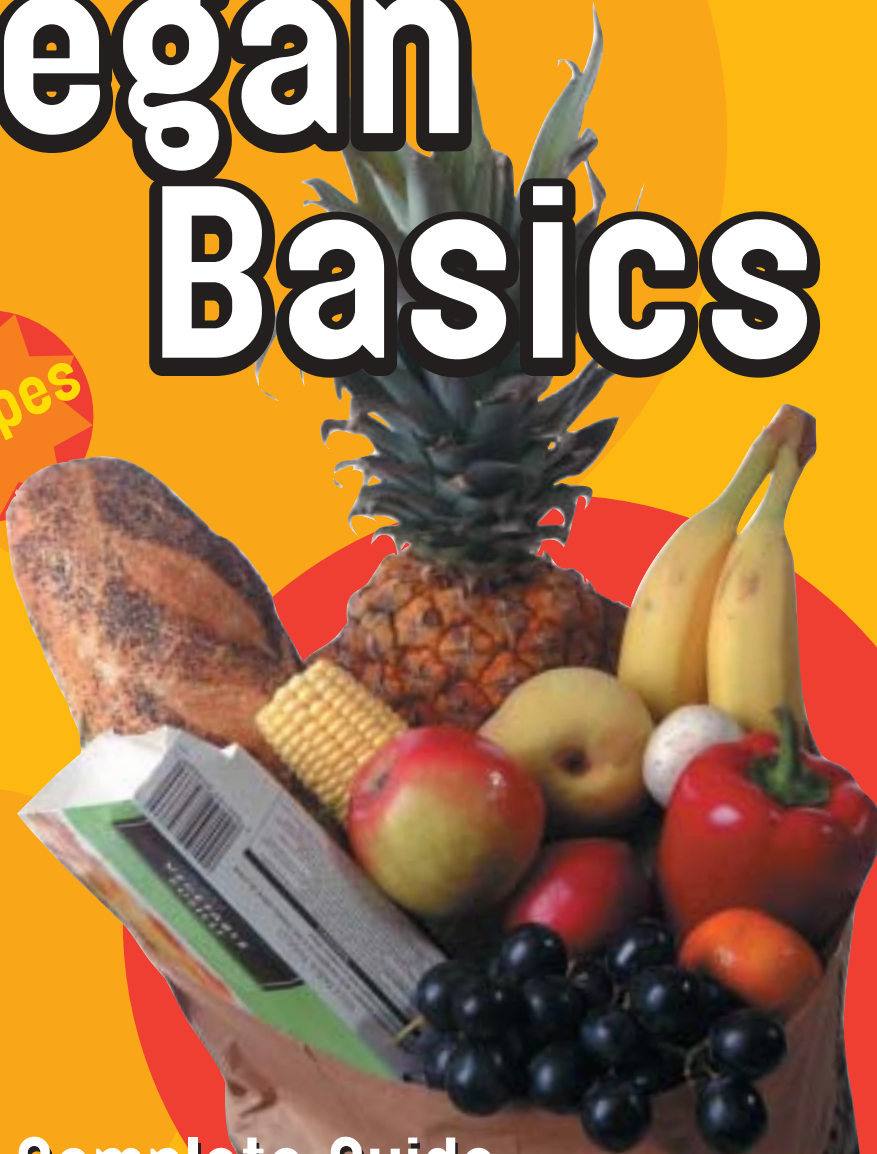


Viva!

Vegan Basics

recipes

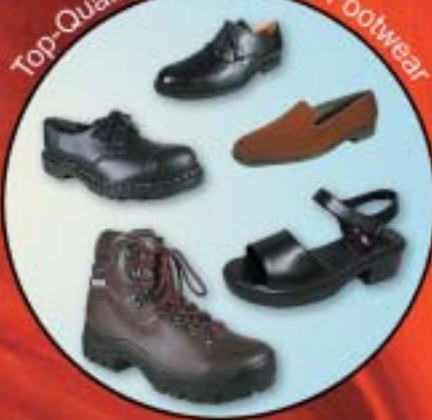


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Welcome to Vegan Basics, a one-stop resource for those interested in exploring alternatives to food and other products made from animals. Because you are reading this guide, you may already be taking your first steps toward choosing veganism; or maybe you're just thinking about it. Either way, good for you! The public has the perception that eliminating the consumption of all animal products can be unhealthy or at least very difficult, but this is simply not true. As you'll find out with this guide, veganism is the healthy choice for you, the planet, and animals. With so many animal-free options readily available, going vegan is easier today than ever before!

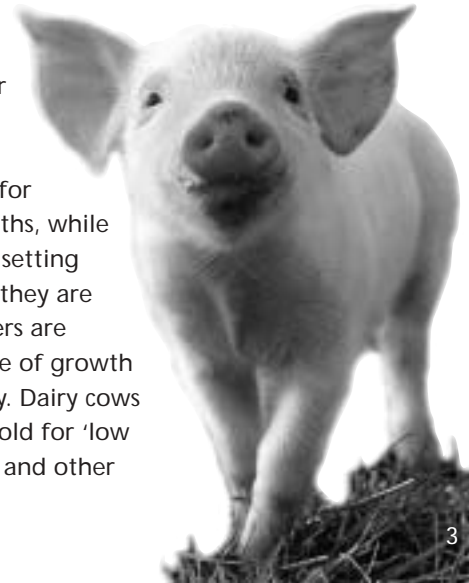
Veganism is... good for you

Research on vegetarians (including vegans) shows them to have lower rates of heart disease, obesity, high blood pressure, rheumatoid arthritis, and possibly some cancers. It also reduces the chance of food poisoning. And of course you avoid all the hormones and antibiotics that are pumped through animals raised for food.

good for the animals

If you're already a vegetarian you've undoubtedly helped reduce animal suffering, but the dairy and egg industries are no picnics for the animals involved.

Cows must be repeatedly impregnated for the production of milk, and their offspring sent straight to the slaughterhouse or reared for veal, milk, or sold for their flesh. Both male and female calves are kept in confinement and are unable to walk. The male, if being raised for veal, will be slaughtered after only 4 months, while the female calves will be kept in a similar setting until they are able to produce milk. Then they are turned into milking machines. Cows' udders are often infected and swollen from the abuse of growth hormones and multiple milkings every day. Dairy cows are killed at about five years of age and sold for 'low grade' products such as burgers, sausages and other



processed foods. Their natural life span would be at least twenty years.

And as for typical (battery cage) egg production, since only the females lay eggs, 200 million day-old male chicks are killed every year, many suffocated in garbage bags. The industry average is less than one-half square foot of space per bird. They have the tips of their beaks cut off to prevent feather pulling caused by the intensive confinement. These poor animals live with barely enough room to move for up to two years until their egg production goes down. Then they are either killed or forced into molting. To induce a molt, egg producers take away food and water from the birds, which then forces them into another egg laying cycle.

Life for pigs on factory farms is dreadful too! Over 80% of pigs who are raised for food (like sausages, hot dogs, bacon and ham) live their lives in sheds thick with the overwhelming smell of urine and feces. A mother pig (sow) is forced to give birth in a tiny crate where she cannot walk or even turn around. This is also where she will spend her pregnancy. She moves between these two small crates for four to five years until she is killed. The piglets spend their lives in squalid conditions until at six months they are shackled by one leg and their throats slit.

Chickens and turkeys raised for meat are crammed by the thousands in windowless sheds. Breeding has caused them to grow at an incredible pace, one that their bodies have a hard time catching up to. Turkeys have the tips of their beaks and some toes cut off. Chickens have been known to be boiled alive during the slaughter process.

And the label 'free range' does not mean that they are cruelty-free; in fact, free range hens live in very crowded conditions, have the tips of their beaks cut off, and are not slaughtered in any 'humane' fashion.

Billions of sea animals are caught each year. Those fish who are still alive by the time they make it to the decks of fishing boats have one of two fates. Either they are allowed to

suffocate to death or they are disemboweled with a gutting knife. In addition to this, countless other sea creatures who are not the targets are caught in fishing nets.

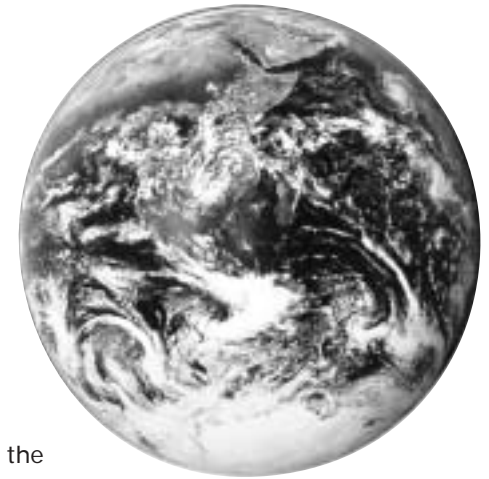
good for the environment

Vast expanses of wilderness are converted to pastureland, resulting in a loss of habitat for countless species. Commercial fishing of the oceans has decimated the aquatic environment. Shrimp nets, which are dragged through the water, catch everything in their path – thousands of sea turtles are killed this way every year. A branch of the USDA kills wildlife, such as coyotes and bobcats, to protect farmers' livestock.

The factory farming industry is creating environmental problems of its own. According to the Environmental Protection Agency (EPA), dairy farms have created an environmental crisis in California, the number one dairy producing state. In fact, California alone produces an astounding 30 million tons of manure each year. EPA states that a single cow produces approximately 120 pounds of wet manure per day. Estimates equate the waste produced per day by one dairy cow to that of 20-40 humans per day. Manure lagoons designed to contain livestock waste can leak or spill over into waterways, contaminating our drinking water. Pig farms with 100,000 animals produce as much waste as a city of a quarter-million people; but the pig farms have no wastewater treatment system. Pig waste often spills into nearby rivers, sometimes killing many thousands of fish.

good for the planet's people

Every day, 840 million people around the world, including 200 million children, go hungry. But much of the world's grain harvest, 40%, is used to feed livestock, not people. U.S. livestock alone consumes about one-third of the world's total grain harvest, as well as more than 70% of the grain grown in the United States. In fact, the more a cow is milked, the



more grain concentrates she needs. High quality foods such as wheat and soy, which could be fed to humans, are being fed to animals. On average, you can get about five times as much biologically available protein from eating plant foods directly as you can from using them to produce meat.

Slaughterhouses may be the worst workplace in the U.S. The workers are poor, often illiterate, and often unable to speak English. They are treated almost as callously as the animals dying by the billions in those same facilities.. The pay is low, turnover is high, and injuries and illnesses are frequent and often severe. Turnover rate at all processing plants runs close to 100% per year.

What is a vegan anyway?

So, now that you're convinced that veganism is a beneficial lifestyle, you'll want to know what it involves, won't you? One thing it doesn't involve is deprivation and martyrdom — there really is no need to sit around munching your way through a head of lettuce and feeling sorry for yourself (unless, of course, you REALLY like lettuce). Ask any vegan what they eat and they will look at you in astonishment. The foods available are so varied, so tasty and so easy to prepare, it's a miracle that we do anything other than eat! (Truth be told, some of us don't!)

Now we aren't saying you won't miss a few things at first - cheese and milk chocolate are always the hardest to kiss goodbye, but there are vegan alternatives available, so don't despair.

What's the difference between a vegetarian and a vegan?

Well, a vegetarian simply does not eat any dead animals, or parts of them. So this means no meat, poultry (chickens, turkeys, ducks, etc.), fish or other watery creatures (like shrimp and crabs), or any by-products of these animals, like gelatin or animal fats. This also means eating only 'vegetarian' cheese, as some cheeses are made using rennet (taken from the stomachs of calves - yuck!).

A vegan will not eat any of these either but will also strive

FOOD for thought

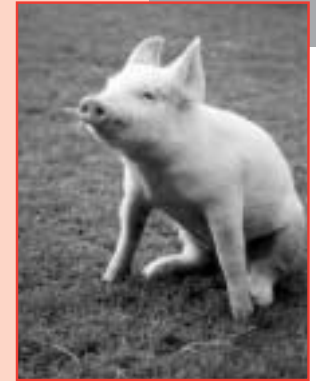
THINK about your shelter's mission.

THINK about whom you rescue.

THINK about whom you save.

And then...

THINK about whom you serve.



Please **THINK** ... about it.

Help us encourage animal shelters to adopt a vegetarian policy.

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to avoid all animal products to avoid partaking in the exploitation, abuse, and slaughter of animals. This includes eggs, milk, cream, yogurt, cheese and anything that contains these products or derivatives of them.

Vegans also avoid honey, because bees are frequently killed during its production, and finally, a vegan will not wear wool, leather or silk, or use personal care and household products that contain animal substances or are tested on animals. In fact, a vegan won't eat, wear or use anything that comes from any animal, dead or alive. Cane sugar is sometimes processed through bone char so some vegans avoid eating it. If you're interested in finding out which products definitely do not have bone char, please see <http://www.VeganProducts.org/sugar.html>

Sounds like a lot to remember, huh? To begin with you'll be reading every label in the cupboard, looking up things like 'lanolin' in your dictionary and trying to remember why you decided to go vegan in the first place! But it does get easier and no one will blame you if you make a mistake. We all do. Just take things at your own pace and remember why you're doing this, for yourself, the planet, and animals.

Nutrition

A balanced vegan diet can be extremely healthy. Some people still have a few concerns about whether they will receive all the nutrients that they require. Read this guide and check out our sources to put your mind at ease.

Protein

Protein is essential for growth, repairing tissues and protecting against infections. The American Dietetic Association states that the vegan diet provides enough protein.

Protein is most concentrated in legumes (peas, beans, lentils, peanuts, soy products), but can also be found in nuts (brazils, hazels and almonds etc.) and seeds (sunflower, pumpkin, sesame), grains (rice, wheat, oats, barley, millet, buckwheat, pasta, bread), and vegetables. Tofu and other soy products are high in protein.

Vitamin B12

Vitamin B12 prevents permanent nerve damage (e.g., blindness, deafness, and dementia); keeps the digestive system healthy; and reduces the risk of heart disease by lowering homocysteine levels. Early deficiency symptoms sometimes include fatigue and tingling in the hands or feet. No unfortified plant foods (including seaweeds and tempeh) are reliable sources of B12. Vegans who get a regular source of vitamin B12 through fortified foods or supplements can have even better B12 status than many non-vegans who do not supplement. B12 intake is especially critical during pregnancy, lactation, childhood, and old age.

Vitamin B12 can be found in fortified foods such as soy milk and breakfast cereals.

One of the following daily recommendations should maximize B12 status:

- fortified foods (in at least 2 servings, spaced 6 hours apart): 3-5 µg
- 1 supplement: 10-100 µg
- 2 supplements spaced at least 6 hours apart: 5 µg



Vitamin D

Regulates calcium absorption and excretion, especially when calcium intake is low. Vitamin D can be made by the action of sunlight (UV rays) on skin. Light-skinned, non-elderly adults exposing their hands and face to sunlight for 10-15 minutes, 2-3 times/week can get enough vitamin D. Above the 42nd Latitude (which runs through Denver, Indianapolis, and Philadelphia), vitamin D is not synthesized during the winter. Vegans who do not get much sunlight exposure should supplement with vitamin D, especially during the winter or cloudy months. Elderly people may need up to 4 times the amount of sunlight exposure listed above, and dark-skinned people may need up to 6 times this amount in order to meet vitamin D needs through sunshine alone. The Daily Value for vitamin D is 10 mcg (400 IU). If a food label says 25% of the Daily Value, it has 2.5 mcg (100 IU) per serving. Typical fortified soy, almond, or rice milk has 2-3 mcg (80-120 IU) per cup.

Calcium

Finally, calcium. There are many sources of calcium available to vegans – broccoli, collard greens, kale, legumes, nuts, seeds, fortified soy milk, hummus, and figs.

As a child, you were probably told to drink cow's milk for good strong bones, but studies of bone fractures have failed to show that milk protects bones and in some cases is actually associated with increased fractures.

Factors that can prevent osteoporosis (a disease that makes bones brittle):

- Weight-bearing exercise throughout one's lifetime is one of the most important.
- Adequate calcium, vitamin D, vitamin K, protein, potassium, and magnesium intakes.
- Adequate estrogen levels (for women)

Factors that can contribute to osteoporosis:

- High sodium and caffeine intake
- Smoking
- Too much, or too little, protein

The calcium in kale, broccoli, collard greens, and soy milk are all absorbed about the same as cows' milk. The calcium in spinach, swiss chard, and beet greens is not well absorbed due to their high content of oxalates which bind calcium. Many non-dairy milks are now fortified with calcium, vitamin D, and/or vitamin B-12. Many orange juices are fortified with calcium.

The Daily Value for calcium on food labels is 1,000 mg for adults. If a food label says 25% of the daily value, it has 250 mg of calcium per serving. Vegans should ensure a good source of calcium on a daily basis. A cup or two of fortified soy milk is an excellent option.

Fats

Higher fat foods like nuts and seeds (and their butters), avocados, and small amounts of vegetable oils (especially canola and olive) should be part of a healthy diet. These foods are particularly important for meeting children's caloric needs.

A large body of scientific evidence shows that omega-3 fatty acids have anti-blood-clotting, anti-inflammatory, and cholesterol-lowering properties. Vegans can most easily obtain omega-3 fats by eating 1–2 tsp of flaxseed oil per day. The oil may be added to warm food, but cooking will damage it. Flaxseed oil, sold in many natural food and grocery stores, should be kept refrigerated.

Iodine

Needed for healthy thyroid function, which regulates metabolism. Does not appear to be as much of a problem for U.S. vegans as it is for European vegans, whose food supply contains less iodine. North American vegans should take a modest iodine supplement on a regular basis to ensure they are meeting requirements because it's very hard to predict how much is in any given person's food supply. 75-100 mcg every few days should be ample. Do not take more than 150 mcg/day.

Iron

Iron-deficient anemia is probably one of the most

Please note that products by the Hain Celestial Group (which includes: Hain, Westbrae Natural, Earth Best Baby Food, Near East, Garden of Eatin', Terra Chips, Casbah, Hain Kidz, Celestial Seasonings, Health Valley, Nile Spice, Arrowhead Mills, Little Bear Organic Foods, and Bearitos to name a few) use only non-animal natural flavors.

inaccurately self-diagnosed illnesses. It is a serious disease, and those who think they may be suffering from it should see a doctor. Iron deficiency symptoms include pale skin, brittle fingernails, fatigue, weakness, difficulty breathing upon exertion, inadequate temperature regulation, loss of appetite, and apathy.

Iron in vegetarian diets is a somewhat controversial topic because:

1. Vegetarians' ferritin (the storage form of iron) levels are normally lower than non-vegetarians, even though vegetarians are no more likely to have iron deficiency anemia.
2. Low iron stores are associated with higher glucose tolerance and therefore could prevent diabetes.
3. High iron stores are associated with cancer, and to a lesser extent, heart disease.

Vegans tend to have iron intakes at least as high as non-vegetarians. However, plant iron is generally not absorbed as well as iron from meat. Vitamin C significantly aids in plant iron absorption (they must be eaten at the same meal).

You do not need to worry about iron if you are otherwise healthy and eat a varied vegan diet. If you suspect an iron-deficiency, see a doctor. If your doctor thinks your iron stores are too low, he/she may suggest you start eating meat (which is unnecessary) or that you take an iron supplement. Eating 100 mg of vitamin C with 2 meals a day should help cure the anemia.

Consider a multivitamin

Many well-respected health professionals suggest that everyone (including meat-eaters) take a modest (25-100% of the RDA) multivitamin supplement for insurance purposes. A typical multivitamin and mineral supplement will ensure an adequate source of vitamin B12, vitamin D, and iodine. The only other nutrients you would need to concern yourself with are omega-3 fatty acids and calcium.

There is little chance of a deficiency of calcium, or any other food group, vitamin or mineral, as long as you eat a

balanced diet and follow the recommendations above.

If you want to know more about nutrition, read Viva!'s Guide *Nutrition in a Nutshell*.

Nutritional information reviewed & edited courtesy of Jack Norris, RD (www.jacknorrisrd.com).

So what do you eat?

The thought of preparing a vegan meal can be daunting - where do you start?! Most vegetarian and even meat-based meals can be easily modified and turned into vegan delights. And if you feel lost or frustrated, there are always lots of resources you can access to find your way. There are some great cookbooks out there, including everything from simple meals for single vegans to gourmet feasts. The Internet is also a great resource for recipes, and there are many websites completely dedicated to vegan fare.

Many of the products listed in this guide are made by conscientious companies whose products are vegan intentionally and the integrity of their products can generally be trusted. However, some products listed here (under 'Vegan by Accident') are not intentionally vegan and ingredients of these products will quite often change without notice, so be sure and double-check those labels!

Keep in mind that this list is not complete - there are loads of vegan foods out there...we hope this helps! Also, some of these products are regional and may not be available everywhere.

Milk

Soy milk is made from... wait for it... soy beans, and is available in many supermarkets and all health food stores. It comes in a variety of types: sweetened, unsweetened, enriched, organic, and as flavored milk shakes. It can be drunk as it is, or used in hot drinks and cooking in the same way that you would use cow's milk. You can also find milk substitutes made from rice, oats and nuts! They all taste different, so if you don't like one, pick another brand or style until you find the ones that suit your taste. We recommend Vitasoy, Edensoy, Silk (in the refrigerated

Please note: Most Safeway products are listed in a few places in this guide. Safeway products are also sold under these labels: Vons, Dominick's, Remarkable, Genuardi's, and Randall's/Tom Thumb.

Vegan Cheese Sauce

¾ C nutritional yeast flakes
¼ C flour
1 t salt
½ t garlic powder
2 C water
¼ C vegan margarine
1 t mustard

Mix dry ingredients in saucepan. Whisk in water. Cook over medium heat, whisking until mixture thickens and bubbles. Cook an additional 30 sec., remove from heat. Stir in margarine and mustard. (note: Cheese will thicken as it cools, or you may add water to thin it).

section; it comes in different flavors – the Chocolate Silk is a delight!), WestSoy, Wild Wood, Rice Dream and Chicago Soydairy soy milks.

Creamers

- **White Wave** - *Silk Creamer (great in place of half- &-half – delicious and creamy!)*
- **Westsoy** - *Crème de la Soy*

Vegan by Accident:

- **Farm Rich** - *Non-Dairy Creamer (Fat Free, Original)*

Butter

Butter is obviously made from milk, so it is easiest to switch to margarine, many of which are vegan. Some margarine contains milk derivatives such as whey or vitamins from an animal source, but there are plenty that do not. Most supermarkets stock at least one suitable margarine.

- **Shedd's** – *Willow Run (these sticks are great for baking)*
- **Smart Balance** – *Smart Beat Super Light, Smart Balance Light, Earth Balance non-GMO All Natural Buttery Spread, and Soy Garden Buttery Spread.*
- **Soy Garden** - *Natural Buttery Spread*
- **Spectrum Naturals** – *Which are expeller-pressed*
- **The Natural Food Store** – *Soy Bean Soft Margarine*
- **Tree of Life** - *Margarine*

Cheese

Cheese is also made from milk, and in some cases uses an extract from calves' stomachs, called rennet, to curdle the milk, and so often cheese isn't even vegetarian. However, there are more and more vegan cheeses available these days that are made from vegetable sources instead of milk.

- **Follow your Heart** - *Vegan Gourmet cheese blocks in Jack, Nacho, and Mozzarella (it melts)*
- **Road's End Organics** - *Nacho Chreese Dip - Mild and Spicy; Chreese Packets - Original, Mozzarella Style, Original Gluten Free, Alfredo Style Gluten Free*
- **Soymage** - *Vegan grated Parmesan, Vegan Singles and Vegan Chunk Cheese (flavors include Mozzarella,*

Cheddar, Jalapeno, Italian Herb)

- **VeganRella** - *Hard cheeses in both Cheddar and Mozzarella styles*
- **Veggie Kaas** – *Cheddar and Mozzarella style blocks (it melts)*

Vegan by Accident

- **Tofutti** - *Sliced as well as shredded cheeses, the garlic slices are great!*

Cream Cheese

- **Soymage** - *vegan cream cheese that is non-hydrogenated*

Vegan by Accident

- **Tofutti** - *'Better Than Cream Cheese' in French Onion (yum!), Herbs and Chives, and Original flavor*

Nutritional Yeast can also be used to give foods a cheesy kick. Make your own!

Yogurt

As with most things, there are vegan alternatives available to the usually milk-based yogurts. Again, some are better than others, but there's nothing wrong with trying them all, just to be on the safe side!

- **Nancy's** – *A very fruity soy yogurt in raspberry, strawberry and plain flavors, flavors, among others.*
- **Silk** - *Cultured Silk Soy Yogurt, variety of flavors*
- **Wholesoy** – *a wide variety of different fruit flavors, also makes drinkable soy drink*

Ice Cream

Dairy ice cream obviously contains dairy products, usually in the form of milk or milk derivatives. If the label on your ice cream, however, reads 'non-dairy' or uses the phrase 'non-milk



Vegan Sour "Cream"

1 lb. firm silken tofu
3 Tb oil
½ Tb lemon juice
½ tsp unrefined
sugar (more to
taste)
1 tsp salt

Blend until smooth

fats', don't assume that this makes it vegan, these may contain animal by-products. The good news is there are loads of scrumptious vegan ice creams widely available! If you find it difficult to get hold of vegan ice cream or prefer something fruity, you could try sorbets and frozen fruit snacks instead. But more and more regular grocery stores are starting to carry these vegan ice cream treats!

- **Double Rainbow Soy Cream** – all varieties are vegan. We have heard that *Butter Pecan, Cookie Vanilla and Mint Chocolate Chip* are a dream! Their sorbets are also vegan (*Chocolate, Lemon, Mango Tangerine, Marion Blackberry, Rainbow and Raspberry*). Both are available in parlors featuring *Double Rainbow Ice Cream* and some health food grocery markets and specialty grocery markets.
- **Rice Dream (Imagine)** - In tubs, *Rice Dream Bars, Rice Dream Nutty Bars, and Dream Pies*
- **Soy Delicious (Turtle Mountain)** – everything *Soy Delicious* makes is vegan. Purely *Decadent soy cream to ice cream sandwiches and cookie sandwiches. Cookie Avalanche* is a vegan version of the favorite. *Cookies n, Cream. They also make Sweet Nothings* which includes delicious non-dairy fudge bars.
- **Soy Dream** - Sold in pints as well as *Lil' Dreamers (ice cream sandwiches)*
- **Whole Soy** - *Glacé soy ice cream (very rich and creamy soy ice cream)*
- **Let's Do...Organic** - *Organic Waffle Cones, Waffle Bowls, Chocolatey Sprinkelz, Confetti Sprinkelz*

Vegan by Accident

- **Dreyers Sorbet** (*west of the Rockies*)/**Edy's** (*east of the Rockies*) – vegan products include whole fruit sorbets: *boysenberry, lemon, mandarin orange with passion fruit, mango, peach, raspberry, strawberry*; whole fruit bars include *lemonade, lime, strawberry, tangerine and wild berry*.
- **Howler Sorbets** – All flavors
- **Safeway** - Sorbets that are vegan (*Lemon, Mango, Raspberry, Chocolate and Pineapple Passion*).
- **Tofutti** - In tubs (except for *Honey Vanilla Chamomile, Tofutti Cuties (ice cream sandwiches), Tofutti Too-Toos (ice cream sandwich cookies)*)

Whipped Cream

- **Hip Whip** - *Vegan whipped cream in a tub*

Vegan by Accident

- **Safeway** – *Lucerne Non-Dairy Dessert Topping Ultra Pasteurized Lactose Free (7 oz. can)*

Sour Cream

- **Soymage** - *Vegan Sour Cream*

Vegan by Accident

- **Tofutti** - *Sour Supreme, sour cream substitute*

Or make your own with our easy recipe.

Eggs

How do you replace eggs? Well, if you're hoping for a vegan hard-boiled egg you really are out of luck. No one has invented the 'soy egg' yet (thankfully!), but the good news is that you can buy egg-replacers from most health food shops. These are really only useful as a binding agent in baking, but it does mean you need not go without your cakes.

However, there are many ways to bake fantastic cakes without using eggs - Rose Elliot, the renowned vegetarian and vegan cook, suggests mixing in orange juice to give a light sponge effect, very similar in texture to one that is made with eggs. Bananas or applesauce work just as well.

There is also the Ener-G Foods egg replacer that also does the trick. See <http://www.ener-g.com> or call toll free at 1/800-331-5222.

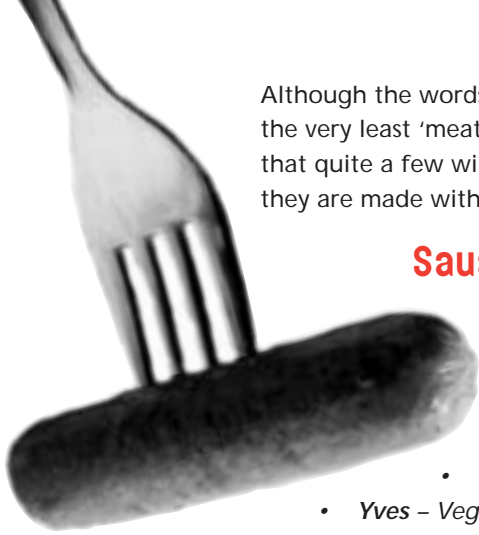
If you miss your morning scrambled-egg on toast, try making scrambled tofu instead. You can buy packaged Fantastic Foods Tofu Scrambler, Nasoya Tofu-Mate Tofu Scramble, or make your own with our easy recipe.

(Non-) Meaty Products

Not every vegan wants to replace meat with a 'meaty' alternative, but there are so many yummy products out there that chances are you'll be tempted by some of them.

Scrambled Tofu

1 –1 ½ teaspoons
olive oil
2 cloves garlic
1 package tofu,
crumbled
½ onion, minced
1 teaspoon turmeric
1 Tablespoon
Braggs Liquid
Aminos or soy sauce
(optional add ½
teaspoon cumin)
Add black pepper to
taste
Sauté the garlic and
onions over
medium-high heat
until the onions are
translucent and
tender. Add the
tofu, tumeric and
Braggs (or soy
sauce), continuing
sautéing until tofu
is light golden.
Garnish with sliced
tomatoes and serve
with whole wheat
toast.



Although the words sausage and burger suggest meat, or at the very least 'meat flavor' it is important to bear in mind that quite a few will taste nothing like meat, especially if they are made with nuts or tofu. Try the following...

Sausage

- **Lightlife** – Gimme Lean sausage style in a tube, Italian Style Smart Links, Lean Breakfast Links, Lean Italian Links
- **Loma Linda** – Soyage (all varieties), Linkette's and Little Links
- **SoyBoy** – Tofu Breakfast links
- **Yves** – Veggie Breakfast Links

Burgers

- **Amy's** – California Veggie Burger, Texas Burger
- **Boca Burgers** – Organic Vegan, Vegan Original
- **Gardenburger** – Garden Vegan, Flame Grilled Hamburger Style, Black Bean
- **Natural Touch** – Vegan Burger
- **Turtle Island** – Super Burgers
- **Loma Linda** – Vege-Burger, Vita-Burger, Redi-Burger
- **Morningstar Farms** – Better'n Burgers, Grillers Burger Style Recipe, Harvest Burger Original
- **Wildwood Natural Foods** – Tofu Burger – Original, Mexican and Southwestern
- **Worthington** – Gran Burger, Vegetarian Burger
- **Yves** – The Good Burger

Hot Dogs

- **Lightlife** – Smart Dogs, Wonderdogs, Tofu Pups
- **SoyBoy** – Not Dogs
- **Yves** – Veggie Dogs, Tofu Dogs, Good Dogs, Jumbo Veggie Dogs, Hot & Spicy Veggie Chili Dogs
- **Wildwood Natural Foods** – Wild Dogs

Ground Beef Substitute

- **Boca Burger** – Original Meatless Ground Burger
- **Gardenburger** – Meatless Crumbles
- **Lightlife** – Gimme Lean beef style in a tube, Smart Ground
- **Morningstar Farms** – Ground Meatless Crumbles

- **Natural Touch** – Vegan Burger Crumbles
- **Yves** – Veggie Ground Round (Original, Italian, Mexican)

TVP

You can also use Textured Vegetable Protein (TVP), which can be bought in most health food stores in either chunks or pieces. TVP needs to be rehydrated in water before use. You can also just simply add TVP to foods such as chili or spaghetti sauce while heating them up. Just remember to add extra liquid if you do.

Gravy

Now you've got your sausage and potato dinner, all you need to complete this gourmet meal is gravy.

- **Hain** – Vegetarian 'Chicken' Gravy, Vegetarian Brown Gravy Mix
- **Loma Linda** – Gravy Quick-Brown
- **Natural Touch** – Gravy-Mix Brown, Chicken Style, Country Style, Mushroom, Onion
- **Field Roast** – Porcini Mushroom gravy (available in certain deli's)

If you prefer to make your own gravy using stock instead, here are some ready made options

- **Imagine** – Organic No-Chicken, Organic Vegetable Broth
- **Rapunzel** – Vegan Vegetable Bouillon

Cheatin' Meats

Breakfast

- **Lightlife** – Smart Bacon, Fakin Bacon Smokey Tempeh Strips
- **Yves** – Canadian Veggie Bacon, Veggie Breakfast Patties

Chicken-free

- **Health is Wealth** – Buffalo Wings, Chicken Free Nuggets, and Chicken Free Patties
- **Now & Zen** – UnChicken
- **White Wave** – Chicken Style Seitan, Chicken Style Wheat Meat
- **Yves** – Veggie Chickn'Burger

Vegan Tofu Fajitas

1 lb. extra-firm, fresh tofu
½ C tamari or soy sauce
¼ cup water
1 Tb maple syrup
2 Tb nutritional yeast (optional)
½ tsp cayenne pepper (optional or more for spicy)
1-2 Tb oil (depending on the amount of veggies)
Favorite veggies sliced thinly

Slice the tofu thinly
Mix the next five ingredients and pour over the tofu.
Bake at 350 degrees for about 30 minutes, turning twice.
Heat oil in a frying pan and sauté veggies for 5 min.
Add tofu and fry until sizzling.
Put fajita fillings in a warm tortilla.
Garnish to taste!

Jerky

- **Natural Touch** – *Vege Frank*
- **Tofurky** – *Tofurky Jerky*

Misc.

- **El Burrito Mexican Food** – *Soyrizo (Meatless Soy Chorizo)*
- **Field Roast** – *Thin Sliced Lentil Sage Field Roast, Ground Wild Mushroom Field Roast, Ground Lentil Sage Field Roast, Thin Sliced Smoked Tomato Field Roast, Thin Sliced Wild Mushroom Grain Meat, Ground Smoked Tomato Field Roast, Lentil Sage Patties, Breaded Hazelnut Herbaceous Cutlets, Lentil Sage Field Roast Loaves, Wild Mushroom Field Roast Loaves, Barbequed Smoked Tomato Field Roast, Sunflower Country-Style Cutlets, Smoked Tomato Field Roast Loaves, Wild Mushroom Patties, Smoked Tomato Patties, Sliced Field Roast Deli Meats. These can be used in burgers, sandwiches, salads. Can be found in deli sections (at some health food stores) and the refrigerator section.*
- **Gardenburger** – *Meatless Riblets (incredible!)*
- **Loma Linda** – *Dinner Cuts, Tender Bits*
- **Mother Earth's Baked Goods** – *Vegetarian Chorizo (Mexican sausage)*
- **Natural Touch** – *Tuno*
- **Now & Zen** – *BBQ Unribs, UnSteak Out*
- **Worthington** – *Tuno (vegan version of tuna), Chic-kettes, Choplets, Cutlets, Multigrain Cutlets, Vegetable Steaks, Vegetable Scallops*

Sandwich Stuffers

- **Lightlife** – *Smart Deli Slices (all varieties), Smart Deli Pepperoni, Smart Menu Chick'n Strips and Steak-Style Strips*
- **Tofurky** – *Tofurky Jerky and Tofurky slices*
- **Vegi Deli** – *Original, Hot and Spicy, and Zesty Italian Pepperoni*
- **Wildwood Natural Foods** – *Soyful Choice Vegan Slices (peppercorn & hickory smoked)*
- **Yves** – *Deli Slices (Veggie Bologna, Ham, Turkey & Salami) Veggie Pizza Pepperoni*

Soy Meatballs

- **Nate's** – *Meatless Meatballs, Original, Zesty Italian and*

Savory Mushroom

- **Yves** – *Veggie Meatballs*

Turkey Substitutes

- **Celebration Roast** (by Field Roast) – *Roast with sausage style stuffing made from butternut squash, apples and mushrooms*
- **Tofurky** (by Turtle Island Foods) – *consists of four parts: one Specially Seasoned Stuffed Tofu Roast, four Hearty Tempeh Drummettes, fourteen ounces of Tofurky "Giblet" Gravy and a set of two WishStix made from Tofurky Jerky*
- **Un-Turkey** (by Now & Zen) – *Fully stuffed seitan covered with a skin made from soy. The stuffing is made of organic bread and comes with gravy.*

Tofu

Tofu is the Japanese word for bean curd. It is made from soybeans, which means that it's very high in protein.

You can buy tofu either in packages where it is submerged in liquid, or in shelf-stable packages. It is also available in bulk.

Silken tofu is often used as the base for salad dressings, soups, and for cooking and baking. Firm tofu, which comes packaged or in bulk, is good for frying. A number of companies also make already prepared tofu in a variety of flavors.

- **SoyBoy** – *Baked, seasoned and smoked tofu, Tofu Lin, Caribbean Tofu and Italian Tofu*
- **Soy Deli** – *Hickory, Savory, and Five Spice tofu. Watch out for honey in other flavors.*
- **White Wave** – *Tomato Basil, Thai, Lemon Pepper, Italian, and Barbecue Baked Tofu*



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- **Wildwood Natural Foods** – Baked Tofu (aloha, teriyaki, royal thai, and savory), Braised Tofu (peanut, original, thai grill, mexican and curry), and Tofu Cutlets (pineapple teriyaki), smoken tofu (mild szechuan, garlic teriyaki)

Just add tofu

You can also replace meat with tofu in seasoning packets.

- **Nasoya Tofumate** – Breakfast Scramble, Mandarin Stir Fry, Szechwan Stir Fry, Texas Taco (all flavors are vegan).
- **Mori-Nu Tofu Hero** – Tofu Hero Eggless Salad Seasoning Mix, Hero Shanghai Stir Fry Seasoning Mix

Tempeh

Tempeh is a fermented soy product that has a somewhat nutty flavor and is great for using in place of meat. You can buy it prepared in a variety of flavors, or raw. It marinates well and if you break it apart and cook it with soy sauce and seasonings, it can be used in place of ground beef in tacos. It is a very versatile food and can be quite wonderful when prepared properly.

Convenience Foods

You can always find vegan foods that take very little time and effort to prepare at health food stores. Many are now being carried by mainstream grocery stores.

Frozen

Breakfast

- **EnviroKids** – Waffles – Koala Choco Waffles, Gorilla Banana Waffles
- **Lifestream** – Waffles – Buckwheat, Mesa Sunrise, 8 Grain Sesame, Soy Plus, Flax Plus
- **Van's** – Organic Original Blueberry, Wheat-Free Original, Blueberry, and Apple Cinnamon
- **Waffle Heaven** – Wheat-Free Gluten-Free Waffles – Original, Blueberry, and Multiflax

Mexican Food

- **Amy's** – Non-Dairy Bean and Rice Burrito, Breakfast Burrito, Black Bean Vegetable Burrito, Black Bean Vegetable Enchiladas (Family size too), Black Bean



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Enchilada Whole Meal, Mexican Tamale Pie

- **Mother Earth's Baked Goods** – Tamales
- **Starlite Cuisine** – Soy Taquitos (Original Beef Style, Meatless Chicken Style, Chorizo & Spicy Black Beans) and Soy Flautas (Garlic Style Chicken, Santa Fe Chicken Style, Soy Chorizo & Spicy Black Beans)

Italian

- **Amy's** – Roasted Vegetable Pizza
- **Celantano** – Non-Dairy - Lasagna Primavera, Eggplant Rollettes, Spinach and Broccoli Manicotti, Spinach and Broccoli Stuffed Shells

Vegan by Accident

- **Tofutti** – Frozen Pizza

Other

- **Amy's** – Asian Noodle Stir-Fry, Thai Stir-Fry, Teriyaki Stir-Fry, Shepherd's Pie, Brown Rice & Vegetables Bowl, Teriyaki Bowl, Roasted Vegetables in a pocket sandwich, Tofu Scramble in a Pocket Sandwich
- **Cascadian Farm** – Vegetarian Meals – Aztec, Indian, and



Moroccan. Szechwan Rice Veggie Bowl and Teriyaki Rice Veggie Bowl.

- **Gloria's Kitchen** – Jerk Tofu, Mu-Shu Vegetables, Pumpkin Curry, Won Ton, Orange Peel Soy Chick, Spice Thai Rice Noodles with Peanuts
- **Health is Wealth** – Veggie Egg Rolls, Oriental Chicken-Free Egg Rolls, Oriental Vegetable Egg Rolls, Spinach Egg Rolls, Steamed Dumplings
- **Yves** – Veggie Chili, Veggie Country Stew, Veggie Penne, Veggie Lasagna

Vegan by Accident

- **Ethnic Gourmet** – Vegetarian Teriyaki
- **Taj** – Channa Bhaji, Vegetable Korma, Bean Masala, Eggplant Bharta, Papadums (flavors original, garlic masala, spice'n pepper), Bombay Curry Sauces, Dal Bahaar, Aloo Samosa, Tofu Samosa, Subzi Samosa.
- **Thai Chef** – Thai Sweet & Sour Vegetables, Pad Thai with Tofu

Canned or dry convenience foods

Just add water

- **Casbah** – Potato Pancakes, Falafel, Hummus and other mixes
- **Fantastic Foods** – Entrees – Vegetarian Taco Filling, Vegetarian Sloppy Joe Mix, Nature's Burger – Original Flavor, Vegetarian Chili, Tofu Burger. International Dishes – Fantastic Falafil, Hummus, Instant Black Beans, Instant Refried Beans, Tabouli Salad.
- **Breakfast** – Hot Cereal Cups – Apple Cinnamon Oatmeal, Cranberry Orange Oatmeal, Banana Nut Barley, Maple Raisin Three Grain, Wheat 'N Berries.
- **Harvest Direct** – Soy Taco Mix, Soy Chili Mix, Soy BBQ Mix, Soy Burger Mix, Soy Ball & Loaf Mix, Veggie Ribs Mix (really good), and Seitan Quick Mix & others.
- **Health Valley** – Rice in a Cup - Shitake, Thai and Spicy Black Beans
- **Natural Touch** – Taco Mix, Vegetarian Chili
- **Near East** – Rice Pilaf with Lentils, Spanish Rice, Long Grain and Wild Rice
- **Road's End Organics** – Chreese Packets - Original, Mozzarella Style, Original Gluten Free, Alfredo Style Gluten Free

Ready Made

- **Amy's** – Black Bean Chili, Medium Chili w/ Vegetables, Medium & Spicy Chili, Vegetarian Baked Beans
- **Bearitos** – Original Chili, Black Bean Chili, Refried Beans (all varieties)
- **Ginny's** – Vegan Soy Chili, Mexican Fiesta Stew, Roasted Pepper Chili, Ratatouille
- **Tasty-bite** – Jodhpur Lentils, Punjab Eggplant, Bombay Potatoes, Simla Potatoes

Pasta

Pasta is a cheap, healthy and delicious food, and can be miraculously turned into a vegan gourmet meal. Eat your normal spaghetti dish with some vegetarian meatballs or TVP mixed in or make a light peanut sauce or a simple dressing, cook the noodles, mix and serve!

- **Rising Moon Ravioli** – Tuscan Tomato Ravioli, Spinach Florentine, Galic & Roasted Veggies. Vegan varieties are marked on packages.
- **Road's End Organics** – 123'z Chreese for KIDz, Mac and Chreese, Shells and Chreese, Penne and Chreese (gluten free), Alfredo Style Mac & Chreese (gluten Free)
- **Soy Boy** – Tofu Ravioli, Ravioli Rosa, Ravioli Verde

Rice

Rice is a great basis for many meals - Indian, Spanish, Chinese and so on. Brown or white, long/short grain, basmati, boil-in-the-bag — whichever you buy, you'll find foolproof instructions on the packet.

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Hearty Chili

1 15-oz can chili beans, undrained
1 18-oz can stewed tomatoes or 1 medium tomato chopped
2 Tbs. chili seasoning mix or 1 teaspoon Mexican seasoning, 1 teaspoon chili powder and ¼ tsp garlic powder
1 Tbs. minced onion
¼ cup water

Combine all ingredients in a medium skillet. Bring to a boil, cover and simmer 10 minutes.

- **Fantastic Foods** makes a few that we wanted to mention: *Arborio Rice, Basmati Rice, Couscous, Jasmine Rice, Whole Wheat Couscous, Four Grain Pilaf with Wild Rice, Hacienda Spanish Rice Pilaf, Jamaican Black Beans & Brown Rice, New Orleans Red Beans & Brown Rice, Basmati Rice Pilaf, Veg. Chicken Rice Pilaf.*

Creole

Vegan by Accident

- **Zatarains** produces many vegan Creole entrees and seasoning mixes. Don't be fooled by the meaty name, they're guaranteed vegan: *Black-eyed Peas and Rice Mix, Black Beans and Rice Mix, Brown Rice Jambalaya Mix, Dirty Rice Mix, Dirty Brown Rice Mix, Red Beans and Rice Mix, Spanish Rice Mix, White Beans and Rice Mix, Red Bean Seasoning Mix, Creole Seasoning, Blackened Seasoning, Blackened Paste Mix, Jambalaya Pasta Mix, Red Beans Paste Mix, Jambalaya Mix, Vegetarian Jambalaya Entree (frozen).*

*Some of these items may contain 'ham flavor'. This flavoring does not contain any animal source ingredient.

Soup

Vegan soups are delicious and easy to make. Many prepared soups are available, and old soup recipes are easily converted using vegan alternatives, or simply omitting the animal products. Use soy milk in milk-based soups, veggie stock instead of meat stock, and TVP or seitan in place of meat in soups.

- **Amy's** – *No Chicken Noodle, Black Bean Vegetable, Lentil, Minestrone, Split Pea, Vegetable Barley, Vegetable Broth*
- **Imagine** – *Organic Creamy Broccoli, Organic Creamy Butternut Squash, Organic Creamy Potato Leek, Organic Creamy Tomato, Organic Creamy Sweet Corn, Creamy Portobella Mushroom*
- **Fantastic Foods** – *Big Soup Noodle Bowls – Hot & Sour, Sesame Miso, Spring Vegetable, Miso with Tofu, Mandarin Broccoli. Soups & dips – Onion, Onion Mushroom, Garlic & Herb, Vegetable. Fantastic Noodles*

Soup Cups – Chicken Free, Vegetable Curry, Vegetable Miso, Vegetable Tomato. Hearty Soup Cups – Cha-Cha Chili, Country Lentil, Couscous with Lentils, Five Bean, Jumpin' Black Bean, Split Pea, Vegetable Barley. Rice & Bean Soup Cups – Cajun with Red Beans, Spicy Jamaican with Black Beans. Chile Ole! Cups Black Bean Chili with Corn, Couscous Soup Cups – Black Bean Salsa, Creole Vegetable, Sweet Corn.

- **Health Valley** – *Split Pea, Lentil*
- **Mori-Nu Creamy Soups** – *Creamy Butternut Squash, Creamy Tomato, Creamy Corn, Creamy Garden Pea Soup*
- **Shari Ann's** – *Vegetarian French Onion, Spicy French Green Lentil, Spicy Vegetable Bean Soup, Indian Black Bean and Rice Soup, Tomato with Roasted Red Bell Pepper*

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- **Walnut Acres** – *Four Bean Chili, Cuban Black Bean, Mediterranean Lentil.*

Salads

Yes we know that everyone thinks vegans eat nothing but salad, indeed why should we eat anything else when there are so many interesting combinations available?!

The easiest way to prepare salad is to go to the supermarket, buy one of their pre-packed salads and add your favorite dressing, but where's the fun in that?!

Begin with a choice of leaves (spinach leaves make a nice change from lettuce), then go wild! Add nuts, seeds, apple, pear, avocado, grated carrot, celery, mushrooms, peppers, spring or red onion, raw red or white cabbage, watercress, cauliflower, zucchini, bean sprouts, mint, etc.

Salads make a delicious and vitamin-packed accompaniment to any meal, but are especially great with a baked potato (add vegan sour cream), pizza, or pasta dishes.

Condiments

Vegan Mayonnaise

- **Follow your Heart** – *Vegenaise vegan mayonnaise*

Cornbread from "The Peaceful Palate" by Jennifer Raymond

1 ½ cups soy milk
1 ½ Tbsp vinegar
1 cup cornmeal
1 cup unbleached flour
2 Tbsp unrefined sugar or other sweetener
½ tsp salt
1 tsp baking powder
1 tsp baking soda
2 Tbsp oil

Preheat the oven to 425°

Combine the soy milk and vinegar and set aside. Mix the cornmeal, flour, sugar, salt, baking powder and baking soda in a large bowl. Add the soy milk mixture and the oil. Stir until just blended. Spread the batter evenly in a greased 9x9-inch baking dish. Bake until the top is golden brown, 25 to 30 minutes.

(refrigerated). Our favorite!

- **Miso Mayo** – For the truly adventurous
- **Nasoya** – Nayoanaise vegan mayonnaise

Other Condiments

- **Annie's Naturals** – Original Recipe Barbecue Sauce and Smokey Maple
- **Bac'Uns** – animal free bacon bits (Frontier Natural Foods)
- **Field Roast** – Smoked Field Roast Crunchies (vegan bacon bits)
- **Premier Japan** – Organic Ginger Tamari, Garlic Tamari, Wasabi Tamari and Thai Soynut

Because Worcestershire Sauce contains anchovies (little fish) it is not vegan. But there is an alternative:

- **The Wizard's** – Organic Vegetarian Worcestershire Sauce (it's vegan!)

Salad Dressings

- **Annie's Naturals** – Basil & Garlic with Extra Virgin Olive Oil, Black Olives & Truffles with Extra Virgin Olive Oil, French, Goddess (!), Organic Green Garlic, Organic Horseradish with Echinacea, Sea Veggie and Sesame, Shiitake and Sesame, Smokey Tomato and Porcini, Tuscany Italian, Yellow Peppers & Sun-dried Tomatoes w/Extra Virgin Olive Oil
- **Nasoya Vegi-Dressings** – all flavors (such as Creamy Italian and Sesame Garlic Dressings)

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- **Bacos** – Bits, Chips
- **Whole Foods** – Balsamic Vinaigrette, Lemon Tahini, Sesame Vinaigrette, Italian Vinaigrette

Many other dressings are often vegan, usually vinaigrettes, and Italian dressing can be found almost anywhere. Ingredients to watch for are anchovies (small fish), and dairy products. If you miss Ranch Dressing, you can use vegan mayonnaise as a base and make your own!

Beans and Lentils

Where would we be without them? 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 and they are easiest to use from a can (although you can buy them dried, but do follow instructions carefully). Lentils are great and easy to cook (35-45 minutes) and can be used as a meat substitute in casseroles, soups and stews, or make a Dahl (puree) with them.

Snacks, Munchies and Treats

There are plenty of snack-type foods available, so you don't need to feel that you miss out on the finer things in life. First, the sweets ...

Cookies

- **Alternative Baking Company** – Cookies, 11 yummy & chewy varieties to chose from their incredible chocolate chip to the snickerdoodle.
- **Barbara's Bakery** – Snackimals Animal Cookies
- **Boston Cookies** – All Varieties
- **Frookie** -- Frookwiches - Chocolate, Duplex, Lemon, Peanut Butter, Vanilla and Funky Monkey Cookies - Chocolate & Vanilla
- **Hain** – Kidz All Natural Animal Cookies
- **No Cookie** – Scrumptious varieties including Peanut Butter, Oatmeal Raisin, Chocolate Brownie with Nuts
- **Now & Zen** – Chocolate chip
- **Organica Foods** – Double Chocolate coffee toffee, Peanut butter almond chocolate chip, Oatmeal Coconut Cranberry Chocolate Chip, Ginger Walnut Cherry Chocolate Chip
- **Sunflower Baking Co.** – All varieties are vegan
- **Uncle Eddie's** – Vegan Cookies (nice and chewy)

Vegan by Accident

- **Country Choice** – Sandwich Cremes
- **Keebler** – Droxies Crème-Filled Chocolate Cookies, Chocolate and Vanilla, Vienna Fingers
- **Mi-Del Snaps Cookies** – ginger, chocolate and vanilla are



Please note that when items are in bulk bins (such as Sunridge Farms) the labels may not be updated as often as they should be. Do check with your grocer.

all vegan

- **Safeway** – *Tuxedos: Chocolate Sandwich Cookies, Double Filled Chocolate Sandwich Cookies, Chocolate Crème Chocolate Sandwich Cookies, Mint Chip Chocolate Sandwich Cookies, Maple Leaf Cookies with Maple Syrup.*

Snacks

- **Affi's Marin Gourment** – Soft crackers
- **Amy's** – Organic Toaster Pops – Apple, Strawberry
- **Barbara's Bakery** – Fat Free Wheat Free Fig Bars, Fat Free Wheat Free Raspberry Bars, Low Fat Traditional Blueberry Bars, Low Fat Traditional Fig Bars, Fat Free Apple Cinnamon Bars
- **Belsoy** – Organic Pudding Snacks
- **Boulder Bars** – Original Chocolate, Apple Cinnamon, Peanut Butter, Boulder Berry, Choco Chip Peanut Butter
- **Bumble Bars** – all flavors vegan
- **Brown Rice Snaps** – Unsalted Sesame, Tamari Sesame, Toasted Onion, Vegetable
- **Deli-Style** – Sesame Thins
- **Edward's Organic Fine Confections** – Organic Chocolate Covered Fondants (Peppermints and Orange Mints. Organic Chocolate Dipped Jellies (Banana, Orange, Strawberry)
- **Health Valley** – Amaranth Graham Crackers, Chocolate Chip Granola Bars, Date Almond Granola Bars
- **Let's Do...Organic** – Organic Jelly, Classic, Super Sour, and Black Licorice Gummi Bears
- **Now & Zen** – cinnamon rolls
- **Odwalla Bars** – Superfood, Chocolate, Super Protein, Cranberry C Monster, Peanut Crunch, Chocolate Peanut Butter, Carrot

- **Ryvita** – most of their crispbread is vegan (crackers)
 - **Stonewall's** – Vegan Jerquee
 - **Stretch Island** – Fruit Leathers
 - **Sunridge Farms** – Organic Sunny Bears, Black Licorice Chews, Red Licorice Chews (to name a few)
 - **Tofurky** – Tofurky Jurky



- **Veggie Booty and Fruity Booty** – puffed rice and corn snacks – yummy!

Dips/Spreads

- **Affi's Marin Gourment** – Eggplant Dip, Sundried Tomato-Porcini Mushroom, Pesto Provence, Garlic & Balsamic Vinegar, and Caper Hummus.
- **Wildwood Natural Foods** – spreads (garlic aioli, tomato basil), lowfat hummus, spicy lowfat hummus, mideastern hummus, basil pesto hummus, baba hanooj, tabouli)

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- **Carr's** – Hob Nobs, Tea Biscuits, and Table Water Crackers

Go Nuts

Not surprisingly, nuts are vegan! Eat them au natural, or try ready salted mixed nuts (but watch out for honey - this means avoiding honey-roasted nuts too!).

And for the chocolate lovers...

Chocolate

At the risk of stating the obvious, milk chocolate contains milk. However it's easy to get vegan chocolate from your health food store.

- **Ah!laska** – Chocolate Syrup
- **Chocolate Decadence** – vegan chocolates (order at www.chocolatedecadence.com)
- **Sunspire** – Earth Balls (available in bulk), chocolate chips (Grain Sweetened, Organic)
- **Tropical Source** – Chocolate bars (all varieties), baking chips

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- **Chocolove** – All dark chocolate flavors are vegan (cherries & almonds, orange peel, raspberries, etc)
- **Endangered Species Chocolate Company** – Tiger Bar, Rainforest Bar, Grizzly Bar, Chimp Bar, Wolf Bar, Sea Turtle, Dark Chocolate Bug Bites and Chimp Mints.
- **Ghirardelli** – Double Chocolate Chips, Semi-Sweet Chocolate Chips
- **Goldberg's** – Peanut Chews

Make your own!
Short Cut Shortcrust

Although it's a lot quicker to use ready-made frozen puff pastry dough (find it in the frozen section of any store), it's also quite easy to make your own.

1lb or 4 cups plain flour,
½ teaspoon of salt,
8oz or 2 sticks margarine and
6 tablespoons of ice-cold water

Rub the margarine into the flour and salt, then add the water slowly to form a dough. It's best to refrigerate the pastry for half an hour before rolling out on a floured board.

Vegan Banana Bread

1-¼ C white flour
1-¼ C whole wheat flour
1 C unrefined sugar
1 tsp. baking soda
½ tsp. All Spice
½ tsp. nutmeg
1-¾ C ripe banana
4 Tbs. water
6 Tbs. margarine
¼ tsp. vanilla extract

Preheat oven to 375°
Mix the first six ingredients.
Mix remaining ingredients in a separate bowl.
Combine all ingredients and pour into greased muffin pan or bread pan
Bake 12-15 minutes for muffins or 60-90 minutes for bread.

- **Green & Black's** – Organic dark chocolate, Organic Hazelnut and Currant Dark Chocolate, Maya Gold Chocolate and Dark Chocolate for cooking.
- **Newman's Own** – Sweet Dark Chocolate Bars, Sweet Dark Espresso Dark C
- **Rapunzel** – Pure organic swiss chocolate (Semisweet Chocolate, Semisweet Chocolate with Almonds, Semisweet Chocolate with Hazelnuts)
- **Santa Cruz** – Organic chocolate flavored syrup
- **Scharffen Berger** – Bittersweet Bars, Nibby Bars, Moch Bars, Semisweet Bars, Cocoa Powder, Cacao Nibs, Chocolate Chunks
- **Sunridge Farms** – Chocolate Almond Raisin Clusters, Chocolate Macadamias, Chocolate Cashew Clusters, Chocolate Nut Clusters, Chocolate Peanut Clusters, Chocolate Pecan Clusters, Chocolate Almond Clusters, Chocolate Pretzels, Chocolate Ginger, Chocolate Pineapple, Chocolate Raisins, Chocolate Peanuts, Chocolate Apricots, Carob Peanut Clusters, Carob Almond Clusters, Carob Apricots, Chocolate Apricots (to name a few)
- **Trader Joe's** – Pound Plus (Bittersweet Chocolate, Bittersweet Chocolate with Almonds, Dark Chocolate)
- **Whole Foods** – Dark Chocolate, Dark Chocolate with Almonds, Dark Chocolate with Currants and Raisins

Biscuits and Breads

Both health food stores and most fresh bakeries will have vegan bread, since fresh bread is quite often vegan by default. But do be sure to look out for ingredients such as honey, eggs and dairy products (whey) – the same is true for bagels.

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- **Sara Lee** (also under the brand name Food Lion) – Texas Style Artificially Flavored Butter Biscuits, Texas Style Artificially Flavored Buttermilk Biscuits.

Ethnic Cuisine

Open up a new world of food and explore Indian, Chinese, Italian, Mexican, Thai, French, African or Caribbean cookery. Lots of refried beans state if they are suitable for

vegetarians. Don't forget to check the ingredients for ready made sauces for you to mix in.

Desserts

Traditional desserts can usually be made using vegan ingredients, but if you're more interested in buying them than making them, there are plenty of choices available:

- **Emes Kosher-Jel** – Plain, Lemon, Strawberry, Lime, Orange, Cherry, Raspberry, Grape, Pineapple, Black Cherry, Black Raspberry
- **Hain** – Chocolate and Vanilla Pudding – boxed mixes, Superfruits dessert mix (vegan jello)
- **Harvest Direct** – Soy puddings – boxed mixes: French Vanilla, Banana, Chocolate Fudge, Lemon Creme Soy Pudding
- **Hip Whip** (Now & Zen) – vegan whipped cream and a chocolate mousse
- **Mori-Nu Mates Pudding Mix & Pie Mix** – Chocolate, LemonCreme & Vanilla (dry packets)
- **Mother Nature's Goodies, Inc.** – Whole Wheat Pie Shells

Vegan by Accident

- **Keebler** – Graham Cracker Ready Pie Crust (also sold under the name Food Lion)
- **Marie Callender's** – Fruit pies (Apple Pie, Cherry Crunch Pie, Dutch Apple Pie, Peach Cobbler, Razzleberry Pie)
- **Pepperidge Farms** – Apple & Raspberry Turnovers
- **Trader Joe's** – Apple Strudel (seasonal)

Interesting Vegetables

If you find yourself cooking the same old vegetables day in, day out, why not take a trip to your nearest supermarket and see what other vegetable delights grace their shelves? Choose from artichoke, eggplant, or daikon. No, we don't know what to do with them either, but we have fun trying! Or visit your local ethnic food shops and see what they have to offer - we guarantee you'll find something there you'd never heard of before and the produce workers may give you some tips.

Chocolate Pie Recipe

2 - 10.5 oz packages of Soft Silken Tofu
1 - 10-12 oz bag of vegan chocolate chips
1 - vegan graham cracker pie crust (store bought or homemade)

Puree the tofu in a blender until completely smooth. Put the chocolate chips in a pot or double boiler and heat them just enough to melt. (Be careful not to burn them). Once the chocolate chips are melted, blend them into the tofu. Pour the mixture into a pie crust. Chill for at least 2 hours and then serve.

Optional: Add a few Tbs. of peanut butter to the mixture while blending or add nuts or berries to the mixture once it is in the crust. Enjoy!

Easy Rise-'n'-Shine Pancakes

1 C unbleached white flour (or split half wheat/white)
1 Tbs baking powder
¼ tsp salt
1 C soy or nut milk
2 Tbs canola oil
2 Tbs maple syrup or other liquid sweetener
canola oil for frying

Combine dry ingredients in a bowl and wet ingredients in a separate bowl. Add soy milk mixture to flour mixture and mix just until moistened; a few lumps are OK. (Don't overbeat or pancakes will be tough.) Heat a nonstick griddle or frying pan over medium high flame until a few drops of drizzled water bead up and bounce. Pour a little oil (2 tsp.) onto the griddle and heat until hot. Pour batter onto the griddle to form circles about 4 inches in diameter. Cook the pancakes for a minute or 2 on one side or until bubbles appear on the surface. Flip pancakes and cook on the other side for another 1 or 2 minutes. Continue until golden brown on each side, about 4 minutes in all.

Eating Out

Until recently, eating out was a total nightmare for vegans - you could have a baked potato (no butter) and green salad (no dressing), and the only choice was to take it or leave it. Things have improved since then, but there's still a long way to go. Vegetarian and even vegan restaurants are popping up in most sizeable cities, and even in some smaller ones. Your average bar, cafe or restaurant will not usually advertise that its food is vegan, but most will have a vegetarian option or two that you can ask to be made vegan. Questions that may cross your lips are, 'does it contain any milk, cream or eggs?', 'could you hold the mayo?', and 'can I see the package?!' Don't be afraid to ask the chef to make you something specific. If you want to be sure that there will be food available, phone in advance and ask them what they can do for you. You might be surprised to find that some of the cooks are excited to try something new!

Indian restaurants are extremely easy to find vegan food in, but remember to ask about the creamy curries (some use dairy cream instead of coconut) and some dishes may contain ghee, which is a dairy butter.

Good Chinese food restaurants have a large vegetarian selection; you just need to work out which ones are vegan. Some may have egg in their noodles, or may put egg separately in the dish. Other than the noodles, you can easily ask for the dishes without egg.

You can check with pizza places and see if their crust is vegan (just watch out that there's no milk or milk proteins in the crust) and make sure their sauce is animal free too. Just ask them to use extra tomato sauce, and if you smile sweetly, they'll usually pile the toppings on as well.

A list of fast-food options can be accessed at the Vegetarian Resource Group's webpage (VRG)
<http://www.vrg.org/catalog/ff.htm>

Check out these websites for a listing of veggie friendly restaurants around the world! You can even search by state.
<http://www.vegdining.com>
<http://www.happycow.net/>

If you're on the move, it's not always so easy to eat out. Gas stations and airports are falling behind when it comes to providing meals, but the airlines are at least making an effort.

Book your vegan meal well in advance and each time you speak to someone from the airline, ask them to confirm it. It is best to ask for non-dairy vegetarian, strict vegetarian and some airlines now even understand the term vegan. When you're on board with your tummy rumbling, you'll be thankful that you asked.

When traveling, it's usually best to take a packed lunch, just in case you find yourself in a Vegan Free Zone.

Our sister group Viva! in England and the Vegetarian Resource Journal both sell travel guides. From Brighton, England to Berlin. You could be munching happily from London to Ireland.

See Vegetarian Resource Group:
www.vrg.org/travel/index.htm
Viva! www.viva.org.uk (click under books)

Meal Ideas

So now you know how vast the options are for a vegan meal. But how do you put it together? It just takes a little bit of creativity to get the ball rolling and then you will have no trouble at all. The internet is a great resource for ideas as well, and vegan recipes are all over the web, if you just type what you want into a search engine, chances are you will find a recipe for it. Here are some ideas for meals to spark your imagination.

Breakfast Ideas

Strangely enough, a common question you will be asked as a vegan is "what do you eat for breakfast?" Rest assured, whatever your taste first thing in the morning, a vegan

Blueberry-Orange Sauce (for pancakes, etc)

Makes 2 cups
2 cups fresh or frozen blueberries
1 cup fresh orange juice
1 teaspoon minced orange zest
1 teaspoon minced fresh ginger

Place all ingredients in a saucepan. Cook over medium heat, stirring occasionally, for 15 minutes, or until the blueberries are soft and the remaining liquid is syrupy. Serve warm.



Oatmeal Chocolate Chip Cookies

1 Cup Soy Margarine, softened
1 ½ Cup Unrefined sugar
¼ Cup + 2Tb Warm water
2 Tsp Vanilla
1 Tsp. Baking soda
1 ½ Tsp. Egg replacer or 2 Tb. Tofu
1 Cup Flour
1 Tsp Salt
3 Cup Uncooked Oatmeal
1 Cup Vegan dark chocolate chips (semi-sweet)

Preheat oven to 350 degrees & lightly grease cookie sheet. Cream first four ingredients together until smooth. In a separate bowl, mix next five ingredients (if using tofu, mix with previous ingredients). Combine contents of both bowls by hand or with electric mixer. Add chocolate chips. Drop by spoonfuls onto cookie sheet and bake for 15-18 minutes.

breakfast is a great way to start the day.

- Fantastic Foods Tofu Scrambler with potatoes (or other vegetables)
- Barbara's Bakery Cereal Bars
- Fresh fruit, either whole, cut and mixed, or in a smoothie
- Toast with margarine and/or nut butter (peanut, almond, cashew)
- Mexican breakfast burrito, stuffed with hash browns, tofu scramble and veggie sausage, topped with Tofutti Sour Supreme
- Arrowhead Mills Pancake and Waffle Mix with Lightlife Smart Links or Yves Canadian Bacon (lots of pancake & waffle recipes are easily adaptable – see one in this guide)
- Frozen waffles with fresh fruit
- Cereal and soy milk with fruit
- Biscuits with Gimme Lean sausage and gravy
- Oatmeal with fresh peach chunks

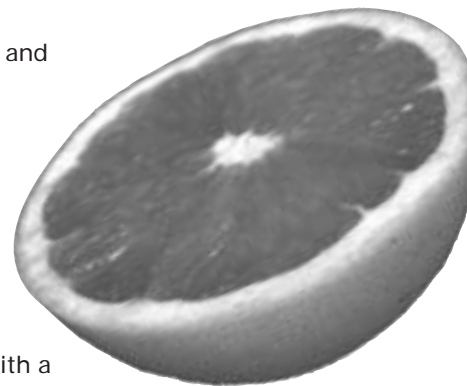
Quick Lunch Ideas

- Veggie Burgers or hot dogs with all the fixin's
- Peanut butter and jelly
- Avocado, tomato and mayo sandwich (Vegenaise or Nayonaise)
- Tempeh Rubeen sandwich (with vegan cheese)
- Falafel (chick pea patties) with salad and hummus
- Hummus (chick pea and garlic dip) with lettuce in pita bread
- Prepared tempeh with lettuce, tomato and mayo
- Veggie ham with mustard or salad
- Tuno sandwich (vegan version of tuna)

Larger Meal Ideas

- Vegan lasagna
- Rice pilaf with vegetables
- Spaghetti with tomato sauce and veggie meat balls
- Bean burritos, roasted vegetables, and guacamole
- Tacos with ground tempeh or vegan ground beef and shredded Veggie Kaas cheese
- Tofu, tempeh, or seitan stir-fry with sweet and sour or peanut sauce

- Marinated, grilled Kabobs with seitan and vegetables
- Vegan cutlets and potato salad
- Chili and tortilla chips or cornbread
- Spinach salad with avocado, nuts, veggies, veggie bacon bits and dressing
- Chicken-free patty, with mashed potatoes and Hain gravy
- Brown rice and steamed vegetables with a sauce



Drinks

Most soft drinks are vegan; but watch out for colorings which can be animal derived, honey or cochineal (crushed insects). Smoothies and juices are also usually vegan, the exception being with honey or whey protein in some 'power' smoothies. Many wines have been 'refined' using one of a whole range of nasty bits: blood, bone marrow, chitin, egg albumen, fish oil, gelatin, or milk casein. Beers too can be cleared with isinglass (obtained from the air sacs of freshwater fish). Keg, canned and some bottled beers are usually OK. But here's the good news - most liquor is fine.

Don't be discouraged – there are lots that are vegan! Go ahead and crack open a bottle of Heineken, Rolling Rock or Sierra Nevada. Just to name a few!

For a long list of animal free alcoholic beverages see: <http://www.VeganProducts.org/drinks.html>

Toiletries and Cosmetics

Reading labels is one way to find out what exactly has gone into your shampoo, but unless you're a trainee chemist, you probably won't know what most of it means. A few words to look out for and avoid like the plague are: beeswax, chitin, collagen, elastin, keratin (if human, they typically list this), lanolin, oleic acid, propylis, shellac, spermaceti wax, and stearin. This is not a comprehensive list, and some ingredients listed above can be obtained from a non-animal source, but it may give you a clue on what to look out for. Below is a very abbreviated list of cosmetic, personal care

and household products that are not tested on animals.

- *Avalon* – shampoo, soaps and hand lotions
- *Clear Conscience* – Contact lens solution
- *Desert Essence* – toothpaste, deodorant, mouthwash, shampoo
- *Dr. Bronner's* – Castile Soap
- *Earth Friendly Products* – cleaners & detergents
- *Earth Science* – skin and hair products
- *Jason* – toothpaste, mouthwash, and deodorant
- *John Paul Mitchell Systems* – hair care products
- *Kiss My Face* – soap, shaving cream, deodorant, shampoo
- *Nature's Gate* – toothpaste, soap, deodorant, shampoo
- *Seventh Generation* – paper and cleaning products
- *The Body Shop* – do not test anything on animals, stores have a listing of vegan products
- *Tom's of Maine* – toothpaste, mouthwash, deodorant (one type does carry propylis)

As you may have already realized, just because the finished product is vegan, it doesn't mean that it hasn't been tested on animals. Companies have different policies - some test blatantly (e.g. L'Oreal with their ingredients), others have a 'rolling year' policy which means that they won't use products that have been tested within a certain number of years, others have a fixed cut off date, so that no animal tests have been conducted for that product since that time. A comprehensive booklet can be obtained from The Coalition for Consumer Information on Cosmetics (CCIC), which is a coalition of several animal rights groups.

CCIC www.leapingbunny.org (888) 546-CCIC

Vegan Clothes

It may sound obvious, but leather, fur, wool and silk all come from animals. And they don't just politely ask the animals to hand it over either. The leather industry is a highly profitable part of the meat industry, and you cannot support one without the other. Furs are well, fur, which is boycotted by many of the top models and all sane and compassionate people. Wool, you may say, is okay as sheep need to be sheared, but sheep are kept for their wool, skin meat, the meat of their babies (lamb), and milk. Once a sheep's wool or lamb productivity has started

mooshoes

alternatives to leather



We Carry products by:

Vegan Wares, Birkenstock, Vans, Ecolution Hemp Shoes, TUK Shoes, Vegetarian Shoes and Jackets, Rinaldi Designs, English Retreads, Herbivore Clothing Co., Ethical Wares, Vegan Leather belts, AnimalRightstuff t-shirts, + bags, wallets, buttons, treats, stickers, and other fun stuff. Go Vegan.



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to decline the animal is sent to slaughter. As for silk, millions of silkworms are killed by baking, steaming or electrocution in order to extract the silk. They may not be as cute as lambs, but they still deserve a break!

Instead of wool, choose man-made fibers or cotton. Many products now being made, such as fleece, are a more than adequate replacement for wool. Remember that wool is often blended with other fibers, so you may need to start label reading again!

Vegan Shoes

Men often find it harder to buy vegan shoes, but try different stores and look for 'man-made' or 'synthetic' labels, or buy canvas shoes and boots - not too practical in the snow, but great for summer wear! Many shoe stores carry shoes that are not leather.

Alternatively, you can buy good quality leather-look shoes, boots and sandals mail order from the companies listed below. These companies don't just limit themselves to shoes. They carry synthetic leather jackets, as well as a large assortment of shoes, belts, wallets, and other and hard to find vegan products, such as non-leather baseball & softball gloves! You can also request a guide to vegan leather-look clothing from PETA at www.cowsarecool.com.

Ethical Wares (UK) www.ethicalwares.com
 MooShoes www.mooshoes.com (212/481-5792)
 Heartland <http://www.trvnet.net/~hrtlndp/> (800-441-4692)
 Pangea www.veganstore.com (800) 340-1200
 Shoes With Souls www.shoeswithsouls.com (619) 216-5804
 Vegetarian Shoes (UK) www.vegetarian-shoes.co.uk

Vegan by Accident

- Stores like Payless sell a good variety of non-leather shoes.

Vegan/Animal Rights Products

Other great sites to get some great animal rights garb:

- www.animalrightstuff.com (stylish t-shirts!)
- www.veganessentials.com
- www.veganmercantile.com
- www.veganstreet.com
- www.vivausa.org (You can order t-shirts, pens and other materials from us!)

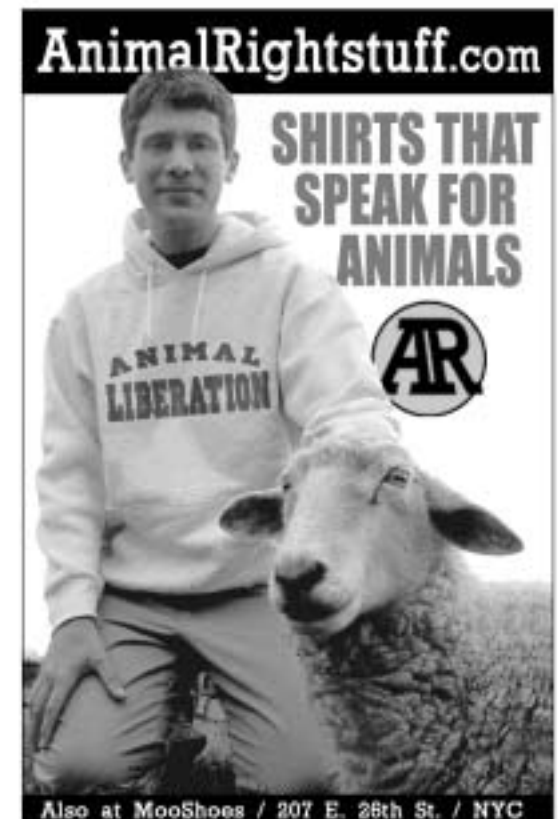
Go For it!

So that's it! Easy isn't it? We hope this Guide will help you see that making the vegan transition is easy and fun! If you want more information, just contact Viva! We can give you more to read and what we have to offer. We do sell a few cookbooks and have materials to help you spread the word. The world is full of vegan items!

Ethical Considerations

Please note that the products featured in this guide have been included purely on the basis that they meet the criteria of a vegan diet and contain no animal products.

We appreciate that many vegans also wish to take into account the ethical policies of the companies they are supporting when they buy a particular product. However, we have omitted a few companies due to ethical concerns.



Boo-Hiss Glossary

albumen	egg white, used in food as a binder
anchovy	small fish, often used in Worcester sauce
angora	fiber obtained from goats or rabbits
aspic	A savory jelly, usually clear, made of clarified meat, fish or vegetable stock and gelatin. Gelatin is pure protein derived from beef and veal bones, cartilage, tendons and other tissue. So you can have a tomato derived aspic jelly, but it would not be Vegan because of the gelatin.
beeswax (E901)	secreted by bees, used in polishes and cosmetics
bristle	animal hair used for brushes
carmine	red pigment obtained from cochineal. Has been used for cosmetics, pharmaceutical coatings, dry mixes, surimi, fillings, cake icings, and hard candy. In the liquid form, it has found application in coloring bakery products, icings, yogurt, candy, ice cream, gelatin desserts, various milk-based and alcoholic beverages, fruit syrups, pet foods, fish cakes, jams/preserves, meat products, marmalades, hair and skin care products, lip sticks, face powders, rouges, and blushes
casein	milk-derived protein, which coagulates with the addition of rennin and is the foundation for cheese. Casein is also used in the production of nonfood items such as adhesives, paints and plastics.
cashmere	wool from the cashmere goat
chitin	derived from the shells of insects or crustacea, used in shampoos and moisturizers
chamois	soft leather, made from the skin of antelope, sheep, goat or deer
cochineal (E120)	red dye made from the dried bodies of insects
	collagen – protein found in a number of tissues, but is particularly abundant within and around joints of animals, used in cosmetics
colors	it seems there is no fast rule on color additives according to the FDA. You would need to contact the companies to find out if they are from animals or not.
D3	vitamin derived from lanolin or fish oil. Added to vitamin and food supplements. Vitamin D3 is produced in the skin after exposure to sunlight, the human does not have a requirement for vitamin D when sufficient sunlight is available
down	feathers from fowl, used in quilts and pillows
elastin	the insoluble, elastic protein found in the ligaments, walls of

felt	arteries, organs and muscles of animals, used in cosmetics
gelatin(e)	cloth made from wool and/or fur is pure protein derived from boiling beef and veal bones, cartilage, tendons and other tissue.
glycerin(e) or glycerol (E422)	colorless liquid which can be obtained from animal fats
hide	animal skin used in the clothing, footwear and upholstery industries
isinglass	is produced from the swim bladders, and less commonly the gills, of certain species of tropical and subtropical fish.
keratin	protein found in hair, horns, hoofs and feathers, used in shampoos and conditioners
L’cysteine hydrochloride (E920)	obtained from animal hair, cow horn, and chicken feathers, used in shampoos, baby milk formula, dietary supplements, and as an improving agent in white flour. Can be produced synthetically or derived from human hair
lactic acid (E270)	acid produced by fermenting lactose (milk sugar). Can also be obtained from non-dairy sources
lactose	milk sugar, is often added to baby foods, and used as the base for some prescription drugs. Some products labeled nondairy, such as powdered coffee creamer and whipped toppings, may also include ingredients that are derived from milk and therefore contain lactose
lanolin(e)	fat extracted from sheep’s wool, used in cosmetics
lard	fat surrounding stomach and kidneys, most commonly from pigs and sheep
leather	tanned hide, used in clothing, accessories and upholstery
lecithin (E322)	fatty substance found in nerve tissues, egg yolk and blood. Can also be obtained from vegetable sources
lutein (E161(b))	dye obtained from egg yolk. May also be obtained from marigolds, red peppers, kale, mustard and spinach
mohair	cloth made from hair of Angora goat
oleic acid	fatty acid found in animal and vegetable fats
estrogen	female sex hormone, used in cosmetics and estrogen replacement drugs (such as Premarin), derived from urine of pregnant mares. It can also be manufactured synthetically.
parchment	skin of sheep or goat, prepared for writing on untanned skins of animals, especially of the sheep, calf, and goat, prepared for use as a writing material.
pepsin	enzyme found in gastric juices, used in cheese making
progesterone	sex hormone used in hormone creams, can also be derived from wild yams or made syntheticallypropylis/propolis - bee

rennet	glue, used in toiletries and cosmetics
roe	extract of calf stomach, used in cheese making
royal jelly	eggs obtained from slaughtered female fish
	food upon which bee larvae are fed, used as a food supplement
sable	fur from small mammal, the sable marten
shellac (E904)	insect secretion, used in hair spray, lip sealer and polishes
silk	fiber produced by larvae of certain bombycine moths
	sodium 5'-inosinate (E631) – prepared from fish waste, used as a flavor enhancer
squalene/squalane	found in the liver of shark and rats, used in toiletries and cosmetics and as health food supplement.
stearin(e)	general term for glycerides formed by combining stearic acid and glycerin. Used in medicines and toiletries
suede	kid, pig or calf skin, made into clothes and footwear
suet	fat prepared from the loins and kidneys of cattle and sheep, used in cooking or processed to yield tallow
	tallow – hard animal fat, often obtained the tissues of animals, used in soap and candle-making
testosterone	male hormone, used in bodybuilding supplements
urea	waste nitrogen formed in the liver, used in toiletries and cosmetics
velvet	fabric usually made from silk, but can also be made synthetically
 whey	milk derivative. Used in margarine, biscuits, chips, and cleaning products
wool	fiber made from the fleece of sheep

Hurray Glossary

agar flakes	thickening agent derived from seaweed
Bragg liquid aminos	a liquid protein concentrate, derived from soybeans, containing a host of essential and non-essential amino acids. Used as a replacement for tamari and soy sauce
bulgur	cracked wheat
celeriac	celery root, eat it grated in salads, or boil it
couscous	tiny pieces of semolina, use it as the basis for a salad
Ener-G Egg - Replacer	available at natural food stores use in place of eggs as a binder, especially in baked goods recipes. Homemade egg replacer recipes are available
falafel	a spicy patty made from ground beans, seasoned with toasted sesame seeds and salt, often served in pita bread
flax seeds/oil	flax seeds are the richest, commonly available plant source

	of omega-3's; especially important for a healthy vegan diet. Flax seeds must be ground to get the full nutritional value. Flax seed oil (unheated) is a convenient way to reap the health benefits from flax and can be sprinkled over cooked food or added to smoothies.
hummus	dip made from chickpeas and garlic, a regular in most vegan sandwiches
kohlrabi	unusual vegetable from the cabbage family
millet	tiny grains, use instead of rice
miso	mineral-rich paste made from fermented soybeans
nutritional yeast	a rich source of B-complex vitamins including a naturally fermented, non-animal source of vitamin B12 (essential for vegans) and folic acid. Use as a condiment, sprinkled over a meal of rice and veggies, or on popcorn for snack time. Makes a great addition to gravies and sauces
seitan (or wheat-meat)	is a low fat, high protein, firm-textured meat substitute made from gluten; the insoluble protein in wheat
shallots	small, delicate onion-like vegetable
tahini	ground sesame paste, used as a spread or to thicken sauces
tamari sauce (nama shoyu)	naturally brewed soy sauce
tempeh	protein rich soy bean product, gives a nutty taste
tofu	soy bean curd
TVP	textured vegetable protein, comes in pieces and chunks
vegan	someone who does not eat, use or wear any product that is obtained from dead or living animals

Remember that this list is not definitive, nor is this guide. There are plenty of vegan foods and suggestions for vegan meals that have not been mentioned.

It is not unknown for companies to alter the ingredients in certain products, but at the time of writing this guide, all products mentioned as being vegan are vegan. We'd love to hear if you know more.

By Viva!USA Staff & Friends

About Viva!USA

Viva! is a vegan non-profit organization that aims to save animals by converting more people to its 'no animals on my plate, I'm vegan' cause.

Viva! produces masses of information on becoming vegan and campaigns against factory farming, slaughter, and on health and environmental issues.

We also run youth campaigns, such as mobilizing students to gain access to vegan foods in their school cafeterias and have materials directed specifically for teens!

Viva! has a variety of mail order products, from books and T-shirts to campaigning literature, to help you speak out to be active in the fight for the animals!

If you want to help *Viva!* save animals, please join us as an activist and a supporter. Please contact us! We love to add your voice to speak out for the animals!

Viva!USA
PO Box 4398
Davis, CA 59617
Tel: 530/ 759-VIVA (8482)
Fax: 530/ 759-8487
W: www.vivausa.org
E: info@vivausa.org

Join our e-mail alert list to keep updated on our campaigns and what you can do. Just e-mail us at list@vivausa.org and ask to be signed on!

Viva! is a registered nonprofit 501(c)(3) organization. All donations are tax deductible.

Guide completion date: 10/02.

Viva!

Campaigning for Animals Fighting for Change

Knowledge is power! Contact *Viva!* for additional information on how veganism is good for your health, the planet and the animals! We have campaign materials and resources specific to students and teens! And videos and campaign leaflets to help you educate others.

Get involved in our campaigns to make changes for the animals.

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