produce our own veggie and vegan guides to the Lake District, Brighton and Bristol & Bath (and surrounds).

If you're on the move, supermarkets sell salad tubs to go as does Holland &



Barrett. Some health food shops and cafes sell takeaway foods. Starbucks and Caffe Nero both sell vegan wraps (usually salad, hummus & falafel). Boots have a couple of vegan sandwiches in their 'free-from' lunch range, plus cartons of soya drinks and chocolate.

## Need a Drink?

Most soft drinks are vegan, although a few contain animal-based ingredients. Watch out for colourings such as cochineal (E120 – a dye made from insects). Avoid sugar-free cordials as these contain lanolin (fat extracted from sheep's wool). Some apple juices may be clarified with gelatine – a jelly made from boiling animal bones.

Provamel soya milkshakes are available in health food shops in strawberry, chocolate and banana flavours. You can make your own from fresh fruit blended with soya milk and dairy-free ice cream.

Many wines have been fined using one of a whole range of nasty bits: blood, bone marrow, chitin (derived from the hard parts of crustacea or insects), egg albumen,



# GET HEALTHY WITH

fish oil, gelatine or milk casein. Some supermarkets, such as Co-op stock wines that are labelled as suitable for vegans as will some health food shops.

Viva!'s Wine Club sells a range of vegan wines from around the world (plus ciders, spirits and beers) and runs an introductory offer so you can, hic!, sample a selection. Go to [www.viva.org.uk/shop](http://www.viva.org.uk/shop) then the wine club – or call 0117 944 1000 for a catalogue.

Beers may have been cleared with isinglass (obtained from the air sacs of freshwater fish). Keg, canned and bottled beers are usually OK. You can choose from the organic, vegan range offered by Vintage Roots and Sam Smiths.

Most spirits are fine. The Organic Spirits Company produce Juniper Green gin and UK5 vodka (available in some independent health food shops and from Viva!'s Wine Club). And if you're a sophisticated sort make sure your glace cherry garnish isn't made from cochineal.

Getting healthy definitely doesn't mean going without...so enjoy yourself and your food – on the double!

## Winning Wines

Viva! sells great wines from the best vineyards – and they're all vegan! Vegan? You'd be surprised what can find a place in your plonk – egg (albumen) and fish (isinglass) being the most common. Be sure of avoiding them by ordering guaranteed unadulterated wine (and organic!) from the Viva! Wine Club. Try our £54 introductory offer or see the full range on [www.viva.org.uk](http://www.viva.org.uk) or by ringing 0117 944 1000, Monday to Friday. Taste the difference!

**Viva!**





"Natural healthy vegan foods"

"it's what we leave out that counts"



"the natural alternative"



Cheatin'



Veggie Deli



Cheezly

"Vegetarian and vegan - naturally"

You can find ~~selected~~ foods in your local independent health store, Holland & Barrett and selected branches of Waitrose, Asda, Morrisons and Tesco. If you are having problems finding your nearest stockist please phone 01536 400557 for help

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# THE HEATHER MILLS BLUEPRINT FOR GOING VEGAN

The ultimate, easy-to-read guide to going vegan that demystifies nutrition and makes healthy eating a doddle. Simple explanations of the words that everyone use but rarely understand – protein, fibre, fats, carbohydrates and so on – and their links to good health. Plus all the vitamins and minerals you need, where to get them and how they affect your body. Learn how to veganise your cupboard, discover the vast array of vegan foods available and try out our glorious recipes that will have you smacking your lips. Heather Mills makes the whole process simplicity itself.



Heather is not only a glowing example of vegan health, she is an active campaigner fighting for the underdog, whether human or other animal. She is an extraordinarily active person, skiing when she can and, more recently, wowing spectators by her impressive dancing in the US hit show *Dancing with the Stars*. Fitness, diet and health are fundamental to Heather – and so is ending cruelty to animals. That's why she's vegan and why she's inviting you – along with Viva! and VVF – to join her on a journey that will change your life for the better.

**Viva!**



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