

## MONEY-SAVING TIPS:

- **Plan your meals in advance:** It might sound time consuming, but it can be as simple as jotting down dinner ideas a few days ahead. Make lists of things to buy for the week (or month!). This can save you time and money!
- **Pack a lunch:** Don't be tempted to eat out everyday.
- **Buy in the bulk sections of grocery stores:** You can often buy bulk pasta, rice, dehydrated meals, spices and beans. These items are usually cheaper than buying them pre-packaged, and you can get as little or as much as you need.
- **Use a crock-pot:** Soak dry beans overnight; cook them in the crock-pot while out for the day.

## CHEAP MEAL IDEAS:

### *Breakfast*

- Cereal with soymilk (top with sliced bananas)
- Oatmeal with fruit and soy milk
- Beans on toast
- Toast topped with peanut butter (add some fruit spread)
- Scrambled tofu and potatoes
- Fresh fruit
- Toasted bagel topped with jelly, peanut butter, or hummus
- Breakfast smoothie: blend fresh or frozen banana chunks and soymilk (peanut butter is an optional).

### *Lunch & Dinner*

- Avocado, lettuce & tomato sandwich
- Bean burrito
- Rice, beans and vegetables (with corn tortillas)
- Veggie chili
- Veggie burger (try it on a toasted bun topped with guacamole or sautéed onions)
- Pasta with tomato sauce and frozen veggies (Feel like splurging? Mix in some meatless meatballs.)
- Tacos with beans and avocado or fake meat crumbles
- Brown rice with steamed vegetables and soy sauce
- Baked potato topped with salsa, baked beans, or chili
- Soup: corn chowder, lentil, split pea, minestrone or barley – try some over brown rice
- Fresh salad (add some zing by tossing in raisins, chopped deli slices, or diced apples)
- Hummus and tomato sandwich
- Stir-fry vegetables and tofu (with rice, noodles, or other grain). Just add garlic, oil/water and soy sauce for extra flavor.
- Instant Vegan Soups in a cup
- Roasted vegetables and mashed potatoes (cheating shepherd's pie)
- Mashed potatoes with a little garlic and sautéed greens

- Cheese-less pizza topped with frozen veggies
- Quick vegetable plate: mix kale, spinach, broccoli, or other vegetables (steam or microwave) and top with Bragg's liquid aminos or marinara.

### *Snacks*

- Chips & salsa (or guacamole)
- Pita & hummus
- Celery, apples or carrots topped with peanut butter
- Popcorn (sprinkle with nutritional yeast and salt)
- Potato wedges (sliced, baked, and topped with spices and/or salt)
- Trail mix (make your own with nuts, raisins, and sunflower seeds)
- Whole Wheat Pretzels

## VEGETARIAN GUIDE TO LABEL READING

Vegans and vegetarians strive to avoid animal products in their diets. While the goal of avoiding 100% of animal products is practically impossible in our society, simply avoiding the major animal products such as meat, eggs, and dairy, brings us very close to that goal and does a great deal to improve health, reduce animal cruelty, and preserve the environment. Those who would like to go further and avoid the small amounts of animal ingredients present in many commercial foods can do so by familiarizing themselves with label reading.

Currently, there exist many different animal ingredient lists, most of which are outdated and over-inclusive. This guide attempts to point out most of the common "hidden" animal-derived ingredients as well as some that are commonly thought to be animal-derived, with rules of thumb for distinguishing between them. For quick reference, some ingredients are labeled in **bold** (animal derived) or underlined (possibly animal derived) in the section that describes them.

### **What's on a label?**

Different products have different labeling requirements. Food products are generally required to list all ingredients constituting more than 0.1% by weight. Most other categories including alcoholic beverages, medicines, health and body care products, etc., have much less stringent requirements. Medicines for instance are only required to list active ingredients. Fortunately most companies are very responsive to phone calls and letters about their ingredients and many have toll-free numbers for such inquiries.

### **Common slaughterhouse derivatives**

Among the most common animal ingredients are products made from boiling down (rendering) surplus animal fats and tissues. These include **lard**, **animal shortening**, **gelatin**, **cholesterol**, **and tallow**, which are animal derived by definition. Alternatives to gelatin include agar-agar, carrageenan, and cornstarch. Gelatinized starch refers to starch softened by boiling.

Also common are stearates, which includes almost any ingredient with -stear- in its name, and glycerides, including glycerin and almost any ingredient with -glycer- in its name (including datem, which stands for diacetyltartaric acid esters of monoglycerides). While these are sometimes derived from pure vegetable sources, they are generally produced by rendering a combination of animal and vegetable fats. See the section on Kosher for more information.

## **Dairy derivatives**

There are numerous common milk products including cream, many varieties of cheese, butter, yogurt, etc. Less well-known are the fermented **koumiss** and **kefir** and Indian **ghee** and **paneer**. Margarine and soy milks are easy replacements for butter and milk. Vegetable oil marked "vegetable ghee" can be found in some place. The most difficult to avoid, however, are the individual constituents of milk, primarily lactose, casein, and whey.

**Lactose**, or milk sugar, should not be confused with the much more common lactic acid, or with galactose, which are not dairy derived. Lactose is generally indicated by **-lacto-** while lactic acid is indicated by **-lact-** in an ingredient name. Lactic acid can be safely assumed to be vegan unless its part of a compound such as a stearate (described above). Because of the large number of people who cannot properly digest lactose (lactose-intolerant), this ingredient is less common in commercial foods, but is frequently found as a base in medicines and other products.

**Casein**, a class of milk proteins and the primary constituent of cheese, is ironically often found in foods marked "non-dairy". This includes almost all varieties of soy cheese, which are generally marketed to people who are lactose-intolerant, not vegans. The non-dairy label was created to protect the dairy industry and indicates foods that were not *primarily* milk-based despite their similarity to dairy products. Happily, the label dairy-free means what it should.

**Whey**, the liquid remaining when casein is removed from milk, is often found in commercially prepared baked goods and as a binding agent for flavored chips and similar products.

Also worth mentioning is **rennet** or **rennin**, which is the agent used to coagulate many "hard" cheeses. Rennin is an enzyme taken from the stomach lining of slaughtered calves, which means that many cheeses are not really vegetarian. Cheeses with "microbial rennet" are however becoming very common.

## **Insect products**

The largest commercial insect product is **honey** (one variant of which is **propolis**). Unfortunately, honey is extremely common as a sweetener in "natural foods" which often avoid most other superfluous animal ingredients. Maple syrup and white grape concentrate are good substitutes for honey in cooking. Other bee byproducts include **beeswax** (common in cosmetics), **royal jelly**, and **bee pollen**.

**Carmine, cochineal, and carminic acid** are red coloring agents made from a particular variety of beetle and are commonly found in colored pastas, drinks, and natural cosmetics. **Shellac** is another beetle derivative, occasionally used (along with beeswax or other waxes) to coat produce such as apples.

**Silk** is produced by silk worms (who are generally killed in the process) and is occasionally found in body care products in addition to fabric. Satin, which originally meant a particular kind of silk fabric, now almost always refers to nylon-based fabrics.

### **Other things to note**

**Egg** products are usually very easy to spot, and can be replaced with a variety of alternatives. See our recommended reading list for vegan cook books.

**Albumin** (or egg whites), **isinglass** (a fish extract), gelatin, and whey are commonly used to remove sediment from wines, beers, and other beverages.

**Lanolin** is a waxy fat extracted from sheep wool found in many body care products, indicated by **-lan-** or **-lano-** in compound ingredients. **Vitamin D3 (cholecalciferol)** is generally made from lanolin or fish oil, while D2 (ergocalciferol) is microbially sourced. Most vitamin D, including the kind in fortified milk and infant formula, is the D3 variety. See our pamphlet on vegan nutrition for more information about vitamin D.

**Collagen, elastin, and keratin** are other slaughterhouse byproducts made from hair, skin, and connective tissue that are also typically found in body care products such as shampoos and moisturizers.

**Musk**, and less commonly **ambergris, civet, and sepia** are animal extracts used in perfumes and scents.

### **Sugar?**

In the US, approximately half of white table sugar (labeled cane sugar or sucrose or simply sugar) is made from sugar cane. The production of white sugar (and some brown sugar) from sugar cane involves a whitening step that is often accomplished by filtering the sugar with activated bone charcoal. While no animal products remain in the sugar, some vegans choose to avoid refined sugar and many products marked vegan exclude it as well. Alternatives to cane sugar include beet sugar (about as common as cane sugar), maple and date sugars, and partially refined cane sugar (labeled unrefined, unbleached, turbinado, demerarra, or raw sugar). Other non-sucrose sugars including maltose, dextrose, glucose, and fructose are also fine.

## Natural? Organic? Vegetarian? Cruelty-free? No Animal Byproducts?

Bear in mind that labels can be deceptive. For instance, the label natural says nothing about its appropriateness for vegetarians and natural flavors or colors may include animal ingredients (though they often don't). Similar warnings apply for organic.

Sadly, vegetarian is a very loosely used word, and usually can only be relied on to mean "no red meat". Check for chicken, fish, meat stocks or flavors, and other ingredients mentioned above. More trustworthy are the labels "vegan" and to a lesser degree "100% vegetarian" (the latter may still include eggs and dairy). Note that neither of these are regulated by labeling law. Packages that display logos trademarked by vegetarian societies are the most reliable.

The cruelty-free label usually only indicates that the product was not animal tested, and it may still contain animal ingredients. It may even include ingredients that were animal tested by a supplier. Labels like against animal testing are even more vacuous. Look instead for "no animal testing" and "no animal ingredients". PETA and NEAVS have cruelty-free logos for products that conform to strict definition of the above. Note that items labeled no animal byproducts are questionable as well - they may just contain animal *products*.

## What about Kosher certifications?

These are small logos that mark an item as suitable for people observing Kashrut (Jewish dietary law), and occasionally prove helpful for vegetarians reading ingredients. Among other things, Kosher law forbids eating meat with dairy which means that items marked as kosher may contain meat or dairy but not both. Foods marked "pareve" or "parve" have neither, although they may still contain **eggs, fish, or honey** and occasionally **gelatin**. More usefully, pareve foods are almost certain to have vegetable-derived stearates and glycerides and exclude almost all animal-based colorings or flavorings.

*some common Kosher marks*



Items with a small "DE" next to the kosher logo indicate equipment previously exposed to dairy products was used to produce an item, but it is otherwise pareve. A small "D" may mean that the item contains dairy or was only produced with dairy equipment. As always, check the ingredients. Finally, note that a "P" indicates Kosher for Passover, not pareve.

## But what about...?

There are many products that are commonly rumored to include animal ingredients and the above covers most of the less obvious of them. Many others are indeed vegan (unless the label indicates otherwise), including: *calcium compounds, caramel color, cocoa butter, cooking charcoal, enriched flour, enzymes (other than rennin), Heinz ketchup, lecithin, molasses, paraffin, red #40, spices.*

## **BENEFITS OF PLANT-BASED DIET**

### **Health Benefits**

Health benefits are one of the primary reasons people become vegan. Weight loss, lower cholesterol and blood pressure, less use of medication, avoiding surgery, and feeling and looking great are some of the many health benefits.

Although many people ask how vegans get the nutrients they need or attempt to prove that animal products are essential, a vegan diet is actually healthier than the alternative. Read more about the essential nutrients vegans receive in a later section.

Dieting by eating less is the most common form of weight loss in the United States. However, it is not the healthiest. This method can cause anorexia and other malnutrition disorders. But to lose weight you don't have to eat less. You can eat as much as you like of the right foods and not gain weight. Food itself is not what causes weight gain. Animal products contain extremely high amounts of fat that vegetables don't have. By not eating high-fat foods you will lose weight, even if you continue to eat a lot.

Another major concern for many people is cholesterol. Too much cholesterol can clog your arteries and cause heart attacks and strokes. The good news is only animal products contain cholesterol. Humans naturally also have small amounts of cholesterol. By not eating animal products, your cholesterol level will remain low, limited to the amount already in your body.

High blood pressure levels will also drop considerably, with just a few weeks of eating the right foods.

Often doctors give patients medications to "solve" their medical needs. All these medications are drugs. The natural state for the healthy human body is a drug-free state. Medications generally make you feel better but do not really improve the situation. Healthy foods will allow you to become less dependent on medications.

People who eat high on the food chain, consuming large amounts of meat, dairy products and eggs, are plagued by chronic lifestyle diseases, ranging from cardiovascular deterioration to many types of cancer. A rich body of medical literature links the high quantities of cholesterol, saturated fat and protein found in meat-rich diets to the incidence of these diseases throughout the world.

Although surgery can fix some problems, it is often only a temporary solution. It is often the patient's diet that caused the problem, so continuing to eat the same, could bring the problem back. Becoming a vegan is a permanent change, that can greatly reduce or eliminate this unnecessary and expensive surgery an unhealthy diet can cause.

For those concerned about their health, reducing the consumption of animal foods is as essential as quitting smoking or regular exercise.

## WHAT TO EAT?

It is impossible to list all the foods that vegans eat, but on this page we give you some guidelines to choosing vegan foods, and some suggestions on what to get.

Keep in mind the new four foods groups of the vegan diet: vegetables, fruits, grains, and legumes. It is always a good idea to balance your diet and eat some of each food groups on a regular basis.

### Vegetables

Buy a wide variety of vegetables, preferably the deep green and yellow-orange ones. White and sweet potatoes are excellent foods. Avocados are high in oil content; therefore, use them sparingly. Fresh vegetables are the best, frozen would be an acceptable second choice, with canned vegetables your last choice. Be sure to read the labels.

### Fruits

Buy a variety of fresh, ripe fruits to use at breakfast with your whole grain cereals or at supper time. Apples are one of the best fruits. Citrus fruits are good, too.

### Grains

Eat many different types of whole grains, such as whole wheat, rye, oats, rolled oats, brown rice, millet, buckwheat, 100% cornmeal, and whole barley. Cook whole by themselves or in a mixture with other grains. For variety, grind them.

### Pastas

Buy whole grain products, such as spaghetti and macaroni made from whole wheat, corn, spinach, artichokes, or soy flours. Check labels carefully.

### Legumes

Legumes are dry beans and peas. For economy, buy these in bulk. Use a variety throughout the week or month. Good choices include pinto and red beans, garbanzos (chick peas), lentils, black beans, split peas (green or yellow), great northern, navy or white beans, and lima beans. Soybeans are high in fat and protein; thus, they should be used sparingly.

### Nuts & Seeds

Use *very* sparingly. Nuts and seeds are classed as concentrated foods because of their high fat content. Limit nuts to 1/6 to 1/10 of the ingredients in loaves and casseroles. Almonds are the king of nuts for nutritional value.

### Bread

Make your own bread if at all possible. Read labels very carefully and choose whole grain breads and bread products as much as possible. Remember that the term "wheat flour" refers to white, refined flour.

## Crackers

Some good choices are Norwegian Ideal whole grain flat bread, crispbread wafers, Ryquita crisp, rye bread, Hol-Grain Waferets, Finn Crisp, Rye Krisp. Some stores carry 100 percent whole wheat matzos - look for the variety made without eggs. Also, read labels carefully as some companies make product variations that may not be the best choices for a healthy diet.

## Condiments

Sweet herbs often enhance the natural flavor of food. Most sweet herbs are available in supermarkets; however, natural foods stores often carry them in bulk at much lower prices.

## WHAT **NOT** TO EAT? PRODUCTS CONTAINING THE FOLLOWING INGREDIENTS

- albumen/albumin: egg white. Use/s: food binder
- anchovy: small fish of the herring family. Often an ingredient of Worcester sauce and pizza toppings. Use/s: flavor enhancer
- aspic: jelly derived from meat and fish. Use/s: glazing agent
- casein: Ammonium Caseinate. Calcium Caseinate. Potassium Caseinate. Sodium Caseinate. The principle protein of cow's milk. Use/s: texturizer for ice cream, frozen custard, ice milk, fruit sherbets, and in special diet preparations.
- caviar: roe of the sturgeon and other fish. Use/s: a relish
- cochineal (E120): dye-stuff consisting of the dried bodies of scale insects. Use/s: red food and drink coloring
- cod liver oil: oil extracted from the liver of cod and related fish. Use/s: food supplement
- D3 (cholecalciferol): vitamin derived from lanolin or fish oil. Use/s: vitamin and food supplements
- gelatin: jelly obtained by boiling animal tissues (skin, tendons, ligaments etc) or bones. Use/s: confectionery, biscuits, capsules, jellies, photographic film, match heads
- glycerin/glycerol (E422): clear, colorless liquid which may be derived from animal fats, synthesized from propylene or from fermentation of sugars. Use/s: solvent for flavors, texture improver, humectant
- isinglass: very pure form of gelatin obtained from the air bladders of some freshwater fishes, especially the sturgeon. Use/s: clarifying alcoholic drinks, jellies
- L-cysteine hydrochloride (E920): manufactured from animal hair and chicken feathers, or synthetically from coal tar. Use/s: shampoo, improving agent for white flour
- lactose: milk sugar. Use/s: tablet filler, sweetener, 'carrier' for flavoring agents, especially in crisps
- lard: fat surrounding the stomach and kidneys of the pig, sheep and cattle. Use/s: culinary
- lutein(E161(b)): substance of deep yellow color found in egg yolk. Use/s: food coloring
- oleic oil: liquid obtained from pressed tallow. Use/s: margarines
- pepsin: enzyme found in gastric juices. Use/s: cheese making
- rennet: extract of calf stomach. Contains the enzyme renin which clots milk. Use/s: cheese making, junkets
- roe eggs: obtained from the abdomen of slaughtered female fish. Use/s: a relish
- suet: solid fat prepared from the kidneys of cattle and sheep. Use/s: cooking
- volaise: ostrich meat

- whey: residue from milk after the removal of the casein and most of the fat. By-product of cheese making. Use/s: margarines, biscuits, crisps, cleaning products

## **DAIRY AND EGG REPLACEMENTS**

### **Milk**

**In baking:** use 1 cup soy milk or reconstituted from soy powder

**On cereals:** use liquid soy, almond, or rice milk

**To thicken soups:** use 1/2 cup rolled oats for every 3 cups of vegetables added in the last 15 minutes of cooking.

**For custards and puddings:** use rice milk.

### **Yogurt**

Use soft or silken tofu. Try the oriental varieties also.

### **Dairy cheese**

Use soy cheese or almond cheese

### **Cottage cheese or ricotta cheese**

Use tofu mashed up with a fork. Try adding veggie parmesan for a little added flavor

### **Eggs**

Use **Ener-G\* Egg Replacer**. Follow directions on package.

Use 1 heaping tablespoon of soy flour or cornstarch plus 2 tablespoons of water to replace each egg in a baked product.

Use 1 ounce of mashed tofu in place of 1 egg.

For vegetarian loaves and burgers try adding tomato paste, mashed potatoes, or rolled oats to bind together ingredients.

In pancakes, cookies, cakes, vegetarian loaves, and burgers mix 1 tablespoon of ground flaxseed with 3 tablespoons of water, let set 1 or 2 minutes and add to your ingredients.