



Recipes, Recipes, Recipes!

The following pages contain recipes and nutrition information that were used in a series of two cooking class programs delivered in two vegan restaurants.

Please feel free to try these recipes at home - they are tasty and satisfying.

If you would like more information about the contents of this e-book or wish to obtain more tasty recipes please visit my website:.

Happy Vegan Cooking!

Eve Nguyen

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Asian Style Soup



Ingredients

(Serves 4 -6)

1 packet Thai flavoured tofu (available in the tofu section at major supermarkets)
1 can chickpeas
2 - 3 tbsp Tom Yum sauce
400g can crushed pineapple
1 tomato (diced)
3 stalks sliced celery & 1 sliced carrot

1 tablespoon sea salt (optional)
1 bunch of bok choy (chop both leaves and stems finely) or mung bean sprouts
1 pack rice noodles (not vermicelli)
1-4 chillies for decoration
About 2 L of water

Method:

1. Pour the water into a pot (full heat). Add the chickpeas, celery and carrot.
2. Cook the rice noodles in a separate pot by covering with water and bringing to the boil. Cook until the rice noodles are soft (this happens quite quickly). Strain and set aside when they are done.
3. Add the Tom Yum sauce.
4. Chop the tofu into thin slices and add to the pot
5. Add the pineapple (about 3/4 of the can). Cook until the chickpeas are soft and ready to eat
6. Once the dish is cooked, turn off the heat and add the tomato and salt. Cover the pot with the lid and let the dish sit for about 15 minutes.
7. To serve, place some rice noodles in a bowl and then add the soup. Top with chopped bok choy and a chilli flower that you have created (see next page) and enjoy!. Chilli lovers may like to add some extra chilli.

DECORATION - Chilli flower

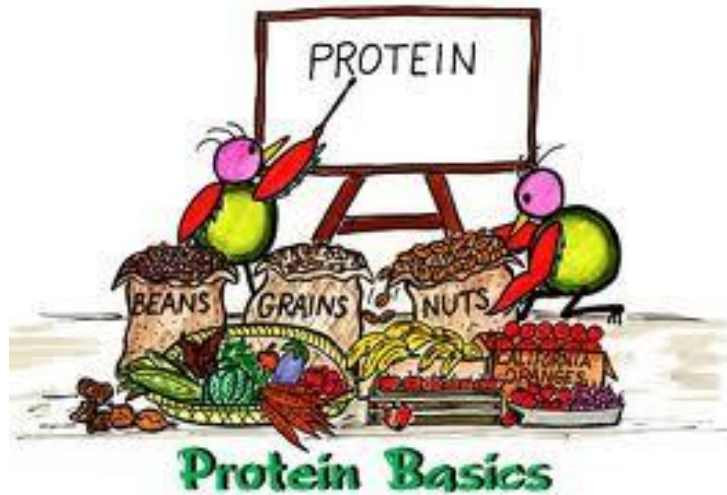
1. You will need some fresh chillies, a sharp knife, and a deep bowl of ice-cold water. The chillies need to have thin skin.

2. Holding the chilli firm on a cutting board, make a cut from the tip of the chilli to the base. Do not cut through the entire chilli - only the side facing you.

3. Now turn the chilli slightly, and repeat, making another cut down the length of the chilli. Don't make the cuts too far apart, or you will only get a few petals.

5. When you have made as many cuts as possible, pull the "petals" out slightly - just enough to separate them. The middle seed section should be left standing in the center. Place your cut chilli in the cold water and keep in the refrigerator. The petals will open and curl naturally in an hour or two.





What is protein?

Proteins are made from chains of 20 different amino acids that connect together. There are 8 amino acids that people can't make so we must get them from our diets. These are called "essential amino acids." Plants proteins are the healthiest protein source, providing abundant protein for us humans. Plants also meet the protein needs of some of the earth's largest animals: elephants, giraffes, and cows for example.

Protein Requirements: Different organisations give different amounts. This varies from 0.57 grams of protein for every kg of body weight to 1 gm protein per kg of body weight. So for a 70kg person this would range from 40g protein to 70g protein daily which is easily met on a vegan diet! Human breast milk is 5% protein. Babies grow the most rapidly and seem to require the most protein.

Important to remember: Our body makes protein within itself from recycling cells and enzymes! With an average intake of 100 gm of protein eaten daily another 70gm comes from this recycling effect which can give half of our daily sources from the turnover of amino acids already in our bodies! How efficient.

Where do we find protein? Whole grains, beans and lentils, nuts and seeds, tofu, tempeh, mock meats, soy milk, mung bean sprouts, TVP (textured vegetable protein or vegan mince), vegetables etc.

The Problem with high protein diets:

Too much protein with low carbohydrate intake strains the body. It strains the liver, the kidneys can be overloaded, the need for water is increased - need 7x more water intake, constipation due to less high fibre foods, increased cholesterol, high nitrogen intake can cause strong body odor, allergies can be aggravated, can lead to osteoporosis. A recent study published in the Annals of Internal Medicine confirms that certain high protein diets lower your

lifespan¹. The lead researcher, Dr Theresa Fung stated: "A diet that is based on plant foods is a better choice than one that is based on animal foods".

A Major Problem With Animal Protein: A specific amino acid in meat (white meat, red meat, fish etc.) is creatine. When this amino acid is cooked it becomes cancerous, creating HCAs (heterocyclic amines) and PAHs (polycyclic aromatic hydrocarbons). HCAs are a family of mutagenic and cancer-causing compounds, officially added to the American government's list of known carcinogens in January 2005. Plant-based foods contain either no or negligible amounts of these nasties².

Veggie protein benefits: Contains fibre, phytochemicals (many phytochemicals have been examined for their anti-cancer properties), antioxidants, good fats, vitamins and minerals, low in saturated fats compared to animal products. CONTAINS NO CHOLESTEROL! Free of cancer-causing HCAs and PAHs.

How Much Protein Is In Plant Foods?

If you are eating enough calories per day from healthy veg food sources then you are getting enough protein! Check out the table below for protein amounts in food...

This protein from animal derived sources	Is equal to this much plant protein
One 85g chicken breast	1/4 cup rehydrated TVP
One 170g hamburger	1 cup firm tofu
227g cow's milk	227g soymilk
One 57g hot dog	1 cup cooked lentils
One hard-boiled chicken egg	1 cup cooked oatmeal
113g cooked salmon	1 cup tempeh

Please note that there was once an idea that people had to combine foods to get the ideal protein. This is an incorrect theory. It was made popular by Frances Moore-Lappe, author of Diet for a Small Planet who has apologised for spreading this incorrect information.

¹ Annals of Internal Medicine September 7, 2010, vol. 153 no. 5 289-298. Low-Carbohydrate Diets and All-Cause and Cause-Specific Mortality Two Cohort Studies by: Teresa T. Fung, ScD; Rob M. van Dam, PhD; Susan E. Hankinson, ScD; Meir Stampfer, MD, DrPH; Walter C. Willett, MD, DrPH; and Frank B. Hu, MD, PhD

² 1. U.S. Department of Health and Human Services, Public Health Service, National Toxicology Program. 2005. 11th Report on Carcinogens. Available at <http://ntp.niehs.nih.gov/ntp/roc/toc11.html> from www.pcrm.org/search/?cid=169

Spicy Orange Teriyaki

(Serving Size: 6 - 8)



Ingredients:

- 700g vegan chicken or 1 packet firm/hard tofu
- 1/2 cup soy sauce or tamari
- 1/2 cup brown sugar
- 2 teaspoons olive oil
- $\frac{1}{2}$ - 2 cloves garlic (minced)
- 1 teaspoon ginger (minced)
- 2 tablespoons rice vinegar
- 1/4 cup orange juice
- dash black pepper (to taste)
- 250g water chestnuts (sliced)

Method:

1. If using tofu - slice tofu lengthwise into 3 slices to make "cutlets." If using vegan chicken - defrost before marinating.
2. In a bowl combine soy sauce/tamari, brown sugar, oil, garlic, ginger, vinegar, orange juice, and pepper.
3. Pour half the marinade mixture in the bottom of a baking dish. Arrange tofu/veg chicken over marinade. Cover with remainder of marinade. Allow to marinate for at least 15-30 minutes. It tastes best when allowed to marinate over night.
4. When ready to serve, sauté tofu and water chestnuts in a little of the marinade until brown on both sides.
5. Serve with salad, rice or bread rolls.



Carbohydrates

Complex Carbohydrates (Good): Grains, vegetables, fruits, legumes, nuts and seeds, brown rice, oats

Simple Carbohydrates (Avoid): Sugar, honey, golden syrup, white bread and pasta, refined foods, lollies, white rice (except basmati)

Benefits of Complex Carbohydrates and Fibre:

- Excellent source of energy - the body prefers to use this over protein or fat
- Feeds the brain - the brain uses glucose as its preferred energy source. It can use 25% of total calorie intake. The heart muscle needs glycogen (sugar) for energy
- Fibre - feeds our colon flora, prevents constipation, eliminates toxins from the body
- Fibre may also reduce blood cholesterol
- The fibre in complex carbohydrates takes longer to chew, therefore the brain receives the message when it is full and you can eat less - leading to a reduction in weight
- Helps to prevent colon cancer through fibre and other nutrients
- Diabetes - fibre helps to regulate blood sugar levels

White Sugar is UnHealthy - It has no vitamins and minerals. In fact, the body has to use stored vitamins and minerals to digest it. Raw sugar and brown sugar are not that much better than white sugar. Golden syrup is just white sugar that has been heated. It also robs nutrients from our bodies.

Healthier Sugar alternatives: Organic molasses, maple syrup (kosher maple syrup is vegan), agave syrup, dates, stevia, barley malt syrup, date syrup, rice syrup etc.

It's best to avoid artificial sweeteners: Sorbitol, saccharin and cyclamates, aspartame etc. Saccharin can actually increase the appetite for carbohydrates, and is a possible carcinogen. Some experiments show that people may gain weight using these as artificial sweeteners can lower blood sugar levels causing people to feel hungrier - especially for carbohydrates.

Beef Raises Insulin Levels More Than Pasta: Interestingly, studies show that beef raises insulin levels more than whole grain pasta, fish more than porridge and cheese more than white pasta (insulin dysfunction can lead to weight gain) [Source: American Journal of Clinical Nutrition, 1997]. People concerned about weight gain should focus on eating a healthy vegan diet with whole foods, complex carbohydrates and low in fat.

A Dangerous Sugar in Meat: Red meats contain large amounts of a sugar called N-glycolylneuraminic acid-containing saccharide (Neu5Gc). This sugar is used by a strain of *E. coli* to get its toxin into human cells. The sugar is abundant in red meats, especially beef, lamb and pork, and unpasteurised cow's milk (these are also the foods most commonly contaminated with E Coli). When eaten, the sugar is stored in human tissue, stomach or kidney cells. This strain can cause long lasting health problems for victims, such as haemolytic uraemic syndrome, kidney damage, high blood pressure, and abnormal brain patterns. The researchers estimate that people who eat red meat and dairy products will be about 10 times more susceptible to infection by this strain of *E. coli* than those who don't [*New Scientist*]. "If humans did not eat any mammal-derived food, we would not have any Neu5Gc in our tissues, and hence be much less sensitive to this particular toxin." ~ Professor Paton

Pumpkin Curry And Coriander Pesto

(Serves 4)



Ingredients:

400g pumpkin cut into medium size cube	1 tsp coriander powder
1 large onion diced	2 - 3 flat tsp garam masala
2 tbsp olive oil	$\frac{1}{2}$ tsp sugar or agave equivalent
2 tsp fennel seeds	Red chilli powder/cayenne to taste
5 black cardamom	1 - 2 fresh green chillies (optional)
$\frac{1}{2}$ stick of cinnamon	Water (about 1 - 3 cups)
Salt to taste (about 1 tsp)	Fresh coriander leaves to garnish
$\frac{1}{2}$ tsp turmeric powder	1 can chickpeas

Method:

1. Heat the olive oil in the pan and add the fennel seeds, cardamom, cinnamon stick and green chilli. When the seeds start to move around and splutter add the onion and some water. Continue to sauté until the onions become a bit translucent. Add the pumpkin and more water (just enough to cover them).
2. When the pumpkin is coated with the oil and water add the salt, turmeric, chilli powder/cayenne and coriander powder. Stir to combine. Reduce heat and cover or if you want the dish to cook quickly

keep on high heat and stir as needed. Ensure the pumpkin doesn't stick to the pan. When the pumpkin is almost cooked add the chickpeas.

3. When the pumpkin is soft you can either mash the pumpkin to make a paste and leave some bits lumpy or leave the pumpkin pieces as they are. Add in the sugar or agave and cook until the pumpkin is well done. Before turning off the heat add the garam masala and mix well.
4. Serve with a fresh salad or on a bed of brown rice topped with fresh coriander leaves.

Coriander Pesto



This recipe is by Bill Granger. This pesto makes a nice side dish that really compliments the curry.

Ingredients:

- | | |
|--|--|
| 2 cups fresh coriander (cilantro) leaves | 1 small red chilli, seeded and chopped |
| 1/2 cup raw cashews roughly chopped | 2 teaspoons lime juice |
| 1- 2 garlic cloves | Sea salt to taste (optional) |
| 2 tsp fresh ginger | Olive oil |

Method:

1. Mix the coriander, cashew nuts, garlic, ginger and chilli in a food processor until well blended. With the motor running, add olive oil a little at a time until the pesto has a smooth consistency.
2. Add the lime juice and season with salt and black pepper.
3. Serve with corn chips or papadums. **Tip:** This makes a nice pesto for pasta. To make a lower fat version use 1 can of lentils and only $\frac{1}{4}$ cup of cashews. Omit the olive oil and use water instead.



IRON

Plant-based foods contain non-heme iron. Meat contains heme iron. These are absorbed differently. Heme iron bypasses the intestinal protective mechanism of preventing iron build up in the system.

Foods and Lifestyle Factors That Decrease Iron Absorption/Levels:

Stress and excessive worrying

- Low sodium - organic sodium occurs in fresh fruit, veggies and wholefoods. Celtic sea salt also contains organic sodium
- Black tea can reduce iron absorption by 60%
- Coffee can reduce iron absorption by 40%
- Insufficient calories - studies show this is common especially among teenage girls
- Dairy foods have been shown to decrease iron absorption
- Inflammatory conditions - lupus, rheumatoid arthritis, diabetes, crohn's disease, celiac disease etc. (immune cytokines affect body's ability to absorb and use iron)
- Use of aspirin or NSAIDS (non-steroidal anti-inflammatories)
- Livestock are increasingly unhealthy and undernourished themselves hence do not provide a consistent source of iron. E.g. Bede Carmody runs A Poultry Place (a bird sanctuary) near Canberra and explains that the birds are anaemic when rescued from food production lines and have light coloured combs because of this. After a few months at his sanctuary they begin returning their colour and health. Livestock animals are kept in increasingly unhealthy and inhumane conditions and should never be relied upon as a source of nutrients.
- Low copper. Copper is a mineral that helps iron utilization. It is found in foods such as raw cashews, soybeans, barley, sunflower seeds, tempeh, chickpeas, navy beans and more.

Tips to increasing iron and iron absorption in your diet

- Eat some fruit before each meal to provide vitamin C and other organic acids that help iron absorption such as mandarin, orange, kiwi fruit, strawberry, mango etc.
- Drink some fruit juice with meals (those containing vitamin C)
- Include lots of vegetables in meals - especially some raw vegetables such as capsicum and broccoli. Other good vegetables include pumpkin and beetroot.
- Eat enough protein. Sources include legumes, tofu, wholegrains, nuts, seeds, tempeh etc.
- Replace or reduce carbohydrate foods in meals (bread, potatoes, white rice) in favour of salads or vegetables which are more nutrient dense
- Drink herbal teas instead of black tea and coffee such as nettle, peppermint, ginger, chamomile etc. Avoid soft drinks and caffeinated beverages.
- Eat at least 1 serve of legumes each day such as lentils, red kidney beans, chick peas etc.
- Cooking foods in cast iron cookware has been shown to increase iron in food. This is increased drastically in moist apple sauces and tomato sauce.
- Enjoy fresh green smoothies daily

Masgoof (Middle Eastern Vegan Fish)

(Serves 6)



Ingredients:

3 vegan fish or 1 pack of hard tofu
6 onions
9 tomatoes
3 tsp curry powder
3 tsp sea salt
1 bunch flat leaf parsley

3 handfuls dried shitake mushrooms (sliced)
Olive oil
Lemon or lime juice to taste
If using tofu - some kelp powder, seaweed sheets
and soy sauce or tamari

Method:

1. Bake the vegan fish in the oven at 200°C for about 15 minutes or until it is brown. If using tofu then grill or fry the tofu with a bit of soy sauce or tamari and a few pinches of kelp powder. Once the tofu has been grilled or fried cut the seaweed sheet to fit one side of the tofu and place it on top of the tofu. The seaweed will usually shrink a bit due to the heat.
2. In a saucepan heat the olive oil and fry the onion until it is golden brown. Add some water and the tomatoes, curry powder, salt and dried mushrooms.
3. When done serve the onion mixture on top of the vegan fish or tofu slices.
4. Add the chopped parsley and on top. Add lemon or lime juice if desired and serve.



Vegan fish is available in various Asian vegetarian grocery stores and online stores such as Au Lac Australia (www.aulac.com.au) and at vegetarian restaurants in the Cabramatta/Canley Heights area (Sydney).

** For those who wish to avoid eating onion you can try making this recipe by substituting chopped bok choy stalks for the onion. It has a similar flavour and texture to that of cooked onion.

Dessert: Guiltless Chocolate Pudding

Recipe by Robyn Chuter ND – www.empowertotalhealth.com.au

Ingredients:

1.5 cups whole raw cashews or almonds

3/4 cup rice or whole-bean soy milk

2 cups organic baby spinach

2 cups frozen strawberries or blueberries

2/3 cup dates, pitted

3 tablespoons cacao - raw chocolate, NOT cocoa - powder (available from health food shops)

2 tablespoons Goji berries (optional)

1 teaspoon vanilla extract

1/2 raw beetroot

Method:

1. Soak the dates in warm water to soften for 10 minutes
2. Blend nuts and rice or soy milk until smooth. Add remaining ingredients and blend again.
3. Chop the dates and add to blender. Blend until a pudding consistency. To serve - may be eaten as a pudding or used as a dip for fresh fruit. Also looks nice served in a wine glass.



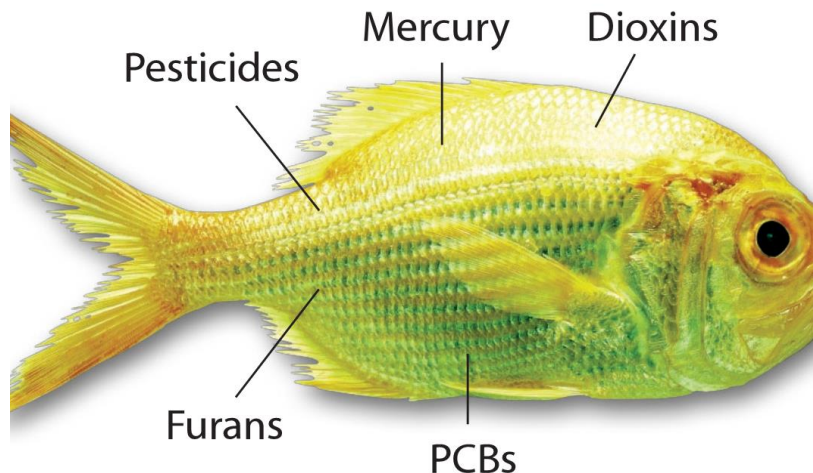


Photo Credit: Physicians Committee for Responsible Medicine

Fish & Fish Oil – Toxic And Unhealthy

Fish is high in fat - often 60% of the calories come from fat. There is considerable evidence that fish fat (omega-3 fat) will increase a person's risk of cancer and also will increase the risk of metastasis (spread of cancer to other parts of the body).

Fish fat is known to paralyze the actions of insulin and increase the tendency for high blood sugars and eventually diabetes, known to suppress the immune system, and known to increase the tendency for serious bleeding.

Fish is High in Cholesterol: Like all animal products, fish are high in cholesterol. Based upon a weight of 100 grams, mackerel contains 95 mg of cholesterol, haddock 65 mg, tuna 63 mg, and halibut 50 mg. This compares to beef at 70 mg, chicken 60 mg, and pork at 70 mg.

Fish Protein: Dr McDougall points out that fish is high in animal protein which is acidic in nature. The high acid load caused by the ingestion of fish may result in bone loss, which eventually leads to osteoporosis. For a more in-depth explanation please visit for Dr McDougall's referenced insights:
www.nealhendrickson.com/mcdougall/030200pufishisnothealthfood.htm

Fish Oil Causes More Heart Attacks: Dr David Jenkins Professor of Nutritional Sciences at the University of Toronto, Canada and Director of the Clinical Nutrition and Risk Factor Modification Centre at St Michael's Hospital has published over 200 papers on lipids and diet and won many international awards. He states that the 1990's studies of fish oil were not followed up properly. **Initial studies thought that fish oil could help stop the closing of artery walls and therefore prevent coronary heart disease. Follow up studies have since been done and found that after 5 years those who took fish oil had more heart attacks.** Cardwell Esselstyn MD, a former surgeon at the Cleveland clinic in the USA demonstrated through a 20 year study that changing to a vegan diet can effectively prevent and reverse heart disease.

Fish contamination: Fish contain mercury which is toxic to the nervous system and kidneys. Long-term exposure may also accelerate the development of atherosclerosis (hardening of the arteries). Fish can be a major source of mercury in a very toxic form called methyl mercury. Fish contain PCBs (Polychlorinated

Biphenyls) which are cancer causing and magnify the neurotoxic affects of mercury. Fish contain dioxins which cause disruption to the endocrine system (hormonal system), nervous system, and reproductive system.

Robyn Chuter Australian Naturopath states that “These dioxins are at very high levels in many species of fish, and frequently the species of fish that are low in mercury. So if you manage to dodge the high mercury from contaminated fish you’re probably still coping a big load of dioxins and PCBs”.

A study published in the American Journal of Epidemiology in 2000 showed that among pregnant Danish women who consumed fatty fish, those with the highest intake had 50% higher levels of PCBs in their blood plasma compared to those with the lowest intake. Production of PCBs is now banned in Japan, the United Kingdom and other countries. The study also found that the higher the amount of fatty fish eaten, the lower the birth weight of the infant.

Infectious Agents - In the USA, seafood ranked third on the list of products which caused food-borne disease between 1983 and 1992.

How To Get Healthy Omega 3 In Your Diet From Veggie Sources:

Flaxseed/linseeds, nuts and seeds, green leafy vegetables, seaweeds, canola oil, hempseed oil, pumpkin seeds and walnuts contain short chain omega 3 can be easily converted to EPA, then DHA. Due to media campaigns many people now worry that they will not get enough of these good oils and think that they need to supplement in order to meet their needs. This is a myth as healthy levels can be obtained through a healthy vegan diet.

If you wish to take supplements containing EPA and DHA pre-formed, there are EPA/DHA capsules produced from algae/seaweed! **In fact, seaweed is where fish obtain these fatty acids themselves.** Seaweed is also a sustainable way of producing these fatty acids without the toxins associated with fish oil. Fish oil you can easily be substituted with these greener alternatives:



www.nuique.com/



www.source-omega.com/importance-of-epa-and-dha.htm



www.opti3omega.com/index.html

For a range of various brands: www.greenedgeonline.com.au. Opti 3 is also available at:

For more information on contaminants found in fish: www.pcrm.org/health/reports/fish_report.html

Asian Coconut Noodles

Serves 4 – 5



Ingredients:

5-6 cups of cooked Udon noodles

2 packets of Nigari hard tofu

5 - 7 tbsp soy sauce

2 tsp powdered veggie stock (e.g. Massel)

$\frac{1}{2}$ - 1 cup fresh mint (according to taste)

2 cucumbers

1 - 2 cups lettuce

Olive oil

$\frac{3}{4}$ can coconut milk

$\frac{1}{2}$ tsp white vinegar

2 tbsp brown sugar

$\frac{1}{2}$ - 1 cup raw unsalted peanuts

4 - 6 slices veggie ham

Method:

1. Cook the noodles until they are soft and set aside.
2. Chop the tofu into small, thin pieces.

3. Add the vegetable oil, 4tbsp soy sauce and vegetable stock to a saucepan and fry the chopped tofu until it is brown (you may wish to fry the tofu in 2 lots to make it quicker).
4. Chop the lettuce, mint and cucumber. Place in a bowl and mix together then set aside.
5. Chop the veggie ham into small and thin pieces and warm the fry-pan. By keeping the tofu and the veggie ham separate you will have more variation in flavour and texture in the dish.
6. Crush the peanuts and brown on medium heat. Keep stirring to brown the nuts evenly.
7. In a small container make some special sauce. Add 2 tbsp sugar, 2tbsp soy sauce, 4 tbsp water and $\frac{1}{2}$ tbsp white vinegar. Stir this and set aside for later.
8. Serve the noodles on a plate. Put the tofu and veggie ham on top. Next add the cucumber, lettuce and mint. Add some coconut milk to taste and then add the special sauce. Finish by adding the peanuts and enjoy!



Vegan Diets Provide All the Calcium You Need - Forget the Milk Myths!!

Does this look natural to you?...

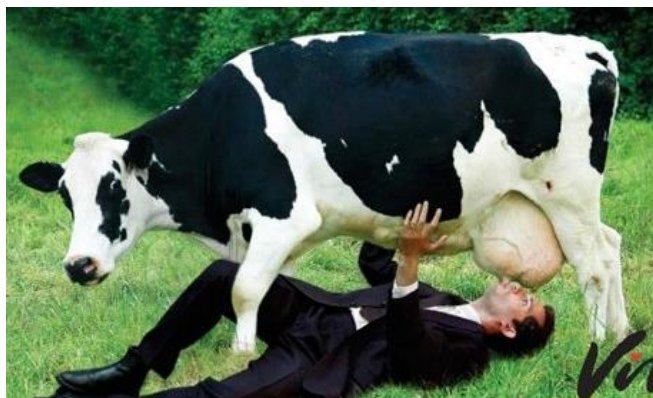


Photo Credit: Viva!

Milk is considered to be unhealthy and unnecessary by researchers, Doctors and health experts around the globe. Some of the reasons for this include:

- Humans are the only species that drink milk beyond infancy/childhood (other than domesticated animals such as cats and dogs for example). Past this age our body does not make the enzymes necessary to digest milk properly
- Dairy contains cholesterol and fat (especially saturated fat) which has been found to contribute to the development of heart disease, stroke and certain cancers. The human body makes enough cholesterol and does not need any from the diet.
- The China Study by Dr T. Colin Campbell strongly links milk protein to liver cancer in children of the Philippines. His research shows that the milk protein casein can turn on liver cancer growth and when taken out of the diet turns cancer growth off
- Many studies show that higher milk consumption is linked to HIGHER FRACTURE rates. The 12-year Harvard Nurses' Health Study involved 78,000 nurses. It found that nurses who drank the most milk (two or more glasses per day) had a 45% higher risk of hip fracture! A recent study in the British Medical Journal found that women with the highest calcium intake were 29% more likely to have a hip fracture than women with a modest calcium intake.
- Many studies have found a strong correlation (link) between breast and prostate cancer.
- The milk protein casein has been found in artery deposits where it thickens artery walls and prevents blood from flowing through arteries freely as it should
- Type 1 diabetes (insulin-dependent) is linked to dairy consumption
- Milk contains contaminants ranging from pesticides to drugs/medications. Pesticides, polychlorinated biphenyls (PCBs), and dioxins are other examples of contaminants found in milk.
- Many studies note that iron-deficiency is more likely on a dairy-rich diet
- Cow's milk has been linked to colic in breast-fed babies (the cow's antibodies pass through the mother's bloodstream and into her breast milk to the baby)

So How Much Calcium Do We Need?

A study involving over 60,000 Swedish women published in the British Medical Journal recently showed that women with a low calcium intake (less than 750mg/day) had a 24% increased risk of hip fracture. Women with the highest calcium intake (over 1137mg/day) had a 29% risk of hip fracture (higher than the low calcium group!). **The healthy amount of calcium to eat per day would be about 880 – 995mg of calcium which is easily achieved on a vegan diet.**

Sample Vegan Daily Menu With Healthy Calcium Intake

(From the Physician's Committee for Responsible Medicine)

Sample Diet 1	Sample Diet 2:
Breakfast 3 oatmeal pancakes with applesauce topping, calcium-fortified orange juice, fresh fruit	Breakfast 1 cup oatmeal with cinnamon and raisins, 1/2 cup fortified soymilk, 1 slice toast with 1 tablespoon almond butter, 1/2 grapefruit
Lunch Bean burritos: black beans in corn tortillas, topped with chopped lettuce, tomatoes, and salsa, spinach salad with tahini-lemon dressing	Lunch Whole wheat pita stuffed with hummus, sliced tomatoes, and lettuce, carrot sticks
Dinner Chinese stir-fry over brown rice: tofu chunks, broccoli, pea pods, water chestnuts, and Chinese cabbage (bok choy), cantaloupe chunks drizzled with fresh lime juice	Dinner 1 cup baked beans, baked sweet potato, 1 cup steamed collard greens drizzled with lemon juice, baked apple
Snack Dried figs	Snack Banana soymilk shake

Please Note: It has also been suggested that nutrient intake is generally best measured over a week rather than daily as daily intake of nutrients may vary and fluctuate but balance out over a week

So How Do I Maintain Healthy Bones?

Eat a healthy vegan diet containing green leafy vegetables, beans and pulses, nuts, seeds etc. Such a diet contains other nutrients that are crucial for bone growth such as Vitamin K, magnesium, boron and healthy plant proteins. One easy (and tasty!) way to increase your green leafy vegetable intake is through green smoothies.

Get adequate vitamin D from sunshine! This will assist in calcium absorption.

Eat a diet with plenty of Vitamin K. Vitamin K helps to regulate calcium and bone formation. Vitamin K is found in a range of plant foods such as English spinach, kale, parsley brussel sprouts, broccoli, watercress, avocado etc. Eating such foods will also provide you with ample magnesium and potassium which aid in healthy bones.

Avoid excess sodium which can interfere with calcium absorption (particularly table salt)

Avoid animal proteins (meat, eggs, cheese etc.). Our bones absorb calcium but they also release calcium to neutralize certain amino-acids in these foods which cause the blood-stream to become acidic after eating them in a high animal protein meal.

Exercise regularly to build strong, dense bones

Vegan Sausage Rolls & Spicy Tomato Sauce

(Makes about 10 rolls)



Ingredients:

125 grams pecans

$\frac{1}{2}$ cup dried rice crumbs or
breadcrumbs

1 medium onion

300 grams silken tofu

1 cup rolled oats

1 vegetable stock cube or 1 tsp
veg. stock

1 teaspoon garlic powder

3 tablespoons tamari or soy sauce

Ground pepper to taste

3-4 vegan frozen puff pastry
sheets

Soy milk for brushing pastry

Sesame seeds or poppy seeds

70g tomato chutney

400g can diced tomatoes

$\frac{1}{2}$ tsp chilli powder

$\frac{1}{2}$ cup fresh basil leaves

Method:

1. Process the pecans until they are thoroughly chopped, but not all gone to powder. Do this in a blender or food processor or use a spoon/rolling pin etc. to crumble them. Then tip them into a large mixing bowl with the bread crumbs.
2. Finely chop the onion into small pieces (as small as you can get them) and add them to the mixing bowl.
3. Add the tofu to the mixing bowl. This will largely serve as a binder. Add the rest of the filling ingredients: rolled oats, vegetable stock, garlic powder, soy sauce and pepper. Mix everything together well.
4. Preheat the oven to 200°C (180°C if using a fan forced oven) and lightly grease a baking tray. Take thawed-out puff pastry, and slice each sheet in half so that it makes two rectangles. Spoon the filling down the centre third of each pastry rectangle; lightly brush the other third of the pastry with soy milk and then roll the pastry, starting from the empty third and tucking it into the brushed third. Slice the roll into halves, thirds or quarters and place them on the baking tray. Make a few more diagonal cuts in the top of the roll, brush the top with more soy milk and sprinkle sesame or poppy seeds on top. Repeat with the remaining filling and pastry.



5. Bake the rolls for about 20 minutes, until they're golden brown and flaky.

To make the sauce combine the tomato, chilli powder and chutney in a medium saucepan over high heat and bring to the boil. Reduce the heat to medium and simmer for 10 minutes or until the sauce thickens. Stir in the basil leaves. Set aside for 15 minutes to cool slightly. Transfer the sauce to a food processor and process until smooth. Serve in a serving bowl.

(Recipe Source: www.herestheveg.blogspot.com/2008/12/december-7-2008-vegan-sausage-rolls.html)

Comparative Anatomy of Eating

(Taken from Dr Milton Mills research)

Note: A Carnivore eats meat. An Herbivore exists entirely on plant matter. An Omnivore eats both plant matter and meat. Many scientists agree that humans are herbivores, that the human body is designed to eat plant matter only.

Facial Muscles: Carnivore: Reduced to allow wide mouth gape Herbivore: Well-developed Omnivore: Reduced Human: Well developed	Jaw Type: Carnivore: Angle not expanded Herbivore: Expanded angle Omnivore: Angle not expanded Human: Expanded angle
Jaw Joint Location: Carnivore: On same plane as molar teeth Herbivore: Above the plane of the molars Omnivore: On same plane as molar teeth Human: Above the plane of the molars	Jaw Motion: Carnivore: Shearing; minimal side-to-side motion Herbivore: No shear; good side-to-side, front-to-back Omnivore: Shearing; minimal side-to-side Human: No shear; good side-to-side, front-to-back
Major Jaw Muscles Carnivore: Temporalis Herbivore: Masseter and pterygoids Omnivore: Temporalis Human: Masseter and pterygoids	Mouth Opening vs. Head Size Carnivore: Large Herbivore: Small Omnivore: Large Human: Small
Teeth (Incisors) Carnivore: Short and pointed Herbivore: Broad, flattened and spade shaped Omnivore: Short and pointed Human: Broad, flattened and spade shaped	Teeth (Canines): Carnivore: Long, sharp and curved Herbivore: Dull and short or long (for defence), or none Omnivore: Long, sharp and curved Human: Short and blunted
Teeth (Molars): Carnivore: Sharp, jagged and blade shaped Herbivore: Flattened with cusps vs complex surface Omnivore: Sharp blades and/or flattened Human: Flattened with nodular cusps	Chewing: Carnivore: None; swallows food whole Herbivore: Extensive chewing necessary Omnivore: Swallows food whole &/or simple crushing Human: Extensive chewing necessary

<p>Saliva:</p> <p>Carnivore: No digestive enzymes</p> <p>Herbivore: Carbohydrate digesting enzymes</p> <p>Omnivore: No digestive enzymes</p> <p>Human: Carbohydrate digesting enzymes</p>	<p>Stomach Type:</p> <p>Carnivore: Simple</p> <p>Herbivore: Simple or multiple chambers</p> <p>Omnivore: Simple</p> <p>Human: Simple</p>
<p>Stomach Acidity:</p> <p>Carnivore: Less than or equal to pH 1 with food in stomach</p> <p>Herbivore: pH 4 to 5 with food in stomach</p> <p>Omnivore: Less than or equal to pH 1 with food in stomach</p> <p>Human: pH 4 to 5 with food in stomach</p>	<p>Stomach Capacity:</p> <p>Carnivore: 60% to 70% of total volume of digestive tract</p> <p>Herbivore: Less than 30% of total volume of digestive tract</p> <p>Omnivore: 60% to 70% of total volume of digestive tract</p> <p>Human: 21% to 27% of total volume of digestive tract</p>
<p>Length of Small Intestine:</p> <p>Carnivore: 3 to 6 times body length</p> <p>Herbivore: 10 to more than 12 times body length</p> <p>Omnivore: 4 to 6 times body length</p> <p>Human: 10 to 11 times body length</p>	<p>Colon:</p> <p>Carnivore: Simple, short and smooth</p> <p>Herbivore: Long, complex; may be sacculated</p> <p>Omnivore: Simple, short and smooth</p> <p>Human: Long, sacculated</p>
<p>Liver:</p> <p>Carnivore: Can detoxify vitamin A</p> <p>Herbivore: Cannot detoxify vitamin A</p> <p>Omnivore: Can detoxify vitamin A</p> <p>Human: Cannot detoxify vitamin A</p>	<p>Kidney:</p> <p>Carnivore: Extremely concentrated urine</p> <p>Herbivore: Moderately concentrated urine</p> <p>Omnivore: Extremely concentrated urine</p> <p>Human: Moderately concentrated urine</p>
<p>Kidneys (Uricase)</p> <p>Carnivore: Produces Uricase</p> <p>Herbivore: Does not produce uricase</p> <p>Omnivore: Scavenger animals produce uricase</p> <p>Human: Does not produce uricase</p>	<p>Nails:</p> <p>Carnivore: Sharp claws</p> <p>Herbivore: Flattened nails or blunt hooves</p> <p>Omnivore: Sharp claws</p> <p>Human: Flattened nails</p>

For more information:

www.iol.ie/~creature/BiologicalAdaptations.htm

www.earthsav.ca/articles/health/comparative.html

Veggie Kebabs

(Serves 8)



Ingredients:

- Fresh chillies or chilli powder to taste
- 4 tbsp grated lemon rind lemons
- 2/3 cup lemon juice
- 1 & 1/3 cup light olive oil
- 2 cups snow Peas
- 2 tbsp dried dill (or 1-2 tbsp fresh dill)
- 320g pack Joyce Nigari tofu (hard) &/or ½ pack veggie nuggets
- 2 - 3 Spanish onions (optional)
- 2 x 400g cans of sliced pineapple (or 2 cups fresh chopped pineapple)
- 2 tbsp dried oregano (or 1-2 tbsp fresh oregano)
- 2 Red Capsicum
- 2 cups of button mushrooms
- Also: 1 pack bamboo skewers & 1 shaker/jar with lid for the sauce/marinade

Method:

1. Soak the skewers in water for half an hour to prevent them from burning when cooking
 2. Combine the oil, rind, lemon juice, chilli, dill and oregano in a container and shake
 3. Chop the vegetables, mushrooms and pineapple into wedges
 4. Thread the tofu, mushrooms and vegetables onto the skewers, coat with the oil and herb mix and BBQ or grill. If you don't have a grill or BBQ you can cook them in a non-stick pan over the stove.
 5. Serve with salad and brown rice. Other vegetables you can use in this recipe include zucchini, squash, cherry tomatoes etc.
- Tip: You can simply stir fry the above ingredients and drizzle with the sauce and serve with rice for another tasty meal

Drink or Dessert: Blueberry Banana Blast

(Serves 2)



Ingredients:

- 1 cup orange juice
- 1 cup blueberries
- 1 banana, peeled
- 2 tablespoons flax seed, ground

Method:

1. Blend all ingredients until smooth. If using whole flaxseeds add these to the blender and blend alone first until they reach a flour-like consistency, and add the remaining ingredients afterwards

Tip: To give this a jelly-like consistency substitute the flaxseed for chia seeds which also contain beneficial omega 3 fatty acids (This recipe is from The Simple Guide to Eating Raw: www.raw-pleasure.com.au/free-guide-to-raw).

Zinc in the Diet



The mineral zinc is present in every part of the body and has a wide range of functions. It is particularly important for healthy skin, a healthy immune system, healthy insulin activity, healthy function of the ovaries and testes, and in liver detoxification. Zinc is also involved in the metabolism of proteins, carbohydrates and lipids (fats).

Pumpkin seeds are one of the most concentrated vegan sources of zinc. Other dietary sources of zinc include beans and lentils, nuts, sunflower seeds, mung bean sprouts and wholegrain cereals.

Ways To Increase Zinc In Your Diet:

- Try to eat a handful of seeds and nuts per day as a general practice of good health for minerals and good fats. They also taste nice in smoothies with soy milk and banana.
- If you have a blender or food processor you can make your own nut spread with almonds, cashews and pumpkin seeds. Blend it until it reaches a crumb-like consistency and begins to stick to the edge of the bowl! This spread tastes especially nice on apple slices.
- Add pumpkin seeds and sunflower seeds to salads to provide more nutrition. Pumpkin seeds taste very nice after sitting in salad juice for a while. This tends to marinate them and gives them a whole new flavour and texture.
- Try this delicious apple latte drink: Put $\frac{1}{2}$ cup each of sunflower seeds and pumpkin seeds, 2.5 - 3 cups of freshly squeezed apple juice (or use 3 whole apples for a thicker latte). Blend until smooth. The latte will turn a nice brown colour. Top with cinnamon and enjoy!
(Recipe adapted from the book Turn Over a New Leaf)

Some people think that phytates interact with zinc absorption. BUT studies showing this were done looking at servings of only one food type e.g. a bowl of grains. The China Study (the most comprehensive dietary study ever conducted) found that phytates did NOT interact with nutrient absorption. This is probably because other foods and nutrients cancel out the effect of phytates on stopping nutrient absorption. Phytates are also thought to have health benefits of their own such as being anti-inflammatory and in labs they have been shown to stop the increase of cancer cells. They may also help to prevent cardiovascular disease and lower the glycaemic index (GI) of foods.

When I worked in a pharmacy I tested people's zinc levels on a daily basis almost and found that most people were deficient in zinc. These people were not vegetarian/vegan. This broke the myth that vegetarians are low in zinc compared to non vegetarians. Zinc levels were especially low in people on medication for over-acid stomach/reflux and those on a restricted calorie diet and unhealthy diets. Symptoms of zinc deficiency may include hair loss, poor appetite, decreased sense of smell and taste, delayed wound healing, lowered immunity, white spots on the nails, skin problems and lowered fertility.



Cold Rolls

(Serves 8 - 10)

Ingredients:

2 packets Soyco Malaysian Tofu
 1 packet vermicelli noodles
 1 bunch of Vietnamese mint or coriander (or both)
 3 medium carrots
 3 cucumbers
 1 packet rice paper roll sheets
 $\frac{1}{2}$ bunch of greens (e.g. lettuce, Chinese cabbage)

Method:

1. Cook the vermicelli noodles and put aside for use. Wait until they cool before using them. (They only need to be cooked for a short time!)
2. Chop the Malaysian tofu into thin strips. Chop the vegetables you are using into thin shreds.
3. Dip the rice paper roll sheets into a bowl of hot water and fold into rolls as per class instructions or instructions on packet.
4. Serve and enjoy!



Walnut Wraps

(Serves 4)

Ingredients:

1.5 cups walnuts (pre-soaked in water for 2-4 hours)
 1 bunch large green leaves (e.g. Chinese cabbage leaves)
 1.5 tsp cumin
 Ginger to taste (fresh or powdered)
 1 tsp soy sauce or tamari (optional)
 Water
 1.5 tsp Chilli or chilli sauce to taste
 Coriander or basil
 Lemon juice to taste (try 1-2tbsp to start)
 1-2 large tomatoes
 $\frac{1}{2}$ avocado

Method:

1. Put the walnuts, cumin, ginger, chilli, soy sauce and water into a blender and food processor. Blend until the consistency softens and set aside.
2. Dice the tomato, chop the coriander or basil and mix with the lemon juice
3. Place the walnut mix into the centre of a large green leaf. Top with tomato mixture, some avocado and lemon juice and enjoy!



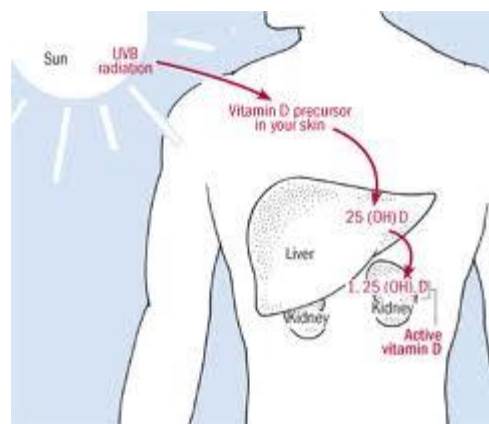
Vitamin D

Vitamin D is a hormone made within the body made from the action of sunlight on the skin. Vitamin D is important for bone health and the immune system. Many studies are concluding that much of the population does not get enough vitamin D - whether vegetarian/vegan or not.

How much do you need? Most of the benefits of sunlight, like Vitamin D production, occur within the first 20 minutes of exposure. If you wear sunscreen you need more sunshine exposure. Exposing the body in a bathing suit to enough sun to make the skin just begin to turn red is equivalent to ingesting 250 μg (or 10,000 IU) of Vit D. Exposing the face, arms, and hands of a light-skinned person to 15 minutes of sun at noon 2-3 times a week here in Winter may be ample to produce enough Vitamin D. This time limit depends on how dark your skin is and other factors. If you're darker-skinned then more time would be required.

How To Get Your Levels Tested: A blood test called 25-hydroxyvitamin D can measure your current levels.

Vitamin D Supplements: Increasingly it is shows that supplementation is the optimum way for many people who get inadequate sunlight such as the elderly and infirm, people in long-term care facilities and people who work indoors. Dr McDougall suggests daily supplementation with 2000 - 4000 IU will correct the vitamin D blood level but won't address a sunshine deficiency. He stresses that there are additional health benefits of sunshine.



Please note that there are now Vitamin D3 supplements that are vegan. Vitamin D3 appears to store better in the body than D2. But be sure to check the label as most are not vegan-friendly. It may come from cod liver oil or lanolin (sheep wool). In Australia sheep are mulesed (sheep are tied up and a large section of their skin is cut off their buttocks without anaesthetic, leaving a bleeding wound. A number of sheep die from shock due to this).



Vegan Vitamin D Brands: Brands include: Vitashine (A vegan D3 - available at www.greenedgeonline.com.au/acatalog/SIngle_Vitamins.html & www.crueltyfreeshop.com.au/?main_page=index&cPath=1_11_37), Trace Nutrients Calcium Plus (www.interclinical.com.au/detail.php?i=17) and Deva Vitamin D (www.uproar.org.au/uproar-shop/)