

Super Savory Pancakes • FAQs About Vitamin D

VOLUME XXVIII, NO 2

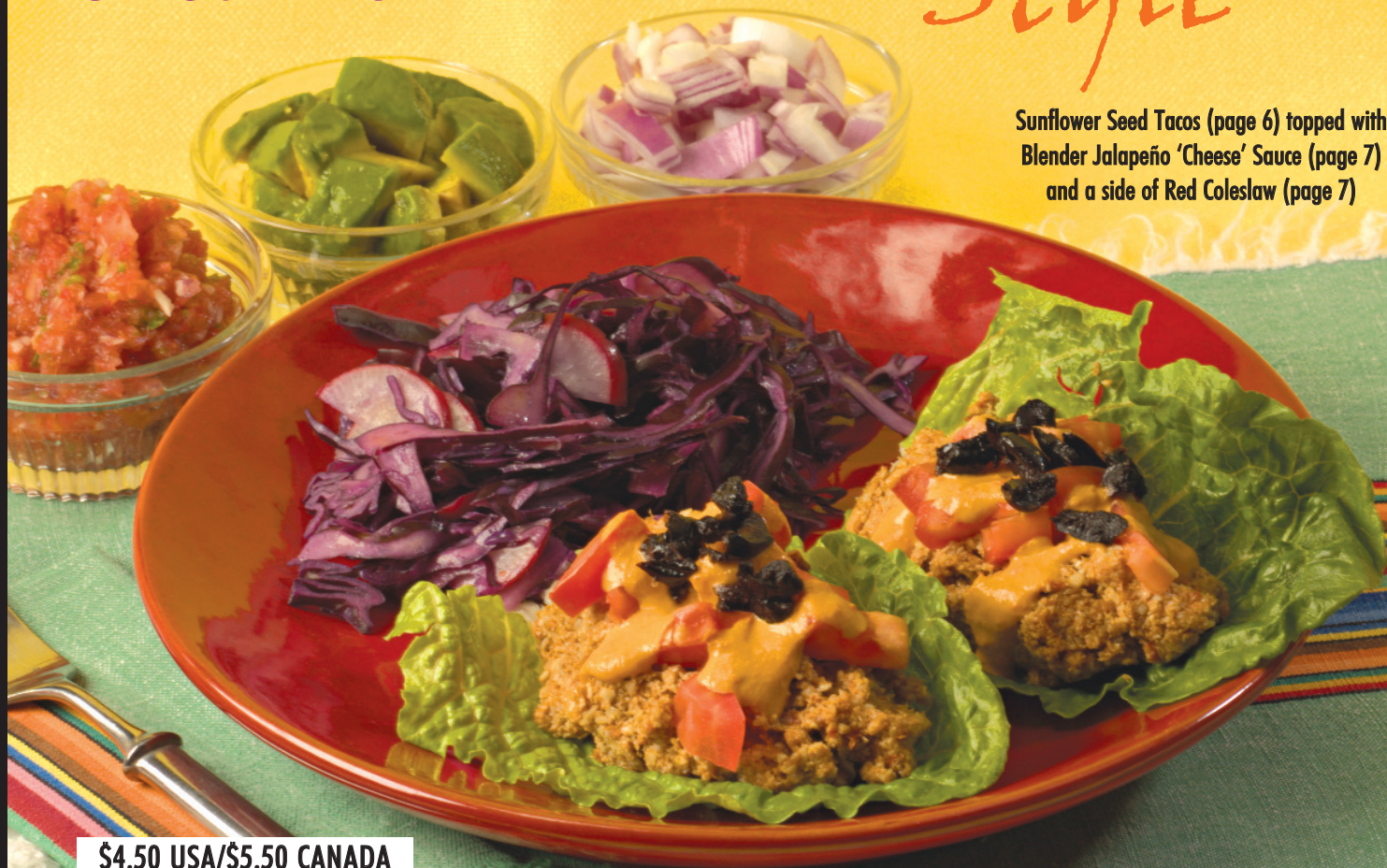
VEGETARIAN

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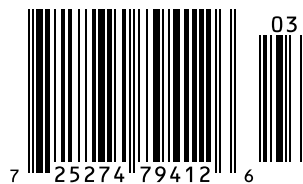
**Should You
Add More
Flaxseeds
to Your Diet?**

*Raw Cuisine Done
Southwestern
Style*

Sunflower Seed Tacos (page 6) topped with
Blender Jalapeño 'Cheese' Sauce (page 7)
and a side of Red Coleslaw (page 7)



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Food Service Update

**Catering to Clients With Chewing
or Swallowing Disorders**

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NUTRITION HOTLINE

SUZANNE HAVALA HOBBS
DrPH, MS, RD



This issue's Nutrition Hotline explores the benefits that come from consuming flaxseeds and some ways to include them in your diet.

QUESTION: *"We hear so much about the nutritional value of flaxseeds. Should I go out of my way to try to add them to my diet?"*

ANSWER: Shiny little brown flaxseeds—they're not much bigger than sesame seeds—are being touted as nature's own nutritional supplements.

They're rich in alpha-linolenic acid, an essential fatty acid that converts into omega-3 fatty acids. Some studies suggest that increasing our intakes of other omega-3 fatty acids may have health benefits, including reducing the risk of coronary artery disease.

The evidence is far from conclusive, but food companies are using flaxseeds' omega-3 health-power potential to sell flax-fortified cereals, breads, and other products. Whole and ground flaxseeds and flaxseed oil capsules are also widely available.

It's far too early to know if flaxseeds can live up to the hype. However, we do know that whole flaxseeds are also a good source of dietary fiber, manganese, folate, and other vitamins and minerals.

So, what's the right role for flaxseeds in your daily routine? If you treat them like any other whole food, they can be a healthful addition to your diet.

You can add whole flaxseeds to hot or cold breakfast cereals, for example. Still, most people prefer to grind the flaxseeds before adding them to other foods. Ground flaxseeds are easier to digest and for the body to absorb.

Grind flaxseeds using a coffee mill or mini food processor. If you

buy milled flaxseeds, keep them in the refrigerator or freezer. That will slow the oxidation of the oil in the seeds and keep them fresh longer.

There are a number of ways to include ground flaxseeds in your diet. For example:

- Stir them into soy yogurt, hummus, soup, and cooked cereals. Like wheat germ, which is similar in texture, ground flaxseeds add a nutty flavor.
- Mix them into crumbly foods. Add a few teaspoons of ground flaxseeds to the oatmeal topping on apple crisp, or sprinkle some into granola.
- Bake them into breads, muffins, cookies, pancakes, and waffles.
- One Tablespoon of ground flaxseeds mixed briskly with three Tablespoons of water can substitute for one whole egg in muffins, cookies, pancakes, and quick breads.
- Use one cup of ground flaxseeds in place of $\frac{1}{3}$ cup of oil or shortening.

But don't give flaxseed all of your attention. Other seeds and nuts deserve a place in your pantry (or refrigerator), too. Sunflower and pumpkin seeds, walnuts, almonds, and others add variety, flavor, and nutrients to a varied diet.

The best nutritional supplement doesn't come in a bottle or a seed. It comes from the collective nutritional power of nutrients packaged naturally in a range of whole, minimally processed fruits, vegetables, grains, legumes, seeds, and nuts.

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The *Vegetarian Journal* is one project of The Vegetarian Resource Group. We are a nonprofit organization that educates the public about vegetarianism and the interrelated issues of health, nutrition, ecology, ethics, and world hunger. To join VRG and receive *Vegetarian Journal* in the USA, send \$20 to The Vegetarian Resource Group, P.O. Box 1463, Baltimore, MD 21203.

NOTE FROM THE COORDINATORS

THE LATEST VRG SURVEY: WHO ANSWERED?



Since 1994, The Vegetarian Resource Group has been conducting national polls on the number of vegetarians and vegans in the United States. (See <www.vrg.org/nutshell/faq.htm#poll>.) These are undertaken by national polling organizations and are the same type of polls done for presidential campaigns cited in the media.

Recently, there was publicity about the number of vegetarians reported by the Centers for Disease Control. Their numbers were lower than ours, partially because they were counting people who were vegetarian only for health reasons. Not surprising to us, approximately the same number of people reported following the Atkins diet as a vegetarian diet for health considerations. Reed Mangels will be reporting on this interesting study in a future *Vegetarian Journal*.

Periodically, we do less scientific surveys of our members. These are not 'random samples' and only tell us about the people who responded, not the general population or even all our members. However, they give us information about the readers most interested in responding, which may be of use to students and businesses. Below are some data from the survey of vegetarians we printed in Issue 1, 2006, of *Vegetarian Journal*. Whether so many of our members are vegan is questionable. Nevertheless, many who do respond appear to be the activists or the 'loud mouths,' the people most likely to spread the word about products and the ones marketers need to reach. There were 276 total responses, with 200 coming from the *Journal* and 76 from other sources, such as outreach booths.

	Reason(s) for Becoming Vegan	Reason(s) for Becoming Vegetarian	Have Been Vegetarian for 30+ Years
Total Respondents	55	232	57
Health	16%	24%	12%
Ethics	24%	28%	25%
Animal Rights	58%	47%	28%
Weight Loss	4%	2%	2%
Environment	7%	9%	4%
Spirituality	11%	13%	26%
Family/Friends	0%	3%	7%
World Hunger	4%	4%	0%

Please visit <www.vrg.org> to see more results of this poll.

Debra Wasserman & Charles Stahler

Coordinators of The Vegetarian Resource Group

VRG'S MEMORIAL AND HONORARY GIFT PROGRAM

How often have you wanted to make a gift in honor of a loved one or friend but weren't sure which charities are vegetarian-friendly, pro-environmental, or pro-animal rights? Please remember The Vegetarian Resource Group. You can make a gift in memory of a loved one or as a living tribute to honor someone you care about on a special occasion, such as a wedding or birth. We'll send an acknowledgement to you and to the recipient(s) you choose. Your gift will support educational outreach programs and help promote vegetarianism.

Memorials & Honorary Gifts

In memory of: _____

In honor of: _____

Please send acknowledgement to:

Name: _____

Address: _____

My name and address:

Name: _____

Address: _____

Make checks payable to The Vegetarian Resource Group and mail to P.O. Box 1463, Baltimore, MD 21203.

Peggy Fields and Mary Jane McCord have made donations in memory of Richard Hawthorn. Edith Steiger Seaman made a generous donation in memory of Dr. Howard P. Steiger.

C.J. Masters made a donation in honor of Dr. T.R. Wikstrom.

Thank you to Himali Gandhi for assisting Reed Mangels, PhD, RD, with gathering information about vegan energy bars and volunteering for other activities.

Thanks for Publishing Such Practical Recipes in *Vegetarian Journal*!

I have looked through some back issues, and *Vegetarian Journal* seems to be exactly the type of magazine I want. So many of the recipes in other vegetarian publications use such difficult-to-find items that you need to add 2½ hours of driving to the time it takes to prepare them! Thank you in advance for helping to maintain a vegetarian lifestyle with such a practical and down-to-earth approach.

Linda G., via e-mail

Florida Farm Workers Seeking Agreement with Chipotle

In response to *Who's the Veggie-Friendliest of Them All?* in Issue 4, 2008, of *Vegetarian Journal*.

I just read the article on top restaurant chains for vegetarians. I want to alert our VRG community that Chipotle, which is friendly in food choices, has not yet been willing to negotiate with the Coalition of Immokalee Workers, <www.ciw-online.org>. This is an organized group of Florida farm workers who have been campaigning with the major fast food restaurants

to reach an agreement for only a penny a pound more for the tomatoes they pick for us. Taco Bell (also mentioned in the article) was the first to sign an agreement with the CIW, and McDonald's, Burger King, and Subway have followed. Chipotle has indicated some movement in the direction of an agreement, but so far has not been willing to sign the agreement.

We who care about animal rights need to demonstrate passionate care for the rights of farm workers also, so let's keep this in mind as we choose our restaurants.
Mary Ann H., St. Petersburg, FL

New Vegan Excited About Life Choice

Wow, thanks a lot for all the help, Jeannie!!! I work at LensCrafters, and the optician there is vegan. He was telling me about being vegan and all the benefits of being vegan, so I looked into it all weekend! Needless to say, I have been vegan for one week today and have never felt better in my life! I even quit smoking! I went to the library today to check out a book, found the VRG number, and thought a vegan group would be awesome. Thanks for the help!
Jonathon W., via e-mail

Letters to the Editors can be sent to: *Vegetarian Journal*, P.O. Box 1463, Baltimore, MD 21203. You may also e-mail your letters to vrg@vrg.org.

Coming in the Next Issue:

2009 VRG POLL RESULTS

Plus: Late Summer Fruit, Vegan Food from Street Vendors, Food Service Ideas for Cancer Patients, and more!

Raw Southwestern Cuisine

By Nanette Blanchard

WHEN WE MOVED to the Southwest 10 years ago, I was amazed at how differently we ate when the warm weather arrived. The thought of standing near a hot stove was unbearable, and popsicles aren't the best choice for dinner every night. It was obvious I needed a new plan.

Now, as soon as spring arrives, baked casseroles and hearty soups are removed from the menu, and I try to serve more raw meals focusing on fresh ingredients. Every recipe here is uncooked, and most of the recipes are completely raw. They are perfect for those days when the thermostat is high and your energy is lagging.

CREAMY AVOCADO AND CORN SOUP

(Serves 4)

This is a rich soup, so I often serve smaller amounts, usually a 1/4 cup, in ramekins (small dishes used for baking and serving). Then, I top the soup with a variety of garnishes—more shaved corn, some chipotle powder, diced scallions, and/or thin slices of lime.

2 large avocados
1 ear corn on the cob, shaved
1/2 teaspoon sea salt, or to taste
1/4 cup chopped cilantro
1 cup water

Place all ingredients into a blender and blend until mixture is smooth and foamy. Pour soup into ramekins and cover.

Chill for 30 minutes before serving.

Total calories per serving: 181 Fat: 16 grams
Carbohydrates: 12 grams Protein: 3 grams
Sodium: 305 milligrams Fiber: 7 grams

SPICY JICAMA STICKS

(Serves 6)

Jicama is a starchy vegetable that is quite refreshing in hot climates.

1 medium jicama (approximately 1 1/2 pounds)
Juice of half a lime
1/4 teaspoon sea salt, or to taste
1 Tablespoon chili powder
1 Tablespoon extra-virgin olive oil

Peel and cut jicama into thin French fry-sized sticks. In a large serving bowl, mix jicama with other ingredients until thoroughly blended. Allow to sit for 1 hour before serving.

Total calories per serving: 66 Fat: 3 grams
Carbohydrates: 11 grams Protein: 1 gram
Sodium: 114 milligrams Fiber: 6 grams

SUNFLOWER SEED TACOS

(Serves 6)

**Pictured on the cover. Serve these tacos with small bowls of the usual*

accompaniments: olives, chopped onions, avocados, pickled jalapeños, chopped tomatoes, and sprouts. Because taco seasoning mixes can vary in sodium, add only part of the amount stated in the recipe and taste before you add more.

1 cup sunflower seeds
6 sun-dried tomato halves
1 1/2 Tablespoons taco seasoning mix, or to taste
6 large lettuce leaves (You can use leaf lettuce, Romaine, or collard greens.)

Cover the seeds and tomatoes with warm water and soak for 2 hours.

Drain well and place the mixture and the seasonings in a food processor. Purée until sunflower seeds are well-ground and all of the tomatoes are chopped up.

For each taco, fill one lettuce leaf with a 1/4 cup sunflower mix. If you like, drizzle on some *Food Processor Salsa* and *Blender Jalapeño 'Cheese' Sauce* before serving.

Total calories per serving: 184 Fat: 12 grams
Carbohydrates: 15 grams Protein: 7 grams
Sodium: 546 milligrams Fiber: 4 grams

FOOD PROCESSOR SALSA

(Makes 1 1/2 cups or twelve 2-Tablespoon servings)

I love using the food processor for a smooth salsa. It is much faster than chopping the ingredients by hand, and I don't have to worry

about too-big chunks of tomatoes falling off the tortilla chips. This salsa is perfect for ladling over the Sunflower Seed Tacos.

Because jalapeños can vary so greatly in heat, I always taste each jalapeño as I'm cutting it to determine exactly how much I need for each dish.

- 4 Roma tomatoes, cored and halved
- 1 jalapeño pepper, or peppers, to taste
- 1 clove garlic
- ¼ teaspoon sea salt, or to taste
- A quarter of a small red onion (approximately an ounce)

Purée all ingredients in food processor until smooth.

Note: This salsa can be made a day ahead of time and stored, covered, in the refrigerator.

Total calories per serving: 5	Fat: <1 gram
Carbohydrates: 1 gram	Protein: <1 gram
Sodium: 50 milligrams	Fiber: <1 gram

BLENDER JALAPEÑO 'CHEESE' SAUCE

(Makes 1 cup of sauce or eight 2-Tablespoon servings)

**Pictured on the cover. This sauce makes a terrific dip for raw veggies.*

- 1 cup chopped red peppers (4 ounces)
- 3 Tablespoons water
- ¼ cup cashew butter or other nut butter
- 2 Tablespoons nutritional yeast
- ½ teaspoon sea salt, or to taste

- 1 clove garlic
- 1 jalapeño pepper, seeded and chopped, or peppers, seeded and chopped, to taste
- 2 Tablespoons lemon juice
- 3 scallions, chopped

Process all ingredients until smooth.

Note: This sauce can be made a day ahead of time and stored, covered, in the refrigerator.

Total calories per serving: 64	Fat: 4 grams
Carbohydrates: 5 grams	Protein: 3 grams
Sodium: 149 milligrams	Fiber: 1 gram

RED COLESLAW (Serves 4-6)

**Pictured on the cover. This vibrant slaw gets its spiciness from the hot sauce.*

- 2 cups thinly sliced red cabbage
- 1 bunch of radishes, washed, trimmed, and thinly sliced
- 2 Tablespoons thinly sliced red onions
- 2 Tablespoons non-dairy mayonnaise, such as Nuyonnaise
- 2 teaspoons Mexican hot sauce, such as Valentina, or to taste

Mix all ingredients together in a serving dish.

Note: This dish can be made a day ahead of time and stored, covered, in the refrigerator.

Total calories per serving: 31	Fat: 2 grams
Carbohydrates: 4 grams	Protein: 1 gram
Sodium: 102 milligrams	Fiber: 1 gram

EASY MEXICAN CHOCOLATE SAUCE

(Makes 1 scant cup of sauce or eight 2-Tablespoon servings)

I was recently at a fiery foods trade show, and I loved tasting all the combinations of chocolate and chiles. The addition of cayenne pepper in this recipe really gives the chocolate a richness and depth. I like to serve this with fresh strawberries for dipping.

- ½ cup cashew butter
- ¼ cup raw agave nectar
- 2 Tablespoons cocoa powder
- 1 teaspoon vanilla extract
- ¼ teaspoon cayenne pepper
- ¼ cup water or amount necessary to achieve a thick sauce

Mix all ingredients together in blender. Process until mixture forms a thick and creamy sauce.

Note: This sauce can be made a day ahead and stored, covered, in the refrigerator.

Total calories per serving: 128	Fat: 8 grams
Carbohydrates: 13 grams	Protein: 3 grams
Sodium: 3 milligrams	Fiber: 1 gram

Nanette Blanchard enjoys feasting her way through hot New Mexican summers. She is the author of *'Tis the Season: A Vegetarian Christmas Cookbook* and also sells her colorful knitting patterns and technique booklets online.



FAQs About Vitamin D

By Reed Mangels, PhD, RD

VITAMIN D HAS BEEN IN THE NEWS A LOT LATELY. Researchers are looking at whether it plays a role in a multitude of diseases ranging from multiple sclerosis to depression to cancer. Vitamin D has long been known to be important for bone health and is being added to foods like orange juice and to many brands of calcium supplements. Vitamin D has always been looked on as an unusual vitamin because, unlike any other nutrient, our bodies can actually make a substantial amount of vitamin D. Add in the fact that it acts more like a hormone than a vitamin, and you can see why there's a lot to know about vitamin D.

We've recently heard from several readers who have had their blood checked for vitamin D and were surprised to learn that they were considered vitamin D deficient. They wrote asking us about vegan sources of vitamin D, the role of sunlight exposure, and what kind of supplements to use. We realized that it's a good time to answer some questions about vitamin D.

WHAT DOES VITAMIN D DO?

Vitamin D is best known for its role in bone health—it helps our body absorb calcium. When vitamin D is deficient, we absorb very little calcium. That's the main reason that calcium supplements often also contain vitamin D. If calcium is not absorbed due to a vitamin D deficiency, the result is weaker bones that are more likely to fracture.

More recent studies also suggest that older people with lower blood levels of vitamin D are more likely to lose their balance and fall, possibly because of vitamin D's role in promoting muscle function.¹ Higher blood levels of vitamin D have been associated with a lower risk of colon and breast cancer in some age groups.²

In addition, lower rates of heart attacks, strokes, multiple sclerosis, arthritis, and depression have also been reported in people with higher blood levels of vitamin D.^{2,3}

WHERE DO WE GET VITAMIN D?

Vitamin D comes from two places—we take it into our bodies in foods and supplements, and our bodies produce it after sunlight exposure. Vitamin D is found

naturally in only a few foods like fatty fish (for example, cod liver oil) and egg yolks. Because there are so few natural dietary sources, vitamin D is added to foods such as fortified soymilk, fortified juice, fortified breakfast cereals, cow's milk, and margarine. (Vegan spreads like Earth Balance do not have vitamin D added.) Typically, soymilk is fortified with vitamin D₂, the vegan form of vitamin D, while cereals, juice, and margarine are fortified with vitamin D₃ derived from sheep's wool. If the label on a fortified food doesn't say what form of vitamin D is used to fortify the food, you can contact the company.

Recently, United States Department of Agriculture (USDA) scientists reported that mushrooms that had been exposed to ultraviolet B light for 5 minutes had very high levels of vitamin D, close to 3,500 International Units (IU) in a 1-cup serving.⁴ These vitamin D-containing mushrooms are expected to be commercially available in the next few years and will be a plant-based source of vitamin D.

Besides vitamin D from food and supplements, our bodies are able to make vitamin D when our skin is exposed to ultraviolet B rays from sunlight under certain conditions. It doesn't take much sun to stimulate vitamin D production, just 5 to 30 minutes on arms and legs twice a week. However, this sunlight exposure only works at certain times of day and in certain seasons above certain latitudes (or below certain latitudes if you're in the Southern Hemisphere). Vitamin D production is highest when the sun's rays are most intense—between 10 a.m. and 3 p.m. during the summer months. In locations above 42 degrees north latitude (Chicago, Boston, and Portland, Oregon, for instance), vitamin D production does not occur from late October through early March. Even as far south as Atlanta (about 35 degrees north latitude), vitamin D production doesn't occur from November to February.²

Factors like sunscreen use, darker skin pigmentation, clothing, pollution, and aging can reduce the amount of vitamin D we produce. Because of this and because of concerns about sun exposure leading to skin cancer, many people feel safer relying primarily on foods or supplements for vitamin D.

HOW MUCH VITAMIN D DO WE NEED?

The current recommendation for vitamin D is 200 IU per day for children and adults up to 50 years old, 400 IU for 51-70 year olds, and 600 IU for those age 71 years and older.⁵ These recommendations are more than 10 years old. Because of more recent research on the role of vitamin D, experts are suggesting intakes of 800 IU or more per day for the average adult and 400 IU for children, with higher intakes recommended to treat deficiency.^{2,6}

CAN WE GET TOO MUCH VITAMIN D FROM FOOD OR FROM SUPPLEMENTS? WILL OUR BODIES MAKE TOO MUCH VITAMIN D?

It is possible to get too much vitamin D, especially by overdoing supplements. Excess vitamin D can cause the body to absorb too much calcium and can lead to kidney damage. The highest safe level of vitamin D for people to take is controversial, with some researchers using up to 10,000 IU per day without seeing problems.² A conservative recommendation is to stay below 2,000 IU per day.⁷ If you have had kidney stones, check with your health care provider before going above 1,000 IU per day.⁷

Don't worry about producing too much vitamin D following sun exposure because your skin stops producing it once you've had enough. It's still a good idea to limit sun exposure, however, because of the link between sun exposure and skin cancer.

IS VITAMIN D A SPECIAL CONCERN FOR VEGANS?

A vegan diet can be planned to provide adequate amounts of vitamin D through use of fortified foods like fortified soymilk. Any person, whether vegan or not, who does not include good sources of vitamin D in his or her diet or take vitamin D supplements can be at risk for not getting adequate vitamin D, especially if sunlight exposure is limited. Some studies have found that vegans have lower vitamin D intakes than do lacto-ovo vegetarians or meat-eaters.⁸ This may be because cow's milk (a source of vitamin D) is a more common part of the daily menu for non-vegans than vitamin D-fortified foods are for vegans.

WHAT HAPPENS IF SOMEONE DOESN'T GET ENOUGH VITAMIN D?

A vitamin D deficiency leads to nutritional rickets, a condition that causes weak and deformed bones in

babies and children. Symptoms can include a delay in learning to walk, low height-for-age, and bowing of the legs and arms. Rickets rarely occurs in the U.S., but a recent outbreak of cases has raised concerns that children are not getting enough vitamin D.

In adults, not getting enough vitamin D can increase risk of osteoporosis and other diseases.

WHAT'S THE DIFFERENCE BETWEEN VITAMIN D₂ AND VITAMIN D₃?

Two different forms of vitamin D are used in supplements and fortified foods. Vitamin D₂, also called ergocalciferol, is manufactured through the ultraviolet irradiation of a substance called ergosterol that comes from yeast. Vitamin D₂ is vegan.

Vitamin D₃, also called cholecalciferol, is made by the ultraviolet irradiation of a substance derived from sheep's wool. Some research suggests that vitamin D₂ and vitamin D₃ are absorbed equally well,⁹ although other studies suggest that vitamin D₃ is better absorbed.¹⁰ If you are treated for a vitamin D deficiency, you may find that your health care provider recommends taking a higher dose of vitamin D₂ than of vitamin D₃ to compensate for possible differences in absorption.² This is an area of active research that we will continue to follow.

WHAT ABOUT VITAMIN D FOR BREASTFED BABIES?

Breast milk is the ideal food for infants. Human milk, however, contains little vitamin D. If a nursing mother is vitamin D-deficient, her breast milk will be even lower in vitamin D than usual. To prevent vitamin D deficiency in breast-fed babies, the American Academy of Pediatrics recommends that breast-fed babies be given a 400 IU/day vitamin D supplement beginning within the first few days after birth.⁶

Another possible way to prevent vitamin D deficiency in a breast-fed infant is for the mother to take a vitamin D supplement daily containing up to 4,000 IU of vitamin D.¹¹ High-dose vitamin D supplements, used by the lactating mother, have been shown to markedly increase breast milk vitamin D content.^{11,12} While there is some possibility that a baby will be able to make adequate vitamin D following sunlight exposure, there are many factors that interfere with vitamin D production (skin pigmentation, pollution, season, amount of clothing, location, and sunscreen). This is why supplemental vitamin D is recommended.

Vitamin D Sources for Vegans

FORTIFIED PLANT MILKS	VITAMIN D (IU PER 8-OZ. SERVING)
Living Harvest Hemp Milk	160
Silk Soymilk	120
Pacific UltraSoy	100
Soy Dream Enriched	100
Westsoy Plus Soymilk	100
Almond Breeze	100
Pacific Almond Milk	100
Pacific Hazelnut Milk	100
Pacific Oat Milk	100
Rice Dream Enriched	100
Pacific Rice Milk	100
VitaSoy Enriched Soymilk	80
Eden Soy Extra Soymilk	40

These products are examples of foods and supplements that contain vitamin D. Because product formulations change, check labels to get the most recent information. Vitamin D on a label is expressed as a percent of the Daily Value for vitamin D. The Daily Value is 400 IU, so a product that contains 25 percent of the Daily Value for vitamin D would contain 100 IU of vitamin D.

VEGAN SUPPLEMENTS	VITAMIN D (IU PER TABLET/CHEW/ CAPSULE/SPRAY)
Veg Life Supreme Vegan D	2,000
Deva Vegan Vitamin D ₂	800
Freeda Vitamin D ₂	400
Now Liquid Multivitamin	400 (per Tbsp.)
Pure Vegan Vitamin D ₂ Spray	400
Veg Life Vegan D	400
Freeda Joint Boost Formula	200
Deva Vegan Cal-Mag-Plus	133
Vegan Life Multivitamin	133
Nutrition Now Vegan Calcium Soft Chews	100
Prescription 2000 Bone Support Formula	100
Rhino Soft Calcium Chews for Kids	100
Veg Life Vegan Cal-Mag Citrate + D	67

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Summer Squash

By Chef Nancy Berkoff, RD, EdD, CCE

WARMER WEATHER MEANS LOTS OF THINGS—longer days, family vacations, more time outdoors, and of course the bounty of ripe fruits and vegetables at local groceries and farmers' markets! Summer brings with it a colorful array of produce to sauté, bake, or grill, and one of the tastiest ways to kick off this season is with summer squash.

Summer squash is a term for thin-skinned, easy-to-grow gourds that were traditionally sold during warm-weather months. The term 'summer' squash is based only on usage, not on growing season. 'Summer' squashes, such as zucchini, crookneck, sapote, and pattypan, are in the markets in summer and fall. In contrast, 'winter' squashes, such as pumpkin, acorn, and butternut, remain on the market all winter. This terminology was not meant to confuse; it just dates back to a time when food availability depended far more on the growing season. 'Good keepers' became known as winter vegetables because they would 'keep' their shape and flavor until December or later.

CHOOSING SUMMER SQUASH

When shopping for summer squash, select the smallest and most fragrant specimens that you can find. These have been harvested at an ideal time, ensuring their maximum flavor and tenderness. Larger squashes tend to have coarse, stringy flesh and large seeds, so don't pick those unless you are going to scoop out the flesh and stuff them.

Fresh summer squash should have a bright, smooth skin; dull skin is a sign of old age. Varieties that are supposed to have dark green skin shouldn't show any sign of yellowing. Squash should be firm and plump without any soft spots or pitting. The squash should also feel heavier than they look for their size. If they feel fairly light, they have probably started to lose moisture and may be dry and cottony inside.

Summer squash should be kept cool but not cold. Store them in the refrigerator, not the freezer.

PREPARING SUMMER SQUASH

Summer squash can be served raw with other vegetables, such as part of a vegetable platter with dips, and in salads. Try a salad of small-sliced zucchini or crookneck with red bell pepper strips, olive oil, vinegar, and your favorite herbs, such as cilantro, basil, parsley, or oregano. To shred summer squash or zucchini, use the second-largest holes of a four-sided grater or the shredding attachment of a food processor.

Many people enjoy some version of cooked squash. Whether green or yellow, summer squash is fast and easy to prepare. Stir-frying or sautéing in a small amount of vegetable oil or broth is the best method for cooking summer squash. Squash contains a large amount of water, so steaming and microwaving could result in a lot of shrinkage; if you do choose to steam or microwave, do so for as little time as possible.

For a firm cooked squash, cut into thin slices or dice your zucchini, crookneck, or pattypan, and sprinkle the cut surfaces with a very small amount of salt, approximately $\frac{1}{2}$ teaspoon per pound. Let stand in a colander for approximately half an hour, rinse, and pat dry with paper towels before cooking.

You can grill, broil, bake, or stuff summer squash. Because of its mild flavor, it can be added to almost any entrée recipe or pasta sauce for texture and color. Use fresh or dried herbs and spices to enhance the flavor. Dill, pepper, basil, marjoram, chives, and mint go very well with summer squash. Cook up a pot of assorted summer squash with garlic, onions, and tomatoes. For a fast meal, quarter or slice fresh summer squash and sauté in a small amount of olive oil with sweet onions, black olives, and oregano.

If you have the grill on, wash small summer squash and wrap in foil. Place in the hot coals, turning occasionally, and enjoy roasted squash with your entrée. You can purée leftover cooked squash, and then add a bit of silken soft tofu, cumin, and curry powder. This will create a curried dish, perfect served over rice.

VRG Nutrition Interns Develop Protein/Calorie Supplement for Vegans

By Monica Cohen and Heather Flieman

FREQUENTLY, PEOPLE WITH CANCER OR OTHER health problems use liquid products like Ensure and Ensure Plus to add more calories and protein to their diets, especially when their appetite has been diminished. We have heard from vegans who are interested in finding a vegan product like the commercial protein/calorie supplements.

Several commercial soy-based smoothies that we have recommended in the past are no longer being produced or may be available only in limited areas. Therefore, we wanted to develop a product that people could prepare at home. Students from the University of Maryland Dietetic Internship Program spent a day at The Vegetarian Resource Group office. One project on which they worked was developing a recipe for a protein/calorie supplement for vegans that would be tasty and simple to prepare. They taste-tested one version and then thought about some adjustments. The following is what they came up with:

PROTEIN/CALORIE DRINK (ORIGINAL)

1 cup hemp milk
3 ounces silken tofu
1 cup blueberries
1 packet acai, if desired
1 Tablespoon orange juice concentrate

This combination of ingredients was the first one we tried. Then, we thought the following adjusted recipe would be a little tastier:

PROTEIN/CALORIE DRINK (ADJUSTED)

1 cup hemp milk
One 6-ounce container mixed berry soy yogurt (instead of tofu)
1 cup blueberries
1 packet acai, if desired (While the acai contributes very little in terms of flavor, it does provide some calories. Therefore, you may want to include it in the recipe.)
1 medium banana (instead of orange juice concentrate)

Place all ingredients in a blender and blend until smooth. This recipe makes approximately 2 cups (or 16 ounces).

In comparison to Ensure, the vegan supplement does not meet all of the micronutrient needs. These nutrients may be obtained from other foods or, if appetite is poor or food choices are limited, from a multi-vitamin/mineral supplement. For example, to add some B vitamins, you could potentially stir some nutritional yeast into the recipe, although we're not sure what that will do to the taste. Also, nut butters are frequently good sources of vitamin E and zinc. Please consult with your health care provider concerning what is appropriate for you.

Please Note: This article does not provide personal nutritional advice. Please consult with your health care provider concerning your individual needs.

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Nutritional Values of Vegan Protein/ Calorie Drinks Versus Ensure

NUTRIENTS	TOTAL VEGAN SUPPLEMENT			ENSURE	
	ORIGINAL (2 CUPS)	ORIGINAL (8 FL. OZ.)	ADJUSTED (8 FL. OZ.)	ENSURE (8 FL. OZ.)	ENSURE PLUS (8 FL. OZ.)
Calories	357.5	178.75	382.5	250	350
Calories from Fat	110	55	83.5	50	100
Total Fat (g)	12	6	10	6	11
Saturated Fat (g)	1.5	0.75	0.75	1	1.5
Cholesterol (mg)	0	0	0	5	10
Sodium (mg)	215	107.5	120.5	190	240
Potassium (mg)	648	324	317	390	500
Carbohydrates (g)	61.5	30.75	57.5	40	50
Fiber (g)	7	3.5	8	1	<1
Protein (g)	11	5.5	11.15	9	13
Vitamin A (5,000 International units or IU)	33%	17%	21%	25%	25%
Calcium (1,000 mg)	59%	30%	53%	30%	30%
Iron (18 mg)	25%	13%	28%	25%	25%
Vitamin C (60 mg)	94%	47%	15%	50%	60%
Vitamin D (400 IU)	25%	13%	13%	25%	25%
Vitamin E (30 IU)	13%	7%	7%	25%	30%
Thiamin (1.2 mg)	1%	1%	2%	25%	25%
Riboflavin (1.3 mg)	31%	16%	19%	25%	25%
Niacin (16 mg)	7%	4%	6%	25%	25%
Vitamin B ₁₂ (2.4 mg)	25%	13%	13%	25%	25%
Phosphorus (700 mg)	45%	23%	23%	25%	30%
Magnesium (400 mg)	21%	11%	11%	25%	25%
Zinc (11 mg)	10%	5%	5%	25%	30%

Please note: Percentages are of the Daily Value given in the "Nutrients" column.

Super Savory Pancakes

By Debra Daniels-Zeller

IN JUST ABOUT EVERY CULTURE AROUND THE WORLD, people make a version of pancakes or flatbreads for breakfast, lunch, or dinner. In the United States, buttermilk or buckwheat pancakes are popular morning foods, but in other countries, pancakes become street vendor snacks or savory dinner fare. In India, *dosas* are pancakes that are composed of rice flour or rice and bean batters and are dipped into curry or chutney. In Ethiopia, *injera*, the nation's famous flatbread, is made of fermented ground teff, the world's tiniest grain. In southern France, *socca* prepared with garbanzo flour is sold by street vendors, and in Scotland, oatcakes are cooked on a griddle and served with savory dishes or marmalade.

The book *Flatbreads and Flavors* by Jeffrey Alford and Naomi Duguid is filled with recipes gathered from around the world. The many cross-cultural recipes can spark ideas for unusual pancakes. Asian noodle pancakes, potato pancakes, and spicy polenta pancakes are just a few pancake ideas that I turned into dinner favorites.

Traditional pancake batter often depends on eggs, so revising such recipes and ending up with the same texture can be challenging. You don't need eggs to

make pancakes, but the cakes become more fragile without them. If you want to experiment and create vegan pancakes from an egg-based recipe, the binding ingredients can be divided into the following categories:

- ▶ **Tofu** contributes a binding quality but doesn't lift like eggs do.
- ▶ **Starches**, such as arrowroot, tapioca flour, potato starch, and Ener-G Egg Replacer, stand in for the binding quality of eggs. Replace up to 1/4 of the flour measurement with one of these starches.
- ▶ **Flaxseed egg replacer** is composed of ground flaxseeds blended with water. I've found this is the best egg substitute in pancakes, quick breads, and cakes. It contributes a binding quality and gives a lift to the pancake, resulting in a lighter product. To make a flaxseed egg substitute, use 2 Tablespoons ground flaxseeds (ground in a spice grinder or a clean coffee grinder). Add 6 Tablespoons water and purée in a blender or a hand blender until very thick. This will replace two eggs.

After gathering pancake ingredients for a recipe together, get out the tools to prepare the pancakes. These include:

- ▶ A griddle or heavy non-stick skillet
- ▶ A baking sheet (for baked pancakes)
- ▶ A plastic spatula
- ▶ A cooling rack

Use a cast-iron griddle for an even browning quality, or try a good-quality non-stick skillet for making pancakes with less fat. Old, thin skillets can harbor hot spots where pancakes burn instead of browning evenly. A wire cooling rack keeps the first pancakes warm in the oven while you prepare the rest. (*Hint:* Don't place

Pancake Tips at a Glance

- ▶ Use just enough oil to create a browned crust.
- ▶ Avoid crowding.
- ▶ Wait until first side has browned before turning.
- ▶ Turn once.
- ▶ Transfer to a plate or cooling rack.

cooked pancakes on paper towels to absorb moisture, or you'll lose the crisp edges.)

The key to making perfectly browned pancakes is to cook with enough oil to give the outside a crisp texture. Lift the pancakes just a little before turning to make sure the first side is brown. Then, turn the pancake just once. Leave approximately 1 inch between cakes. Avoid putting too many pancakes in the same pan because the heat will be too thinly distributed and the cakes won't brown.

ASIAN NOODLE PANCAKES

(Makes 8 pancakes)

Look for udon noodles in Asian and natural foods stores and in the international aisle at grocery stores.

8 ounces *udon* noodles
1/2 cup sliced scallions
1/2 cup grated carrots
1 Tablespoon grated ginger
1-1 1/2 Tablespoons oil
Salt and pepper to taste

Cook noodles according to the package directions until soft but still firm. Drain well.

In a medium-sized mixing bowl, combine noodles, scallions, carrots, and ginger. Divide into 8 portions and place on a tray or baking sheet.

Heat a non-stick skillet over medium heat. Brush on oil and slide two or three noodle portions into the hot skillet. Cook until undersides are browned, approximately 5 minutes. Turn cakes with a spatula and cook the reverse side for another 5 minutes. Remove to a platter, brush the skillet with a little more oil, and cook three more. Continue until the cakes are all cooked.

Season with salt and pepper. Serve with *Sweet and Sour Sauce*.

Hint: You can keep the earliest cooked cakes warm on a baking sheet in an oven set at 250 degrees.

Total calories per pancake: 115 Fat: 2 grams
Carbohydrates: 20 grams Protein: 4 grams
Sodium: 333 milligrams Fiber: 2 grams

SWEET AND SOUR SAUCE

(Makes approximately 1 cup or eight 2-Tablespoon servings)

1/2 teaspoon garlic powder or 2-4 cloves garlic, pressed
1 teaspoon granulated vegan sweetener, such as Sucanat
2 Tablespoons tamari
2 Tablespoons water
1 teaspoon rice vinegar
1 teaspoon toasted sesame oil

Combine all ingredients in a small jar. Place lid on tightly and shake. Drizzle over *Asian Noodle Pancakes*.

Total calories per serving: 10 Fat: 1 gram
Carbohydrates: 1 gram Protein: < 1 gram
Sodium: 251 milligrams Fiber: < 1 gram

TOMATO-GARLIC CHICKPEA PANCAKES

(Makes 12 pancakes)

Tomato paste lends color and an interesting dimension of flavor to this savory chickpea pancake. Get tomato paste in a squeeze tube so it's easy to use and save the rest for other recipes.

The pancakes are slightly on the dry side and are best served warm spread with a sauce, Salsa Spread, or chutney.

2/3 cup chickpea flour
2/3 cup water
1 Tablespoon tomato paste

1/4 teaspoon garlic powder
1/4 teaspoon salt
1/4 teaspoon pepper
1-2 Tablespoons olive oil

Preheat oven to 425 degrees.

Combine flour, water, tomato paste, garlic powder, salt, and pepper in a small bowl. Blend well. Set aside for 20 minutes so that batter will thicken and be ready to pour.

Spoon 12 pancakes onto a parchment-lined baking sheet. Place pancakes in the oven and bake for 5 minutes. Remove from oven and brush tops with a light coating of olive oil. Turn pancakes and return to oven for 3 minutes or until tops are lightly browned.

Note: You can reheat any leftover pancakes in a microwave on HIGH for 15 seconds.

Total calories per pancake: 31 Fat: 1 gram
Carbohydrates: 3 grams Protein: 1 gram
Sodium: 53 milligrams Fiber: 1 gram

SALSA SPREAD

(Makes 1/2 cup or four 2-Tablespoon servings)

Use your favorite mild to spicy salsa for this easy spread that will enhance savory pancakes, sandwiches, and baked potatoes. Just two teaspoons of vegan mayonnaise transforms and carries the tomato flavors in the salsa.

2 teaspoons vegan mayonnaise
1/2 cup salsa
1/4 cup finely chopped cilantro (optional)

Whip vegan mayonnaise into a small portion of the salsa. Then, blend it all together with the cilantro, if desired.

Total calories per serving: 15 Fat: 1 gram
Carbohydrates: 2 grams Protein: < 1 gram
Sodium: 214 milligrams Fiber: < 1 gram

MILLET-VEGETABLE PANCAKES

(Makes approximately fourteen 2½-inch pancakes)

I serve these pancakes with a salsa, a helping of chipotle-flavored pinto beans, and a shredded carrot-and-cabbage salad. You can make these pancakes in a non-stick skillet without any oil, but the oil imparts a crispy texture on the outside. I usually grind my own flaxseeds with a spice grinder or a clean coffee grinder.

2 Tablespoons ground flaxseeds
6 Tablespoons water
2 cups cooked millet
2 cups corn, either fresh or thawed frozen
½ cup finely chopped onions
½ teaspoon garlic powder
¼-½ teaspoon salt
¼ teaspoon pepper
2 Tablespoons oil

Combine flaxseeds and water in a blender and purée on high until thick. Place millet, corn, onions, garlic powder, salt, and pepper in a bowl and stir in flax-water mixture. Form a spoonful of mixture at a time into small patties.

Put oil into a heavy skillet and heat to medium heat. Carefully drop patties into the skillet, and cook until lightly browned, turning once. It takes approximately 5-7 minutes on each side to brown the patties.

Total calories per pancake: 84 Fat: 3 grams
Carbohydrates: 13 grams Protein: 2 grams
Sodium: 46 milligrams Fiber: 1 gram

WILD MUSHROOM SAUCE

(Makes approximately 1¾ cups or three ½-cup servings)

This is good over Millet Vegetable Pancakes or Carrot-Risotto Cakes.

1½ cups boiling water
Approximately 1 cup loosely packed packaged dried wild mushrooms
½ teaspoon garlic powder
¼ teaspoon sage
1 Tablespoon rice or white wine vinegar
½ teaspoon agave nectar or rice syrup
1-3 Tablespoons rice flour
Salt and pepper to taste

Pour boiling water over mushrooms. Add garlic powder, sage, vinegar, and agave nectar. Let sit until mushrooms are hydrated.

Heat the mixture in a small saucepan. When sauce is hot, sprinkle 1 Tablespoon rice flour over the top and stir in. Continue adding flour and stirring until thick. Season with salt and pepper.

Total calories per serving: 64 Fat: <1 gram
Carbohydrates: 10 grams Protein: 7 grams
Sodium: 10 milligrams Fiber: 2 grams

CARROT-RISOTTO CAKES

(Makes 12 cakes)

It's easiest to start this recipe a day ahead. Place the risotto in the refrigerator so it will be ready to make into pancakes. Instead of carrots, try turnips, rutabagas, squash, or sweet potatoes for a variation. The polenta in this recipe serves as the binding ingredient for these cakes.

2 cups small-diced carrots (approximately ½ pound)
½ cup water
1 Tablespoon rice or wine vinegar
2-2½ cups water
2 Tablespoons olive oil, divided
1 cup shallots, peeled and diced, or 1 large onion, peeled and chopped
¾ cup uncooked arborio or Valencia-style rice (available in the gourmet section of many supermarkets)
¼ cup polenta
½ cup apple juice or white wine

¼ cup toasted chopped pecans or walnuts (optional)
Salt and freshly ground pepper to taste

Steam carrots in water with vinegar over medium heat. These will cook for approximately 5 minutes. Remove from heat and strain the steaming liquid into a 4-cup measuring bowl. Add enough water to make 3½ cups liquid.

Meanwhile, heat a saucepan over medium heat. Add 1 Tablespoon oil and the shallots or onions, and sauté until onions are soft and translucent, approximately 5 minutes. Reserve remaining oil for the frying pan.

Stir in rice and cook for 5 more minutes. Add polenta and pour in apple juice or wine, stirring until liquid is absorbed. Add the liquid from the carrots in ½ cup increments, stirring each time, until liquid is absorbed. Rice should be done but not waterlogged. Stir in nuts, salt, and pepper.

Spoon the thick risotto onto a parchment paper-lined baking sheet. Spread to ½-inch thickness and allow risotto to become firm to the touch, approximately 1 hour. With a biscuit cutter, cut rounds out of the risotto. Reshape leftover risotto and use the biscuit cutter to make more rounds.

Lightly brush part of the remaining Tablespoon of oil on a non-stick skillet and heat over medium heat. Cook 4-6 cakes at a time, turning once. Each cake takes 5 minutes to cook on each side. Repeat procedure, refreshing the brush of oil as remaining cakes are added to the frying pan. Top with hot *Quick Marinara Sauce* or pasta sauce, if desired.

Total calories per cake: 98 Fat: 2 grams
Carbohydrates: 17 grams Protein: 2 grams
Sodium: 8 milligrams Fiber: 1 gram

QUICK MARINARA SAUCE

(Makes four 1/2-cup servings)

*This quick sauce can be prepared at the last minute for **Carrot-Risotto Cakes**. You can also drain and add canned mushrooms to this sauce.*

One 15-ounce can tomatoes, not drained
1-2 Tablespoons sliced olives
1/2 teaspoon dried oregano
1/2 teaspoon basil
1/4 teaspoon crushed red pepper flakes
(optional)
Salt to taste

Purée tomatoes in a blender. Combine tomatoes with remaining ingredients, except salt, in a saucepan. Heat 5-7 minutes, add salt to taste, and serve.

Total calories per serving: 30 Fat: < 1 gram
Carbohydrates: 7 grams Protein: 1 gram
Sodium: 248 milligrams Fiber: < 1 gram

MUSHROOM-SAGE POTATO PANCAKES

(Makes 4 pancakes)

These pancakes use leftover mashed potatoes. The pancakes will be fragile because there isn't any binding ingredient, but you hardly notice because the crispy texture on the outside is so good.

1 1/2 cups sliced mushrooms
3 cups mashed potatoes
1 1/2 Tablespoons oil
Salt and pepper to taste

Heat a heavy skillet over medium heat. Add mushrooms and dry-fry until they lose their moisture and then become soft. Remove from skillet, cool, and chop. Then, stir mushrooms into mashed potatoes. Form potatoes into thin 3-inch patties.

Add oil to the skillet and fry patties for 5 minutes on each side. Season to taste. Some salsa or gravy is perfect over these pancakes.

Total calories per pancake: 152 Fat: 5 grams
Carbohydrates: 25 grams Protein: 3 grams
Sodium: 7 milligrams Fiber: 2 grams

SUN-DRIED TOMATO POLENTA CAKES

(Makes approximately ten 3-inch cakes)

These cakes are good served hot or cold. I like to serve them with whole cooked black beans and either coleslaw or grated carrot salad.

2 Tablespoons chopped pecans
3 cups water
1 cup polenta
2 Tablespoons chopped sun-dried tomatoes
1/4 teaspoon salt
Dash of cayenne
1 Tablespoon oil (optional)

Heat a skillet over medium heat. Add pecans and cook until lightly browned, stirring occasionally. Remove from heat when cool.

Combine water, polenta, tomatoes, salt, and cayenne. Bring to a boil, and then reduce heat, stir, and simmer until done. Take care not to leave the mixture for too long because it can become too thick and burn to the bottom of the pan. Stir and cook until polenta is thick, approximately 20 minutes. Add a little more water, if necessary, to keep from sticking. Stir in toasted pecans. Mixture should be quite thick when done.

Spoon polenta onto a baking sheet in 10 mounds, press to flatten, and allow to cool. When cakes are cool, heat a non-stick skillet and cook the cakes until lightly browned, turning once.

(Hint: Add a little extra oil to the skillet to help the pancakes brown more evenly.)

Total calories per cake: 63 Fat: 1 gram
Carbohydrates: 11 grams Protein: 1 gram
Sodium: 72 milligrams Fiber: 1 gram

SCOTTISH OATCAKES

(Makes 8 small pancakes)

These cakes are nice as a simple side dish instead of bread. I like to use a flavorful extra-virgin coconut oil in the mix, but use any good quality oil for frying. A recipe for oatcakes in Flatbreads and Flavors called for less water and rolling the dough out like scones, but this version is easy, like drop biscuits.

1 cup rolled oats, ground in a spice grinder
A pinch of salt and pepper
1 teaspoon oil
3/4 cup boiling water
1/2 Tablespoon oil for frying (optional)

Preheat non-stick skillet over medium heat. Combine ground oats, salt, and pepper in a mixing bowl. Pour oil into boiling water and stir into the oat mixture, blending until a soft dough is formed.

Spoon 2 Tablespoons batter into the skillet and press down into a circle. Fry for 5 minutes on each side. These cakes do not turn brown. Remove cakes from skillet and place in a broiler pan. Broil for 1-2 minutes per side.

Total calories per pancake: 44 Fat: 1 gram
Carbohydrates: 7 grams Protein: 2 grams
Sodium: 19 milligrams Fiber: 1 gram

Debra Daniels-Zeller is a frequent contributor to *Vegetarian Journal*. She wrote "Vegan Roots" for Issue 4, 2008.

Foodservice Update

Healthy Tips and Recipes for Institutions from The Vegetarian Resource Group

Texture Alterations for Vegan Diets

By Chef Nancy Berkoff, RD, EdD

PATIENTS AND CLIENTS MAY EXPERIENCE A NUMBER of physical, mental, and dental conditions that will require specially prepared meals. There are many different types of issues that may interfere with someone's ability to consume foods. For example, some people may be able to use a straw, others may forget to chew and swallow properly, and still others may cough frequently throughout a meal, interfering with swallowing. Each requires slightly different textural alterations.

If you know or work with clients or patients whose diets require texturally altered foods, this article will provide you with some good tips to ensure that they are receiving a complete and nutritionally balanced diet.

GENERAL TIPS ABOUT PREPARING TEXTURALLY ALTERED FOODS

Maintaining patient interest and pride while serving them texturally altered foods is paramount. Therefore, you should try to serve altered 'regular' foods rather than relegating patients with textural alterations to a monotonous diet of applesauce, mashed potatoes, and broth. Keep texturally altered foods as close to the 'regular' menu as possible. If everyone else is having carrots with parsley as a side dish, texturally altered menus should have them as well. Choosing a variety of foods will provide adequate nutrients as well as prevent boredom for the patients.

Many foods can be puréed without losing the flavor. However, you'll need to use some imagination in serving them so they look attractive. After all, no one wants three or four bowls of 'mush' served to them, no matter how pleasant the color or aroma. For example, vegan meatballs and spaghetti can be chopped and served

over puréed spinach. They may also be puréed and served over garlic bread. Even if the bread cannot be eaten, it will add an attractive look and aroma. In addition, apple pie—crust and all—can be puréed and then served with a scoop of non-dairy ice cream as a dessert.

SUGGESTIONS FOR FOODS THAT WORK WELL FOR TEXTURE ALTERATIONS

Many vegan foods work well for texturally altered diets. No texture changes are needed for applesauce, mashed potatoes, vegan refried beans (thinned with a bit of tomato juice, if needed), or hummus. Other vegan foods are easily altered for chopped or puréed diets.

Try to serve altered 'regular' foods rather than relegating patients with textural alterations to a monotonous diet of applesauce, mashed potatoes, and broth.

For example, most vegan soups, cooked beans, butternut or banana squash, cooked root vegetables (such as beets, rutabagas, and carrots), or potatoes (including white, yellow, sweet, and purple) can be run through a blender or food mill to create a hearty, correctly-textured base for a chopped or puréed meal.

Lentil loaf, vegetarian pâté, and pasta casseroles may be soft enough for chopped diets, and these can be puréed for people who require even softer textures. In our kitchen, we prepare these entrées as we would for customers who don't have chewing or swallowing

Please Note: This article does not provide medical advice. It is **very important** for patients with chewing and swallowing problems to work with a health care professional to meet their nutritional needs.

issues. Then, we chop, mince, grind, or purée the entrée to suit clients' needs. For tasty desserts, we crumble cake or soft cookies over sorbet; vegan pudding (made with soy or rice milk); baked apples; or chopped or puréed peaches, apricots, or plums.

WHAT ABOUT BABY FOOD?

Commercial baby food is not appropriate for any population except infants. The texture is generally too thin to counter many swallowing issues, and the food is not sufficiently nutrient-dense enough for anyone over the age of two years. The amount of baby food that an adult would need to consume for adequate nutrition would probably be far greater than one could comfortably eat during a meal. In addition, commercial baby food may be excessively salty and can be expensive.

However, baby foods can be used as a base for texturally altered menu items or for sauces. For instance, baby food beets or carrots can be used as a colorful sauce for a main dish. Baby food peaches, apricots, or applesauce can be used as a topping for desserts, such as sorbets.

ENSURING THAT CALORIE NEEDS ARE MET

Many people with dental, chewing, swallowing, or other issues just can't take in a sufficient amount of food. The whole process of eating simply may be so difficult or tiring for them that they will not consume enough calories every day. If a person can eat or drink only small amounts, there are ways to 'pack' the calorie and protein content of the food eaten:

- Add juice to prepared fruit, cereal, or non-dairy milkshakes.
- Add fruit preserves to puréed fruit.
- Add baby food fruit to juices, smoothies, and hot cereals. (This is a good use for baby food.)
- Rather than serving broth, purée vegetable soup or bean soup and use baby food vegetables as part of the liquid.

- Serve gravies or sauces made with puréed beans or blended soft tofu over potatoes.
- Add vegan cream cheese or sour cream to mashed potatoes.
- Blend silken tofu into soy or rice milk, and use this thickened milk when preparing soups, sauces, casseroles, or puddings.

THICKENING FOODS AND DRINKS

A popular commercial thickener, Thick-It™, is made from modified cornstarch and maltodextrin. This is considered to be vegan. You can visit the Thick-It website at <www.thickitretail.com> for ideas about food presentation. The Thick-It company also sells ready-to-use puréed foods; however, most are not vegetarian or vegan.

Puréed foods can be thickened with mashed potatoes or commercial thickeners and then piped in a pastry bag to simulate sliced carrots, green beans, or potato pearls. Puréed foods can also be thickened and baked or steamed in small food molds to create attractive shapes. If cooking creates a product that is too dry, serve with sauces or gravies to create a thinner texture.

Additionally, hydration is an important part of a healthy intake. If possible, 6 to 8 cups of liquid (approximately 1 quart) are needed on a daily basis. Some patients with swallowing problems may not be able to do this easily. If thin liquids are an issue, fluids can be thickened with a commercial thickener or can be partially frozen to form slush. Even if it is not attractive to the preparer, a patient may accept thickened coffee or tea to enjoy the taste.

ABOUT THE MENUS

For this article, we have created five different texture levels from puréed (level 1) up through modified regular food (level 5). The menus begin on page 23. The menus vary in texture, and the best one for each patient should be selected by a health care professional.



How to Prepare Puréed Foods and Drinks

- 1) Remove skins, seeds, and pits.
 - 2) Cut food into small pieces.
 - 3) Cook food until tender. Canned or thawed frozen foods, such as canned or frozen peaches, may not need further cooking.
 - 4) Add small amounts of liquid to food to thin to a drinkable consistency:
- Use warm soymilk to thin puréed vegan macaroni and cheese or potatoes.
 - Melt frozen vegan ice cream and mix with rice milk or fruit juice.
 - Use soymilk to thin vegan pudding or strained vegan yogurt.
 - Use fruit juice to thin puréed fruit.

Beverages

Combine the following ingredients in a blender and blend well. You can add more juice or more solid ingredients, depending on the texture you need. Each recipe yields 1 large serving.

Peach Pineapple Smoothie

- One 6-ounce peach soy yogurt
- 3 Tablespoons soft silken tofu
- $\frac{3}{4}$ cup unsweetened pineapple juice
- $\frac{1}{8}$ teaspoon cinnamon

Peach Cooler

- $\frac{3}{4}$ cup cold plain or vanilla soymilk
- $\frac{1}{2}$ cup chilled peaches, canned or frozen
- $\frac{1}{2}$ cup frozen soy or rice ice cream

Apricot Strawberry Smoothie

- One 6-ounce strawberry soy yogurt
- 3 Tablespoons soft silken tofu
- 1 jar strained baby food apricots
- $\frac{3}{4}$ cup apricot nectar
- Dash of ginger

Banana Smoothie

- One 6-ounce fruited soy yogurt (any flavor)
- 3 Tablespoons soft silken tofu
- 1 medium ripe banana (approximately $\frac{1}{2}$ cup sliced)
- $\frac{1}{2}$ cup rice milk or fruit juice
- 1 Tablespoon maple syrup or rice syrup

Egg Nog Smoothie

- One 6-ounce vanilla soy yogurt
- $\frac{1}{2}$ cup vanilla soymilk
- $\frac{1}{2}$ cup soft silken tofu
- $\frac{1}{4}$ teaspoon nutmeg
- $\frac{1}{4}$ teaspoon cinnamon
- $\frac{1}{4}$ teaspoon rum extract (if desired)

Prune Nog

- 1 cup vanilla soymilk
- 1 jar strained baby prunes
- $\frac{1}{8}$ teaspoon cinnamon

Desserts

Level 1, 2, or 3 Cake

- 1 small piece of iced vegan cake
- 1 small scoop of soy or rice ice cream (no nuts)
- 1/4 cup rice milk

Blend cake and ice cream. Add milk and blend until smooth. Add additional milk if too thick.

Blended Canned or Fresh Fruit

- 3/4 cup canned or cooked fruit
- 2 Tablespoons syrup from fruit or fruit juice

Place ingredients in a blender. Cover. Process on low speed until smooth. Serve cold.

Yogurt 'n Fruit

- 4 ounces soy yogurt
- 1 banana
- 8 ounces frozen strawberries
- 2 Tablespoons soymilk

Place all ingredients in a blender. Blend until smooth. Strain mixture through strainer or sieve to remove all seeds. Chill seedless mixture.

Hot Spiced Applesauce

- 1/2 cup applesauce
- 1/2 cup apple juice
- 1/8 teaspoon cinnamon
- Pinch of nutmeg

Place all ingredients in a blender and blend until smooth.

Fruit Cobbler

- 1 cup prepared fruit cobbler
- 1 cup vanilla soymilk

Blend cobbler until smooth. Add milk and blend until of liquid consistency.

Strawberry Cheesecake

- 1 piece of prepared tofu cheesecake
- 1/2 cup vanilla soy or rice milk
- 2 Tablespoons seedless strawberry jam

Place all ingredients in a blender and process until smooth. Add more milk if necessary.

(Continued on page 22)

Bequests

The VRG depends on the generous contributions of our members and supporters to continue our educational projects. Though the world may not become vegetarian in our lifetimes, we realize that we are planning and working for future generations.

- Your will and life insurance policies enable you to protect your family and also to provide a way to give long-lasting support to causes in which you believe. Naming The Vegetarian Resource Group in your will or life insurance policy will enable us to increase our work for vegetarianism.
- One suggested form of bequest is: *I give and bequeath to The Vegetarian Resource Group, Baltimore, Maryland, the sum of _____ dollars (or if stock, property, or insurance policy, please describe).*
- To be sure your wishes are carried out, please speak with your attorney specifically about writing the correct information in your will.

Soups

Tomato Cheese Soup (Serves 2)

- 1 can (10.5 ounces) condensed tomato soup
- 1 can soymilk (See soup can directions.)
- 1/2 cup grated vegan soy or rice cheese

In saucepan, stir together soup and milk. Heat. Just before serving, add cheese and stir until melted.

Potato Soup (Serves 2)

- 1 cup mashed potatoes
- 1 1/2 cups soymilk
- 1 teaspoon vegan margarine
- Seasonings, as desired

Put potatoes in a blender and add milk, margarine, and seasonings. Blend for 2 minutes.

Cream of Pea Soup (Serves 2)

- 1 cup cooked peas
- 1 cup hot soymilk
- 1 teaspoon vegan margarine
- 3 crackers (such as saltines)

Purée peas in blender. Add remaining ingredients and blend well.

Pumpkin Soup (Serves 4)

- 1 Tablespoon vegan margarine
- 2 Tablespoons minced onions
- 2 cups cooked or canned pumpkin (not sweetened or spiced)
- 2 1/2 cups vegetable broth
- 2 1/2 cups soymilk
- 1/8 teaspoon ground cloves
- 1 teaspoon lemon juice
- 2-3 drops Tabasco sauce
- 1/4 cup soft silken tofu
- 1/2 teaspoon salt

Melt margarine in heavy 4-quart saucepan over medium heat. Add onions and cook 2-3 minutes

or until transparent. Add pumpkin, broth, milk, cloves, lemon juice, and Tabasco sauce. Stir thoroughly to blend all ingredients. Bring to a boil and then cook over low heat, stirring occasionally, for 15 minutes. Blend mixture in batches. Return blended soup to saucepan and stir in tofu. Heat. Add salt, pepper, or other seasonings desired. Serve hot.

Cream of Carrot Soup (Serves 3)

- 1 Tablespoon vegan margarine
- 1 Tablespoon flour
- 1/2 teaspoon salt
- 2 cups soymilk
- 2 jars strained baby carrots

Melt margarine. Add flour and salt. Stir until smooth. Cook 2-3 minutes, stirring constantly. Do not brown. Gradually add milk and stir until creamy. Add carrots. If too thick, add water for desired consistency. Heat and serve.

Apple Peanut Butter Soup (Serves 3)

- 1 medium cooking apple, peeled, cored, and diced (approximately 1 cup)
- 1/4 cup chopped celery
- 1/4 cup chopped onions
- 1/4 cup chopped carrots
- 2 Tablespoons vegan margarine
- 2 1/2 cups hot soymilk
- 1 Tablespoon smooth peanut butter
- 1/4 teaspoon hot sauce
- 1/2 teaspoon (or more to taste) brown sugar

Sauté apples, celery, onions, and carrots in margarine until soft. Pour half of the hot milk into the blender container, and add half the sautéed vegetables, all of the peanut butter, and all of the hot sauce. Cover and blend until smooth. Pour this mixture into a saucepan. Blend the rest of the mixture. Put this mixture in the saucepan. Add brown sugar to taste. Heat and serve.

Level 1 Diet — Puréed Foods

Foods in Level 1 should be puréed or run through a food mill until a smooth texture, similar to that of mashed potatoes, is attained. As mentioned, the puréed foods can be shaped by adding a thickening agent.

If you are puréeing protein foods, such as seitan, tempeh, vegan meatballs, or bean loaves, use approximately $\frac{1}{4}$ cup hot vegetable or mushroom broth for each cup of protein to help create a smoother texture.

Some foods do not purée well. These may require a bit more work or need some additional ingredients. For example, vegetables with seeds, such as summer squash or tomatoes, have to have the seeds strained out if they do not purée. Puréed rice is very thin and tasteless, so you can try to purée rice with very little water or combine it with starchy vegetables, such as winter squash, and spices. Spinach, which has a high water content, is very, very thin when puréed, but collards and kale purée to a pleasant texture. Combine the spinach with these other greens to attain an acceptable consistency. Cooked mushrooms

purée well, but a bowl of gray food may not be very appealing. Mix puréed mushrooms with tomato sauce for a more appetizing appearance.

Here are some ideas for a Level 1 Diet:

- Puréed tofu salad (like chicken-less salad), served with puréed peaches and apricots
- Puréed scrambled tofu and vegan cheese, served with thickened apricot nectar
- Thinned cooked cereals (no lumps), served with a soymilk-silken tofu-coffee smoothie
- Puréed pancakes, served with a maple-soymilk-silken tofu smoothie
- Mashed sweet potatoes, served with spinach hummus
- Puréed potatoes *au gratin* (sliced potatoes baked in a creamy soy cheese sauce), served with a thickened vegetable juice cocktail
- Puréed noodles with vegan sour cream, served with puréed vegan fruit yogurt
- Puréed minestrone soup, served with puréed baked apples

Sample Menu, Level 1

Breakfast

- Orange juice smoothie
- Cream of Wheat, thinned
- Scrambled tofu with vegan soy cheese
- Decaffeinated green tea
- Almond or soy milk

Lunch

- Pineapple juice
- Puréed black beans with mushroom-vegan sour cream gravy

- Mashed potatoes
- Puréed fresh broccoli and cauliflower
- Cinnamon applesauce

Dinner

- Puréed barley-vegetable soup
- Puréed teriyaki tempeh
- Puréed udon noodles
- Puréed spinach and kale
- Frozen soymilk ice cream with puréed apricots

Level 2 Diet — Finely Chopped Foods

Foods for Level 2 should be minced or chopped into very small (1/8-inch) pieces. Each piece of food should be not bigger than a grain of rice. Foods can be chopped by hand, or a food processor can be used.

Here are examples of the appropriate types of foods for Level 2:

- Minced firm tofu, tempeh, seitan, cooked mushrooms
- Minced cooked casseroles, pasta dishes
- Minced vegan meatballs, veggie burgers, or vegan entrées, such as frozen vegan lasagna
- Soft scrambled tofu, with or without melted vegan cheese
- Thickened fruit nectars, applesauce
- Minced very ripe fresh fruit, such as peaches or plums (peeled)
- Mashed ripe bananas
- Minced, soft baked fruit, such as apples or pears
- Minced pancakes with a creamy maple-tofu sauce
- Cooked cereals
- Smoothies
- Minced baked potatoes (peeled) with a mushroom gravy or soy cheese sauce
- Minced noodles with a creamy tomato sauce
- Minced, soft cooked vegetables, such as carrots and beets
- Puréed vegetable soups or bean soups

Sample Menu, Level 2

(Foods to be appropriately chopped)

Breakfast

- Orange juice
- Oatmeal with baked apple pieces
- Scrambled tofu with vegan cheese
- Decaffeinated green tea
- Soymilk smoothie

Lunch

- Pineapple juice
- Chopped black beans with mushroom-vegan sour cream gravy
- Mashed potatoes

- Chopped fresh broccoli and cauliflower
- Minced apple pie with vanilla sauce (soft silken tofu, blended with orange juice concentrate and vanilla extract)

Dinner

- Barley-minced vegetable soup
- Minced teriyaki tempeh
- Chopped udon noodles
- Finely chopped spinach and kale
- Frozen vegan soy ice cream with chopped peaches

Level 3 Diet — Ground Foods

Foods in Level 3 should be ground or diced into approximately 1/4-inch pieces. Each piece of food should be the size of a piece of orzo or pastina (pasta that is a bit larger than rice).

Here are some ideas for a Level 3 Diet:

- Ground veggie meats, such as Tofurky™ or ground round
- Ground vegan meatballs
- Ground tofu or veggie meat salads, made with vegan mayonnaise
- Smooth soy yogurt with small pieces of soft fruit
- Fruit juices or nectars (not thickened, if tolerated)
- Ground canned or cooked fruit
- Ground ripe bananas
- Scrambled tofu with vegan soy cheese
- Cooked cereals
- Ground pancakes with maple sauce
- Ground baked potatoes (with skin, if it can be ground)
- Ground noodles with sour cream sauce
- Ground well-cooked vegetables (no corn, peas, or mixed vegetables)
- Ground beans with mushroom gravy
- Creamy soups (made with silken tofu)
- Ground fruit pies

Sample Menu, Level 3

(Use appropriate grinding.)

Breakfast

- Orange juice
- Oatmeal with baked apple pieces
- Scrambled tofu with vegan cheese
- Decaffeinated green tea
- Soymilk smoothie

Lunch

- Pineapple juice
- Ground black bean loaf with mushroom-vegan sour cream gravy
- Mashed potatoes

- Chopped fresh broccoli and cauliflower
- Ground apple pie with vanilla sauce (soft silken tofu, blended with orange juice concentrate and vanilla extract)

Dinner

- Barley-minced vegetable soup
- Ground teriyaki tempeh
- Chopped udon noodles
- Finely chopped spinach and kale
- Frozen soymilk ice cream with chopped peaches

Level 4 Diet — Chopped Foods

Foods in this group should be chopped into 1/2-inch pieces. These pieces of food should be approximately the size of a small crouton or half of a piece of penne pasta. You can use all the foods

listed in Level 3. The food would just be chopped or minced into food pieces that are a bit bigger.

The menu items would be the same as Level 3, again, with the food pieces just being a bit bigger.

NOTES FROM THE VRG SCIENTIFIC DEPARTMENT

THE VEGETARIAN RESOURCE GROUP IN THE NEWS

Vegetarian Resource Group Nutrition Advisor Reed Mangels, PhD, RD, was interviewed by the Body and More newspaper syndicate for a story about vitamin B₁₂ and brain shrinkage and about vitamin B₁₂ for a culinary nutrition textbook. She also spoke to an Ohio State University student and freelance writer about vegan pregnancy.

VEGAN OUTREACH

Vegetarian Resource Group Nutrition Advisor Reed Mangels, PhD, RD, lectured about vegetarianism to 50 students during an Intro to Nutrition course at the University of Massachusetts Amherst. Vegetarian Resource Group Food Service Advisor Nancy Berkoff, RD, EdD, CCE, made a presentation about incorporating vegetarian cuisine into dining hall and catering menus at the National Association of College and University Food Service (NACUFS) regional conference in Fargo, North Dakota, in February and made a similar presentation at the American Culinary Federation's western regional conference in Seattle, Washington, in April.

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Level 5 Diet — Regular Foods (Modified)

Foods for Level 5 are 'regular' table foods that can be served soft and moist. Depending on the person's ability, they are served whole, rather than cut up or chopped.

Here are some ideas for a Level 5 Diet:

- Soft, moist vegan meats, such as Tofurky™ with gravy, veggie burgers served with gravy on a soft bun, vegan ground round 'meat' sauce, etc.
- Baked firm tofu
- Vegan cold salads (such as chicken-less salad) mixed with vegan mayonnaise (Do not add celery, crispy veggies such as bell peppers or carrots, or veggies with skins or seeds such as tomatoes or pickles.)
- Vegan lasagna, stuffed shells, or ravioli
- Cold cereal without nuts, seeds, or dried fruit
- Toast, crackers, and cookies without seeds, nuts, or dried fruit
- French toast or pancakes, steamed tortillas
- Noodles or pasta (Rice is too difficult to chew.)
- Whole (not chopped) canned or cooked fruit
- Baked, boiled, or steamed potatoes
- Soft, cooked vegetables, but no corn or beans
- Peeled, ripe fresh fruit, such as peaches, apricots, and seedless grapes (Citrus fruits and berries are not a good idea.)
- Creamy bean soups
- Fruit pies, cornbread

Sample Menu, Level 5

Breakfast

- Orange juice
- Oatmeal with baked apple pieces
- Scrambled tofu with vegan soy cheese
- Decaffeinated green tea
- Soy milk smoothie

Lunch

- Pineapple juice
- Black bean loaf with mushroom-vegan sour cream gravy
- Steamed tortillas

- Sliced fresh broccoli and cauliflower
- Apple pie with vanilla sauce (soft silken tofu, blended with orange juice concentrate and vanilla extract)

Dinner

- Barley-vegetable soup (no corn, celery, or whole beans)
- Teriyaki tempeh
- Udon noodles
- Steamed spinach and kale
- Frozen soy ice cream with peach slices

Nancy Berkoff is The Vegetarian Resource Group's Food Service Advisor. She is the author of *Vegan in Volume*, *Vegan Meals for One or Two*, *Vegan Menu for People with Diabetes*, *Vegan Seafood: Beyond the Fish Shtick for Vegetarians*, and numerous other cookbooks.

SCIENTIFIC UPDATE

By Reed Mangels,
PhD, RD, FADA

A REVIEW OF RECENT SCIENTIFIC PAPERS RELATED TO VEGETARIANISM

Fast Food Confidential

During a recent study, researchers collected 480 samples of hamburgers and chicken sandwiches from Burger King, McDonald's, and Wendy's in three locations in six cities. The samples were tested using a method that shows what the animals used to produce these items had been fed. The researchers had been told by the suppliers of meat to the fast food chains that they used "local farms" that fed "mixed grains." In contrast, all of the chicken and 93 percent of the beef examined came from animals that had been fed an exclusively corn-based diet. This suggests that the animals had been fed corn, rather than grass or other grains, to rapidly fatten them up prior to slaughter. In addition, relatively high levels of a form of nitrogen found in samples was said to indicate that the animals had been confined rather than outdoors. While this may not be news to vegetarians, researchers hope that their findings will spark consumers' curiosity about the origins of their food.

Jahren AH, Kraft RA. 2008. Carbon and nitrogen stable isotopes in fast food: Signatures of corn and confinement. *Proc Nat Acad Sci* 105:17,855-60.

Gluten-Free Vegan Diet May Lower Bad Cholesterol and Reduce Inflammation in People with Rheumatoid Arthritis

Rheumatoid arthritis affects more than 1.3 million adults in the U.S. It is an autoimmune disease, which means that the symptoms are due to a person's immune system attacking his or her own body. Besides joint pain, people with rheumatoid arthritis are also at increased risk for heart disease. Swedish researchers studied 66 people with rheumatoid arthritis. Thirty-eight of them were randomly assigned to follow a gluten-free vegan diet for a year, while 28 were assigned to what the investigators called a "well-balanced non-vegan diet." The gluten-free diet was based on corn, rice, millet, buckwheat, and sunflower seeds; it did not contain wheat and other sources of gluten. Thirty subjects on the vegan diet and 28 on the non-vegan diet completed

at least three months of the study and were included in the analyses. The group on the vegan diet lost significantly more weight and had reduced levels of LDL (bad) cholesterol. They also had lower levels of an indicator of inflammation. This study was quite small, so additional research is necessary to corroborate these results.

Elkan A-C, Sjoberg B, Kolsrud B, et al. Gluten-free vegan diet induces decreased LDL and oxidized LDL levels and raised atheroprotective natural antibodies against phosphorylcholine in patients with rheumatoid arthritis: a randomized study. *Arthritis Ther* 10(2):R34. Epub 2008 Mar 18.

Dietary Improvements Seen in People with Type 2 Diabetes Following a Lowfat Vegan Diet

Type 2 diabetes affects close to 11 percent of U.S. adults and costs \$174 billion a year in medical costs alone. A lowfat vegan diet has been shown to be part of an effective treatment for type 2 diabetes (<www.vrg.org/journal/vj2007issue1/vj2007issue1.pdf>). A recent study looked at dietary changes made by participants following a lowfat vegan diet to treat type 2 diabetes. Ninety-nine men and women with type 2 diabetes were assigned to either a lowfat vegan diet or a standard diabetes diet and then studied for 22 weeks. The group eating the vegan diet reported higher intakes of carbohydrate, fiber, beta-carotene, and vitamin C compared to their pre-study diet. The other group had lower intakes of iron; this was not the case for the vegan group. Both groups had difficulty meeting recommendations for vitamins D and E, calcium, and potassium and consumed too much sodium. The vegan group increased their intake of vegetables, fruits, nuts, and soy protein, while the other group increased their intake of soy protein and nuts. Both groups decreased their intake of harmful trans fats. These results suggest that a lowfat vegan diet can lead to a healthier overall diet in people with type 2 diabetes. Of course, people with diabetes should consult with their health care provider before making marked dietary changes.

Turner-McGrievy G, Barnard ND, Cohen J, et al. 2008. Changes in nutrient intake and dietary quality among participants with type 2 diabetes following a low-fat vegan diet or a conventional diabetes diet for 22 weeks. *J Am Diet Assoc* 108:1636-45.

High-Fat Dairy Products and Eggs Associated with Increased Risk of Heart Failure

Ever wonder what the heart does? It's actually a pump that moves blood throughout our bodies. What happens if your heart isn't working properly? Heart failure is when the heart can't pump enough blood, leading to a back-up of blood and fluid in the lungs, swelling (edema), tiredness, and shortness of breath. Heart failure is a serious condition and is associated with 300,000 deaths a year in the United States. High cholesterol levels, high blood pressure, and diabetes all increase risk for heart failure. A large study of subjects in Mississippi, North Carolina, Minnesota, and Maryland recently reported on dietary factors that increase risk of developing heart failure. More than 14,000 people were studied. People who had heart failure were more likely to have a higher intake of high-fat dairy products and eggs. Higher intakes of whole-grain foods were associated with a lower risk of heart failure. If you're concerned about heart failure, it seems prudent to reduce or avoid eggs and high-fat dairy products and to eat more whole grains.

Nettleton JA, Steffen LM, Loehr LR, et al. 2008. Incident heart failure is associated with lower whole-grain intake and greater high-fat dairy and egg intake in the Atherosclerosis Risk in Communities (ARIC) Study. *J Am Diet Assoc* 108:1881-87.

Vegetarian Diet May Reduce Oxidative Damage Associated With Aging

Antioxidants such as vitamin C, beta-carotene, and vitamin E are believed to protect cells in our body from damage by free radicals. Free radicals can be produced following exposure to cigarette smoke, pollution, radiation, and other harmful substances and may play a role in the development of cancer, heart disease, and other health problems, as well as aging. Vegetarian diets would

be expected to contain generous amounts of antioxidants, which are frequently found in fruits and vegetables. Do vegetarians actually have less damage due to free radicals (oxidative damage)? A study conducted in the Slovak Republic examined this question. Four groups were examined: young lacto-ovo vegetarian women, young non-vegetarian women, older lacto-ovo vegetarian women, and older non-vegetarian women. Young women were 20-30 years old; older women were 60-70 years old. The older vegetarians had significantly less evidence of DNA breaks, suggesting less oxidative damage compared to the older non-vegetarians. This may have been due to higher blood levels of vitamin C and beta-carotene in the vegetarians' diets. No differences were seen in the younger women; both groups had results similar to those of the vegetarian women. These results suggest that a vegetarian diet with generous amounts of fruits and vegetables can reduce the amount of oxidative damage commonly seen with aging.

Krajcovicova-Kudlackova M, Valachovikova M, Paukova V, et al. 2008. Effects of diet and age on oxidative damage products in healthy subjects. *Physiol Res* 57:647-51.

How Quickly Did You Eat Your Lunch Today?

Does eating quickly have any relation to weight? As you may have guessed, it seems to. Japanese researchers studied more than 4,000 adults and asked the research subjects if they would describe their typical eating speed as very slow, slow, medium, or fast and if they usually ate until they felt full. They also measured the subjects' height and weight. Nearly 46 percent of men and 36 percent of women said that they ate quickly. Approximately 50 percent of the men studied and 58 percent of the women reported eating until they felt full. Subjects who reported that they ate quickly and those reporting eating until they felt full were heavier and had a higher BMI than other subjects. Those who both ate quickly and ate until they felt full had an even higher risk of being overweight than did those who only had one of these behaviors. If you eat very quickly, try slowing down a bit. You'll feel better, and you might reduce your risk of becoming overweight as well.

Maruyama K, Sato S, Chira T, et al. 2008 Oct 21. The joint impact on being overweight of self reported behaviours of eating quickly and eating until full: cross sectional survey. *BMJ* 337:a2002.

veggie bits

Wholemato Brings Organic Ketchups to Your Picnic Table



Whether you're planning a Memorial Day barbecue or packing veggie dogs for a trip to the ballpark, you'll probably want to pick up a bottle or two of Wholemato Organic Agave Ketchup. The Original flavor is sweet and tangy, while the Spicy variety offers a slight kick with chili peppers and a hint of hickory smoke. An added bonus is that these products come in 13-ounce glass bottles, alleviating the concerns that many people have about chemicals leaching from conventional plastic bottles.

To learn more, write to Wholemato Organic Agave Ketchup, 319 Lafayette Street, Suite 188, New York, NY 10012. You may also call the company at (212) 220-0039 or send an e-mail to info@wholemato.com. Visit Wholemato online at www.wholemato.com.

Why Not Chew on This?

Planning a hike or just looking for a high-protein snack? Then, pick up some of Lumen Foods' vegan jerkies. Available in 1.5-ounce, 8-ounce, or 5-pound packs, their juicy and microwaveable Stonewall's Jerquee comes in eight flavors, including Original Mild, the definitely hotter Original Wild, Tandoori "Chicken," Teriyaki "Beef," and Hot "Pastrami." Also available is their spicier and slightly drier Cajun Jerquee in Beef, Italian, Smoked Ham, and Pepperoni varieties.

Contact Lumen Soy Foods, LLC, at 409 Scott Street, Lake Charles, LA 70607, or via phone at (337) 436-6748. Their website is www.soybean.com.

Have Your Cake and Eat It, Too!



Amy's has created some new Organic Cakes in two wonderful varieties—scrumptious Chocolate and mouth-watering Orange. Available from

the freezer case, these vegan delights come in 11-ounce boxes that serve six. However, we'd be surprised if anyone shared more than a slice of these decadent desserts.

Write to Amy's Kitchen, Inc., at P.O. Box 449, Petaluma, CA 94953, or call the company at (707) 578-7270. Visit www.amys.com to learn more.

Now Available! Organic Rice Milks Made with Whole Grains

Have you been searching for non-dairy milk made from whole grain brown rice? Then, look no further! Good Karma has a line of Organic Ricemilks that are fantastic in smoothies, over cereal, or straight out of a glass. These 32-ounce, shelf-stable products come in three flavors—Original, Vanilla, and ultra-yummy Chocolate.

Contact Good Karma Foods at 441 Beaver Street, Suite 201, Sewickley, PA 15143, or at (800) 550-6731. More information about the company's products is available at www.goodkarmafoods.com.

Are You Good To-Go?

No matter where your vacation plans take you, it's a great idea to take To-Go Ware along. These are reusable utensils—a recycled bamboo set with a fork, a knife, a spoon, and chopsticks—that come in a compact, snap-shut, and often colorful case made entirely from discarded plastic bags. Sturdy and fashionable, To-Go Ware will eliminate the need for plastic utensils and therefore reduce the impact of waste on this planet.



To-Go Ware can be purchased from Whole Foods, some outdoor retailers, and the company's website, www.to-goware.com. Write to To-Go Ware, 2102 5th Street, Berkeley, CA 94710, or call the company at (510) 225-4045.

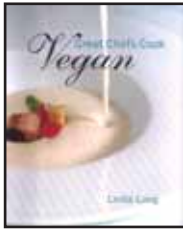
Go Nutty for Earth Balance's New Natural Peanut Butters

Earth Balance, the company that makes that great vegan margarine, has introduced a new line of peanut butters that are far from the usual. The unique blend of expeller-pressed oils makes these "no stir" products easy to spread right out of the jar. Probably more important, though, is that these nut butters contain flaxseeds, a good vegan source of omega-3s, as one of their ingredients. Earth Balance Natural Peanut Butter comes in the typical varieties—a smooth Creamy and a Crunchy where you can bite into the taste of fresh peanuts.

Contact Earth Balance at 7102 LaVista Place, Suite 200, Longmont, CO 80503, or call (201) 568-9300. You may also wish to visit the company's website at www.earthbalancenatural.com for more info.

GREAT CHEFS COOK VEGAN

By Linda Long



Linda Long shoots the beautiful photos that grace the front cover of each issue of this magazine. She has now produced her first cookbook, featuring vegan meals prepared by award-winning chefs. Linda asked each professional cook to offer a vegan menu of three to four courses. Then, she photographed the gorgeous dishes and shares all of the recipes in *Great Chefs Cook Vegan*.

Dan Barber's cuisine focuses on locally grown, in-season produce. His Tomato and Melon Salad with Tomato Sorbet and his Cauliflower Steak with Quinoa are quite unique. David Burke's dishes clearly demonstrate that vegan meals can be visually stunning. His Vegetable Carousel Torte with Pomme Souffles Filled with Peas and his Sweet Pea Ravioli with Sautéed Pea Leaves are truly works of art.

Floyd Cardoz serves up American/Indian fusion cuisine. His Artichoke Bhel Puri and his Fricassee of Morels and Fava Beans with Coconut Taro Purée would please any diner. Gabriel Kreuther's artisan French-cooking style incorporates organic herbs and plants to produce dishes like his Seasonal Vegetable Medley with Sautéed Tofu and Horseradish Broth. Linda personally raved to me about the incredible flavor of the broth in this dish!

Finally, this book serves up many extraordinary—not to mention mouth-watering—desserts.

These include Anne Quatrano's Cantaloupe Truffle Bar with Soy Caramel and Spearmint Ice and Jean-Georges Vongerichten's Crisp Chocolate with Sautéed Bananas, Fresh Figs, Blackberry Coulis, and Brandied Cherries.

Great Chefs Cook Vegan (ISBN 978-1-55152-234-0) is published by Gibbs Smith. Purchase it online or in your local bookstore. Reviewed by Debra Wasserman.

ALT FIBER

By Shannon Okey



If you are vegan, are an environmentalist, are allergic to wool and other animal fibers, or just love to knit, *Alt Fiber* is a terrific book for you! Shannon Okey, co-owner of Stitch Cleveland, introduces readers to plant-based fibers, including Tencel made from wood pulp and other yarns made from soy (soft like silk), ramie, kenaf, flax, hemp, bamboo, seaweed, nettles, and more. These plant-based fibers are more environmentally friendly than cotton. (When cotton is used in this book, it is organic.) This book features sections on natural dyes and naturally colored fibers. You will also find a thorough resource guide to help you find the materials mentioned in this volume.

Please note that silk and milk fiber are used a few times in this book, and these products should be considered non-vegan. The patterns in this book generally allow you to accommodate substitute yarns. You'll find patterns with full-color photos for a skirt, a sweater, a jacket, a cardigan, a scarf, socks, and so much more.

Alt Fiber (ISBN 978-1-58008-915-9) is published by Ten Speed Press. It retails for \$19.95 and would make a terrific present. Find this book online or in your local bookstore. Reviewed by Debra Wasserman.

METAMORPHOSIS

By Marcia "Vegan Poet" Katz



The author of this beautiful book of poems and photography has been vegan for more than 30 years. Throughout this inspiring work, you will read creative verses about veganism, animal rights, human rights, saving the environment, and more. All the stunning photographs that appear in this book were taken by vegans as well.

One poem, "If Animals Spoke Our Language," starts off with "Animals speak to us in their own way, But if they spoke with words what would they say? One thing I declare, without ANY doubt, All creatures in cages would say, 'Let me out!'" Another piece, called "Because I'm Female," begins with "Because I'm female, my body and breast feel for a cow and her life of unrest. Because I'm female, I'm filled with disdain at using sisters for financial gain."

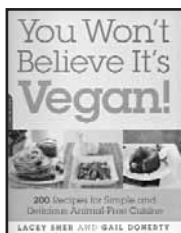
Metamorphosis would be a wonderful gift for any vegan or poetry lover in your life.

Metamorphosis (ISBN 0-929274-26-1) is being distributed by the American Vegan Society. The book retails for \$20 (including postage). Purchase it online at <www.americanvegan.org>, or call (856) 694-2887 to order a copy. Reviewed by Debra Wasserman.

reviews

YOU WON'T BELIEVE IT'S VEGAN!

By Lacey Sher and Gail Doherty



The authors of this cookbook both graduated from the Natural Gourmet Institute and ran Down to Earth restaurant in Red Bank, New Jersey, for seven years. *You Won't Believe It's Vegan!* serves up more than 200 restaurant-quality recipes. Standouts include Hijiki Caviar, Mashed Coconut Yams, Southern-Style Seitan, Cinnamon Buns, Pumpkin Cheesecake, and Raw Lemon Pie. Several color photos of the dishes are included.

You Won't Believe It's Vegan! (ISBN 978-1-60094-070-5) is a 256-page book published by The Perseus Books Group and retails for \$17.95. Look for this book in your local bookstore. Reviewed by Debra Wasserman.

PEACE IN EVERY BITE

By Two Moons, N.D.



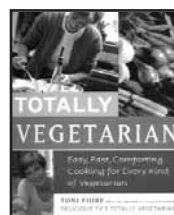
Peace in Every Bite serves up more than 500 vegan dishes. You'll find recipes for Spicy Sausage Patties (made with TVP and bulgur or couscous), Crêpes, Greek Spanakopita (prepared with tofu), Soy Feta (made with tofu and ume plum vinegar), Hawaiian Cheesecake, plus so much more. There's also a section on pickles, jams, and preserves, as well as information about how to make your own personal care and household items.

There are a few color photos in the book, as well as black and white photos and line drawings depicting instructions. Nutritional analyses are not provided; however, most recipes are not high in fat.

Peace in Every Bite (ISBN 978-1-4251-4819-0) is published by Trafford Publishing Company. The 320-page book retails for \$27.85. Purchase this book online or in your local bookstore. Reviewed by Debra Wasserman.

TOTALLY VEGETARIAN

By Toni Fiore



Toni Fiore, host of the public television show *Delicious TV's Totally Vegetarian*, has written a cookbook with 200 recipes. Toni is a self-taught cook who learned by trial and error. The resulting recipes are quite innovative, and the majority are vegan. Several of the non-vegan recipes can be easily prepared vegan using non-dairy cheese substitutes or omitting the optional cheese; in other cases, use plain soy yogurt or soymilk.

Some of the dishes you might want to try are Roasted Chickpeas, Cashew Pâté (made with toasted cashews and French-style string beans), Potato-Chard Stew (which includes sweet and white potatoes, rainbow chard, and coconut milk), Pumpkin-Bulgur Stew, Salad Pizza (thin crust with Roma tomatoes, salad greens, and olives as the toppings), Jamaican Jerk Tempeh, Caribbean Spicy Sweet Potatoes, a Mock Fish Salad Sandwich (made with tempeh, nori, and vegan mayonnaise), Tofu Cannoli, and Maple Baked Pears.

This 272-page hardcover book includes color photos of some dishes. Nutritional analyses are not provided; however, most of the recipes appear to be lowfat.

Totally Vegetarian (ISBN 978-0-7382-1183-1) is published by Da Capo Press. The book retails for \$27.50. Purchase this book online or in your local bookstore. Reviewed by Debra Wasserman.

GET IT RIPE

By Jae Steele



Get It Ripe is a terrific whole foods cookbook for vegans as well as individuals looking for wheat-free dishes.

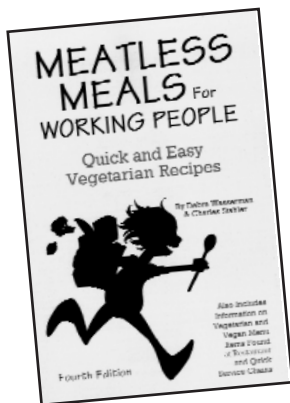
Among the 150 recipes are Buttermilk Biscuits (made with spelt flour, non-dairy milk, apple cider vinegar, and other ingredients), Blueberry Breakfast Polenta, Quinoa Tabouleh, Cashew Cream Tomato Soup, Cauliflower Chana (a sweet potato and chickpea-based dish), Sesame Kale Soba, Millet-Stuffed Bell Peppers, Mocha Fudge Pudding Cake, Sweet Almond Cupcakes, and Cocoa Avocado Mousse.

Throughout this cookbook, you'll find several useful symbols indicating which recipes are gluten-free, soy-free, nightshade-free, and/or raw/living dishes. Several chapters offer helpful information, including one section that introduces sprouting methods. The book also features line drawings and some color photos.

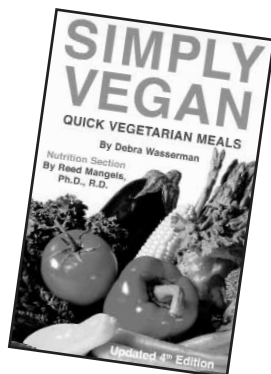
Get It Ripe (ISBN 978-1-55152-234-0) is published by Arsenal Pulp Press. The book retails for \$23.95. Purchase this book online or in your local bookstore. Reviewed by Debra Wasserman.

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Books

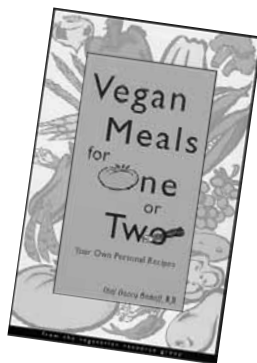


Meatless Meals for Working People—Quick and Easy Vegetarian Recipes (\$12) by Debra Wasserman. We recommend using whole grains and fresh vegetables. However, for the busy working person, this isn't always possible. This 192-page book contains over 100 fast and easy recipes and tells you how to be a vegetarian within your hectic schedule using common, convenient foods. Spice chart, low-cost meal plans, party ideas, information on fast food restaurants, soy dishes, and more. Over 90,000 copies in print.



Simply Vegan (\$14.95) by Debra Wasserman and Reed Mangels, PhD, RD. These 224 pages contain over 160 quick and easy vegan recipes, a complete vegan nutrition section, and a list of where to mail order vegan food, clothing, cosmetics, and household products. Vegan menus and meal plans. Over 85,000 copies sold.

Conveniently Vegan (\$15) by Debra Wasserman. Prepare meals with all the natural foods products found in stores today, including soymilk, tempeh, tofu, veggie hot dogs, ... You'll find 150 recipes using convenience foods (including canned beans) along with grains, fresh fruits, and vegetables. Menu ideas, product sources, and food definitions included. (208 pp.)



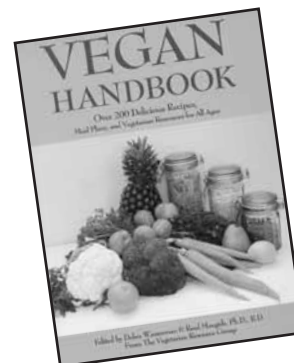
Vegan Meals for One or Two—Your Own Personal Recipes (\$15) by Nancy Berkoff, RD. Whether you live alone, are a couple, or are the only one in your household who is vegetarian, this 216-page book is for you. Each recipe is written to serve one or two people and is designed so that you can realistically use ingredients the way they come packaged from the store. Information on meal planning and shopping is included, as well as breakfast ideas, one-pot wonders, recipes that can be frozen for later use, grab-and-go suggestions, everyday and special occasion entrées, plus desserts and snacks. A glossary is also provided.

Vegan in Volume (\$20) by Nancy Berkoff, RD. This 272-page quantity cookbook is loaded with terrific recipes serving 25. Suitable for catered events, college food services, restaurants, parties in your own home, weddings, and much more.

No Cholesterol Passover Recipes (\$9) by Debra Wasserman. Includes 100 eggless and dairyless recipes. Seder plate ideas. (96 pp.)

The Lowfat Jewish Vegetarian Cookbook—Healthy Traditions From Around the World (\$15) by Debra Wasserman. Over 150 lowfat international vegan recipes with nutritional breakdowns, including Romanian Apricot Dumplings, Pumpernickel Bread, Russian Flat Bread, Potato Knishes, North African Barley Pudding, and much more. Menu suggestions and holiday recipes. (224 pp.)

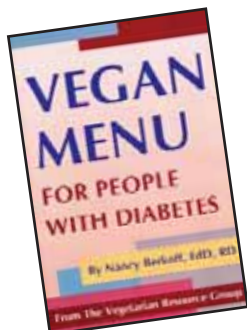
Vegan Passover Recipes (\$6) by Chef Nancy Berkoff, RD. This 48-page booklet features vegan soups and salads, side dishes and sauces, entrées, desserts, and dishes you can prepare in a microwave during Passover. All the recipes follow Ashkenazi Jewish traditions and are pareve.



Vegan Handbook (\$20) edited by Debra Wasserman and Reed Mangels, PhD, RD. Over 200 vegan recipes and vegetarian resources. Includes sports nutrition, seniors' guide, feeding vegan children, recipes for egg-free cakes and vegan pancakes, Thanksgiving ideas, vegetarian history, menus, and more. (256 pp.)

Vegan Microwave Cookbook (\$16.95) by Chef Nancy Berkoff, RD. This 288-page cookbook contains 165 recipes, some of which take less than 10 minutes to cook. It also includes information for converting traditional recipes to the microwave, microwave baking and desserts, making breakfasts in a snap, and suggestions and recipes for holidays and parties.

Vegetarian Journal's Guide to Natural Foods Restaurants in the U.S. and Canada (\$18). Whether you're traveling on business or planning a much-needed vacation, this book is certain to make your dining experiences better. This fourth edition lists more than 2,200 restaurants, vacation spots, and local vegetarian groups to contact for more info about dining in their areas. (448 pp.)



Vegan Menu for People with Diabetes (\$10) by Nancy Berkoff, EdD, RD. This 96-page book gives people with (or at risk for) diabetes a four-week meal plan, exchange listings for meat substitutes and soy products, and recipes for enjoyable dishes, such as Creamy Carrot Soup, Tangy Tofu Salad, Baked Bean Quesadillas, and French Toast.



Vegan Seafood: Beyond the Fish Shtick for Vegetarians (\$12) by Nancy Berkoff, EdD, RD. Chef Nancy Berkoff has created these unique and good-tasting vegan fish and seafood dishes. After using this book, you'll agree with millions of vegetarians who say: Sea Animals—Don't Eat Them! Inside these 96 pages you will find sections about cooking with vegan 'fish,' 'seafood' stocks and sauces, websites offering vegan 'seafood' products, and info about omega-3 fatty acids for vegans. Avoid fish but still enjoy the taste of the sea with 'Fish' Sticks, Ethiopian-Style 'Shrimp' and Sweet Potato Stew, 'Crab' Rangoon, 'Tuna' Salad, Gefilte 'Fish,' 'Spicy 'Fish' Cakes, and much more!

For Children and Teens

Leprechaun Cake and Other Tales (\$5) by Vonnie Crist, recipes by Debra Wasserman. Vegan story/cookbook for children ages 8-11, with glossary of cooking terms. (128 pp.) Slightly damaged cover.

The Soup to Nuts Natural Foods Coloring Book (\$3) by Ellen Sue Spivak.

The Teen's Vegetarian Cookbook (\$9.99) by Judy Krizmanic. This book is packed with health info, easy recipes, college cuisine, glossary terms, and more. (186 pp.)

Bumper Stickers

Bumper Stickers (\$1 each, 10 + \$.50 each)
 "Be Kind to Animals—Don't Eat Them"
 "Vegetarians Are Sprouting Up All Over"

Vegetarian Journal

Vegetarian Journal subscriptions are \$20 per year in the U.S., \$32 in Canada/Mexico, and \$42 in other countries.

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Vegetarian Action

Vegetarian Nutrition Education Pioneer George Eisman By Ed Coffin

GEORGE EISMAN, RD, HAS EMERGED AS ONE of the nation's leading educators on vegetarian nutrition. In fact, this registered dietitian and college instructor created the first for-credit classes available on the subject of vegetarian nutrition.

How did this come about? In 1986, George was working part-time as a professor at Miami-Dade Community College in southern Florida when the institution was given a grant specifically to create a vegetarian program. This was during a time when there were absolutely no classes on vegetarian nutrition available, even for those who were interested in nutrition as a career path.

The school's officials already knew George was a vegetarian. He had become a vegetarian during college and later transitioned to vegan after attending a Vegetarian Summerfest sparked his interest in a dairy- and egg-free diet. This is exactly why the administration wanted him involved in the program. George not only developed the courses to get the vegetarian program off the ground, but he also wrote a textbook titled *A Basic Course in Vegetarian and Vegan Nutrition*.

Since that time, George's courses have gained steadily in popularity as vegetarianism has become more mainstream. Today, he is leading even more college students to vegetarianism through his nutrition courses. The classes usually attract adults who are looking for a second career path and who have an interest in a healthier, more compassionate lifestyle. These students are very fortunate, as there is a major void in the area of vegetarian studies at accredited schools. George thinks that the college setting is the most effective for this type of education.

However, George believes in getting accurate information about vegetarian and vegan nutrition out in

any format that works. For example, he has turned the Basic Vegetarian Nutrition Course into a home-study module that has been used by hundreds of people. He is extremely proud of this distance learning program because it allows more people to get involved, and then those students will go out and teach even more people about vegetarian nutrition.

"The demand for such education is growing, especially concerning veganism," he says.

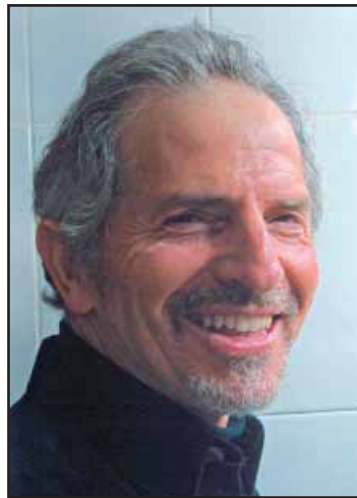
In addition to the academic platform he has created, George spreads the word about vegetarian nutrition through his prolific writings and appearances. He is the author of *The Most Noble Diet*, one of the most popular books about ethical eating available on the market today. He has also written articles for *Journal of Nutrition Education* and *Vegetarian Times*. Furthermore, George has lectured at many national and international nutrition conferences. When he is not speaking, he enjoys hearing others lecture and contributes to their discussions from the audience.

George Eisman never tires of sharing his knowledge about vegetarian nutrition with others, whether in a more formal classroom setting or during a casual conversation.

"Each person provides a teaching opportunity," he states. "Some people only seem to respond to a personal approach."

For those considering incorporating veganism into their own career paths, he advises them not to fear. "Be ethical, and stay with it!" he encourages.

If you are interested in taking George's online course, contact him at geisman2004@yahoo.com.



George Eisman, RD

Ed Coffin wrote this article during a nutrition internship with The Vegetarian Resource Group.

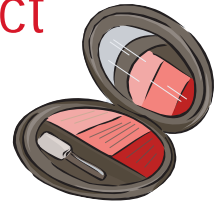


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CHANGE SERVICE REQUESTED

New FDA Labeling Rules for Beetle-Derived Food and Cosmetic Cochineal Extract and Carmine Coloring



By Jeanne Yacoubou, MS, VRG Research Director

In January 2009, the Food and Drug Administration (FDA) announced that all foods and cosmetics containing cochineal extract or carmine must contain a “prominent and conspicuous” declaration of these ingredients by name at least once on the item label. Previously, these colorings derived from female cochineal beetles could be declared on a label under a generic “color added” label or something similar.

The ruling becomes compulsory in January 2011. Voluntary compliance by companies may begin immediately.

The colorings are currently used in a host of products—including ice cream, yogurt, fruit drinks, and candy—giving them a red or purple color.

The FDA based its decision on reports of severe allergic reactions, including anaphylaxis, to the coloring. The Center for Science in the Public Interest (CSPI) filed a petition in 1998 that contained reports of dozens of severe allergic reactions to the coloring and recommended that it be labeled.

The new ruling does *not* specify that manufacturers must indicate the insect source of the ingredient.



Fish and the ‘Pareve’ Designation

Kashrus Magazine is a periodical for the kosher consumer but can also be very helpful for vegetarians and the allergic. According to this publication, there is a prohibition against eating meat and fish together in the Jewish religion. However, in cases when Jewish law deems the fish as nullified (due to its being less than 1.66 percent of the finished product), some kosher-certifying agencies label Worcestershire sauce as ‘pareve’ (i.e., contains neither meat nor dairy, but could contain fish or egg), with no mention of the fish content. Other agencies require labeling all Worcestershire sauce as ‘fish,’ if any

amount of anchovies is present. Therefore, just seeing the ‘pareve’ claim on a product still means that vegetarians will need to read the ingredient panel carefully.

Similarly, in the case of omega-3 fatty acids from fish oils, not all kosher agencies will label the foods as fish since they contain only a small amount of fish-based oil. Though *Kashrus Magazine* covers many non-vegetarian issues, they often have information like this that is helpful to vegetarians, as well as facts about kosher natural foods products. To subscribe, call (718) 336-8544 or visit <www.kashrusmagazine.com>.

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