Vegan Eco-Bag Tote
In 100% recycled cotton. Fair-trade and fair-labor. This tote is 15” tall and 13” wide with 5” gussets on sides and bottom. The shoulder strap is 24” long. Artwork by Nash Hogan at Hand of Glory Tattoo, Brooklyn, NY $14

Vegan T-Shirt
Men’s and women’s 100% certified organic cotton in black and white. Women’s run narrow and fitted so order larger size. Men’s and women’s sizes. S, M, L, XL. Artwork by Nash Hogan at Hand of Glory Tattoo, Brooklyn, NY $22

Royal Blue Out to Lunch Bag
Insulated bag with Velcro closure and a handle to carry your meat-free lunch. Measures 10”H x 7”W x 4.5”L. $14

Our premiere cookbook—now with gluten-free dessert offerings. 25% OFF SALE $15

Currently in its second printing, our latest vegan cookbook has drawn rave reviews. 25% OFF SALE $15

Vegan Restaurant Guides
Choose city-$50 each (Updated regularly)
- New York
- San Francisco
- Southern California

On the cover: Chocolate Marbled Pound Cake, from The Best of Vegan Cooking, page 80

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E very day, we at Friends of Animals meet people who are thinking of going vegan. Maybe you are thinking about it too. And you might wonder why people become vegans, why we consider the commitment so important, and what the decision means in everyday terms. In this booklet, we’ll explore some of the many reasons people decide to live vegan, and offer you some recipes and resources.

As people dedicated to ending the exploitation of animals, we strive to cultivate in our own lives what we wish for our society. Our work includes a full spectrum of advocacy: initiatives to stop hunting and its use as animal control; legal protection for free-living animals and their land, water, and air; management of a sanctuary for primates (Primarily Primates is just that; it does accept birds, cows and other animals in need too); our Chimpanzee Rehabilitation Project in Africa, and our recovery of three endangered African antelope species in Senegal. We who facilitate these projects adhere to a plant-based diet in support for other animals in the world, and in the spirit of empathy we’re advancing.

WHAT IS A VEGETARIAN? WHAT IS A VEGAN?
Vegetarianism is commonly defined as a plant-based diet. Many people believe a vegetarian can use dairy products, eggs, honey, wool, silk, and other animal by-products. The term vegan (pronounced VEE-guhn) was adopted in the 1940s by Vegan Society founding members Donald Watson and Elsie Shrigley. Dorothy (Morgan) Watson had first offered the word to Donald—at a dance they both attended. (We thank Patricia Tricker and George D. Rodger of The Vegan Society for this intriguing piece of information.) The word came from the first three and last two letters of vegetarian—“because veganism starts with vegetarianism and carries it through to its logical conclusion.”

While vegetarianism is normally discussed in terms of a diet, veganism embodies a worldview. We have found that egg, flesh, and dairy consumption can be hazardous to the human body and to our environment; and that animal husbandry involves unjust treatment of other conscious beings. We don’t want to play a role in that injustice. Nor do we wish to be at war with free-living animals. As vegans, we strive to live harmoniously with the planet and all its inhabitants.

VEGAN FOR THE ANIMALS
Human beings create unspeakable misery wherever we turn other animals into consumer goods. To process living, feeling beings into food for an entire society means that most of the industry will be based on high-volume production, with chickens (so easily stacked and stored) treated the way companies would treat any object in an assembly line, and animals in their prime seen as performing or ready for processing, kept in cramped conditions, vulnerable to disease, injury, and immense stress, causing owners to attempt to solve problems with big doses of antibiotics. Producers (factory or free-range—it matters not) mutilate animals to make them easier to manage in groups. Sometimes, the shock of mutilation, such as the searing off of a chicken’s beak, is enough to kill.

Farm animals can’t choose their relationships. They’re conceived through a variety of artificial or forced insemination modes, and the young are taken away from their parents. Dairy and egg managers kill most male babies—because these animals won’t grow up to be pregnant or provide dairy products.

DAIRY PRODUCTS
Cheese and milk represent tremendous disrespect and hurt, and there is no reason to think it is less than that which goes into the processing of flesh. Artificial insemination is used at most dairy farms; most of these farms have no need for males, who are sent off at an early age to the veal producer. Dairy cows are forced to produce youngsters for the owners each year. So they’ll continually produce milk, Holstein and Jersey dairy cows endure repeated pregnancies (which last nine months, as ours do).

Drink milk, and veal happens. Most dairy calves will be cutlets. These cutlets-to-be are confined to restrict muscle growth, deprived of iron to stay pale. But just for four months: their age at death. A new trend involves converting to group housing; but without their parents, calves are nervous and competitive. They are tethered around meal time to control aggression and stress.

The eating of cheese automatically results in the production of veal. Most cheeses contain rennet, an enzyme complex that coagulates the milk, causing it to separate into solids (curds) and liquid (whey). The rennet is taken from the stomach lining of unweaned calves. These stomachs are also a product of veal-making. So most cheeses contain flesh from animals as well as animal milk.

If a gaze into the dairy case reminded us of the calves carted away forever from the cows (who, farmers admit, cry for their young), we’d understand the reality of cheese, cream, and milk. Picturing the veal calf strengthens the resolve of many vegans to say no to that cream or cheese.

For quite a few of us in the Americas and Europe, resisting cheese has been
Some fish farms have installed filters. Some use yeast-based proteins, rather than wild-caught fish, to feed “sustainable stocks” but they can’t keep up with the burgeoning human population’s appetite for fish. In any case, fish have lives of their own. It’s in our power to stop confining, catching, and killing them.

Fish suffer from capture, of course. The experience of stress for a fish is documented. Dr. Jonathan Lovell of the Institute of Marine Studies at the University of Plymouth has observed: “Fish don’t have a five-second memory. They have a long-term memory.” Biological Culum Brown, from Edinburgh University, Scotland, concurs. Brown observed one fish remembering the placement of a hole in a net nearly a year after first finding it. In 2011, a video of a fish using a tool was announced in the journal Coral Reef by Giacomo Bernardi, a professor of ecology and evolutionary biology. In the video, the fish excavates sand to get a shell, then swims for a substantial time to find a good spot to crack the shell. Bernardi said, “It requires a lot of forward thinking, because there are a number of steps involved.” The moves in the video resemble a number of previous reports in which a fish would use a rock as an anvil to crush shellfish.²

As a vegan culture grows, the stress we impose on seals, whales, dolphins, pelicans and other sea birds will lessen. Not only do vegans refrain from using gear that traps marine animals; we also withdraw our participation in the massive slaughters of seals and other animals, which are justified because these animals compete with humans for cod and other fish. Vegans no longer view marine animals as seafood, and that makes a world of difference. Large, commercial slaughters of seals, whales and other marine animals reflect corporate influence on governments, which subsidize those massive killings in order to reduce competition for fish products—a major component of feed for animal agribusiness, including fish farming.

LEATHER
Hides comprise a hefty segment of a cow’s market value.¹ Most leather comes from animals used primarily for their flesh, although some animals are bred and raised in confinement specifically for leather. Waste from tanneries increases the incidence of severe physical health problems for tannery workers and local residents, while causing significant environmental damage. (A Civil Action, the non-fiction book by Jonathan Harr that was made into a film of the same name, offers an excellent chronicle of the harrowing effects.) Air pollution results from the use of hydrogen sulfide for de-hairing, and the use of ammonia and various other commercial solvents. Solid wastes comprise up to 70 percent of the wet weight of hides, so leather processing has high waste-treatment and water-use costs. Yes, synthetic shoes too have environmental impacts. But there’s a wide range of alternatives to leather in addition to synthetics. In any case, leather is not environmentally friendlier than its alternatives. Leather shoes take 25 to 50 years to biodegrade, much like nylon.

WOOL
We’d like to think taking wool does not harm the sheep. But imagine living outside and having your clothes suddenly removed. Is it any surprise that some sheep fall deathly ill after shearing? Ewes are increasingly bred to bear twins or triplets, though with two teats they can only feed one or two lambs. Extra lambs are forced to be adopted by other ewes, who are restrained to prevent rejections. Here again, there are no happy families. Breeding rams’ semen is extracted using electrical probes. Bacteria on the ground often cause foot rot so severe it forces some sheep to graze on their knees. And enclosed housing comes with its own set of problems: increased danger of joint stress, E. coli, worms, heat stress, and respiratory diseases.

Australia’s wool industry is the world’s largest, and breeds sheep with an unnatural amount of wool. Tails are removed because flies lay eggs under them, enabling maggots to infest living sheep. Farmers also carve strips of flesh from the sheep’s hindquarters, ostensibly to smooth the skin and make it less hospitable to flies. After this practice—called mulesing—is carried out, lambs can be seen writhing over the ground on their sides, trying to escape the pain. Wherever they live, and however they are raised, shearing is dangerous activity, and accounts of injuries inflicted with shears are common. Older, unproductive sheep go to slaughter (sometimes after being crowded onto ships for overseas butchering).

SILK AND PRODUCTS DERIVED FROM BEES
Vegans avoid commodifying any conscious living beings—including silk and products derived from bees. A silkworm produces a fine thread by making a figure-eight movement some 300,000 times over several days, constructing a cocoon for sleeping. Then, the pupa begins the 16 days which would normally mean transformation to a winged moth. The pupa attempts to secrete an alkali that opens the cocoon—ruining someone’s future silk suit. So, as the cocoons take shape, the pupae are killed by heat: immersed in boiling water, oven-dried,
Feeding animals who only exist to be slaughtered is enormously wasteful on a planet where many people lack clean water and never get enough to eat.

electrocuted or microwaved.

Bees have complex neurological systems and communicate through intricate dances, but they usually get our attention only for the consumer goods they can be made to produce: honey, beeswax, propolis, bee pollen, royal jelly, and venom. Bees make honey from the nectar of flowers, then store it to eat in winter. Honey, then, is the bees’ own food. The bees might have their legs and wings clipped off to keep them from flying away—but they’ll be shaken out of their hives, or removed with blasts of air, so the owner can collect the honey.

Beeswax pours from the bee’s underbelly glands; the bees use their mouths to shape the substance into combs, creating a foundation for the hive. Humans take the wax away for cosmetics, pharmaceuticals, polishes, and candles.

Royal jelly, a blend of secretions from worker bees, nourishes the queen bee. Some people believe it has youth-preserving qualities, and take it away.

Bee venom, sought for medicinal purposes, is collected by placing an electrified membrane in front of the hive. When the bees fly into it, the shock impels them to sting the membrane, depositing the venom.

Since the 1700s, beekeepers have attempted to have bees mate in captivity. They have failed. Susan W. Cobey, an entomologist at the University of California-Davis (also owner of a sole proprietorship called Honey Bee Insenma- tion Service selling “custom genetic crosses for research and commercial stock”), writes: “The technique of instrumental insemination, developed in the 1920s and perfected in the 1940s and 1950s, provides a method of complete genetic control…”

Cobey describes the use of anesthetics in the procedure to calm abdominal movement, indicating that bees do feel. Higher egg production has been recorded after the use of anesthetic, enhancing the commercial “performance” of farmed bees (although it also shortens the queen’s life).

VEGAN FOR THE PLANET AND ITS PEOPLE

Water shortages are already severe in the western and southern United States and the situation is becoming dire as a rapidly growing population demands more water. Conscientious people might turn the faucet off while brushing their teeth, or add a brick to the toilet tank to flush less water. But eating the flesh or the milk of a cow counteracts those measures overwhelm-

Animals many people only know as “steak” have their own needs, and they drink 6–12 percent of their body weight in water daily. Lactating cows will drink 18 percent of their body weight each day in water. On a summer day, according to Oklahoma State University emeritus animal scientist Glenn Selk, a lactating cow will drink 102 litres daily—about 27 U.S. gallons. That’s about four times as much liquid as they produce for the owner.

The plants they eat are watered too. So producing grain-fed beef takes 12,000 U.S. gallons of water per lb.). In contrast, growing soybeans uses 240 gallons per lb. of food produced; for wheat, it’s 108 gallons per lb.; and potatoes use just 60 gallons per lb.). As they become less cost-efficient to feed and water, cows are killed. The average herd life of U.S. Holsteins is today fewer than three cycles of pregnancy and lactation. Dairy animals’ flesh is of low value; it normally becomes processed meat.

The farm animals we’ve bred into a dependent existence now outnumber us several times over. The ratio of energy for protein produced is inefficient (fossil fuel energy is another major factor in animal commodities), as ecologists’ analyses widely acknowledge. Farm animals in the United States are fed five times as much grain as is consumed directly by the entire U.S. popula-

Annually, more than 40 million tons of plant protein—grain and forage crops—get fed to U.S. animals to produce some seven million tons of animal protein for humans. Feeding animals who only exist to be slaughtered is enormously wasteful on a planet where many people lack clean water and never get enough to eat. In comparison, vegetable crops for human consumption can be brought to the table in a far more water-efficient way, and some vegetables, such as potatoes and tomatoes, can be farmed without using any water beyond rain.¹

The charity VegFam estimates that 10 acres growing soybeans can provide protein for 60 people, whereas 10 acres with the 1960s) put intense pressure on the rest of our bio-community. People who continue buying milk and eggs scarcely reduce the stress. Indeed, this way of eating is dam-

It is the position of the American Dietetic Association that appropriately planned vegetarian diets, including total vegetarian or vegan diets, are healthful, nutritionally adequate, and may provide health benefits in the prevention and treatment of certain diseases.
The vegan commitment is an urgent matter of fairness toward animals and is the best response to an ecological crisis.

couple of exceptions, it’s easy to get all the nutrients you need from plant foods. Supplements (or fortified foods) can give some helpful insurance. Just remember, as author Mark Braunstein points out: “Vitamin pills are supplements, not substitutes.”¹¹

Heart drugs comprise a big business too. Significantly, the American Dietetic Association cites data indicating fully vegetarian diets reduce the risk for several chronic degenerative diseases and conditions, including coronary artery disease, hypertension, diabetes mellitus, and some cancers.

According to the American Dietetic Association and the Dietitians of Canada as well as The Vegan Society (based in Birmingham, England), well-planned vegetarian diets, including vegan diets, make sense for all of us, including during pregnancy and lactation; and veganism promotes healthy growth in infants, children, and adolescents. What’s more, the milk of vegetarian mothers contains substantially fewer residues from pesticides and other toxic chemicals.¹²

We can’t guarantee that all researcher scientists will always publish identical results; the occurrence of contradictory studies seems to be a hallmark of science. The main point to remember is that whole cultures have lived without meat or dairy products for centuries, so it should come as no surprise that a wholly plant-based diet offers all the nutrients you need.

And it helps us to avoid unhealthful substances, such as industrial antibiotics. As farmers rely heavily on antibiotics to keep diseases at bay, bacteria adapt. Salmonella typhimurium appeared in farm animals worldwide in the 1980s, spreading even to sea birds. Its resistance to drugs poses a problem for the federal agriculture department. When antibiotic treatments stop working, a simple case of food poisoning can kill.

**DEBUNKING THE MYTHS**

**MYTH: IF YOU BECOME A VEGAN, YOUR DIET MIGHT LACK PROTEIN, IRON, OR CALCIUM.**

Many people assume that protein and iron must come from meat, and calcium must come from milk. Not at all.

**Protein:** Most people already get more than enough protein, and more than enough isn’t better—even for athletes such as endurance runners and bodybuilders. A diet based on a variety of plant foods and adequate calories gives you enough protein. Tempeh (an easily digestible protein made by a natural culturing and controlled fermentation process that binds soybeans into blocks which can be sliced), seitan (a versatile protein made from wheat gluten), peanuts and peanut butter, almonds and almond butter, lentils, pinto beans, black beans, chickpeas, quinoa, soymilk and tofu are great staples; broccoli is also protein-rich.

**Iron:** Vegans have no special susceptibility to iron deficiency. Dark green, leafy vegetables and beans or lentils are great sources of iron. Iron also stars in blackstrap molasses, tofu, prune juice, bulgur wheat, dried apricots, raisins, cashews, figs, and fortified cereals. Include a good source of vitamin C at meals to boost the absorption of iron from these foods. What are good sources of vitamin C? Oranges or any citrus fruit or juice, green leafy vegetables, broccoli, peppers, cauliflower—all are good choices.

**Calcium:** As a vegan, will you need calcium supplements? It’s not difficult to get enough calcium from plant foods. Sesame seeds are great sources of calcium and magne-

-sium (and thus, recipes using the sesame butter known as tahini—such as baba ghanouj or hummus—are good picks). And, according to Ginny Messina, RD, “Calcium is very well absorbed from kale, collards, mustard greens, turnip greens, bok choy, broccoli, fortified plant milks, fortified juices and firm tofu made with calcium-sulfate—all good sources of this mineral.”¹³

**MYTH: VEGANS HAVE TO DO COMPLICATED PROTEIN COMBINING.**

Eat a variety of plant-based foods to get the amino acids your body needs. According to the American Dietetic Association, complementary proteins need not be consumed at the same time.

**MYTH: VEGANS MISS ESSENTIAL VITAMINS AND MINERALS OR OMEGA-3s.**

The bottom line is this: Vegan and non-vegan supplement needs do not differ much. People who eat animal products look to sunlight or fortified foods for vitamin D, just as vegans do. Non-vegans are as likely as vegans to depend on supplements to boost their calcium and Omega-3 fat intake. And everyone beyond age 50 requires either supplements or fortified foods to meet B-12 needs, according to the American Dietetic Association—because it becomes harder to absorb this nutrient from animal foods as we get older. Everybody should understand the value of B-12, says dietitian Ginny Messina. No matter what type of diet you eat, take a supplement with B-12 or be sure you’re eating foods fortified with the vitamin.

Vegans and others get iodine from vegetables grown in iodine-rich soil, or sea vegetables. As the amounts vary widely depending on where vegetables are harvested and how sea vegetables are processed, iodized salt is still important. Or you can keep using that sea salt (which is not a reliable source of iodine) and take a daily VEG 1, a pleasant-tasting supple-

-ment designed especially for vegans, as many of us do. Just visit vegansociety.com and click “Shop Online”; VEG 1 is the best-selling item on the Vegan Society website, where international orders are a breeze. This will also cover your need for vitamin B-12.

If, on your physician’s advice, you do take vitamin D, note that not all forms are vegan. Vitamin D-2 is vegan; it’s ergocalciferol, derived from yeast. Most D-3 supplements (there is now one exception, approved by and marked with the Vegan Society sunflower emblem) are cholecalciferol, derived from lanolin (a sheep-derived oil) or fish. Calcium supplements can include vitamin D-2 or D-3, and one has to be on guard to avoid cholecalciferol, despite the vegetarian label. The Vegan Society’s VEG 1 supplies the recommended amount of vitamin D by a comfortable margin.

During pregnancy and in childhood, people need a variety of zinc-rich ingredients.

Stock up on spinach, tofu, tempeh, whole-grain pasta, beans or peas, brown rice or peanut butter.

And finally, what about Omega-3 fats? New research suggests that high blood levels of the Omega-3 fat DHA are linked to increased risk of prostate cancer, observes Ginny Messina; but other studies show that these fats might protect against other chronic diseases, and against depression.
It may be helpful for vegans to supplement with a low dose of Omega-3 fats DHA and EPA, says Messina—just 200 to 300 milligrams a few times a week. Vegan sources are available at most health-food shops or accessible online.

**MYTH: VEGANS CAN’T BE SUCCESSFUL ATHLETES.**

Vegan runner Cody Donahue shows that vegans can be physically strong—and support the vegan movement even as they exercise! Cody finished the New York City Marathon in 2011 in a time of 04:23 (pace: 10:04). Cody used a professional online fundraising system to gather race sponsors who donated to Friends of Animals’ vegan outreach and animal advocacy.

In 2015, Scott Gordon Jurek became the fastest person to thru-hike the Appalachian Trail! He has also won many of the most prestigious ultramarathons multiple times, including the Hardrock Hundred (2007); the Badwater Ultramarathon (2005, 2006); the Spartathlon 152-mile (245 km) race from Athens to Sparta, Greece (2006, 2007, 2008); the Montrail Ultra Cup series (2002, 2003); and the Western States 100 Mile Endurance Run (each year, 1999–2005). In 2010, at the 24-Hour World Championships in Brive-la-Gaillarde, France, Jurek won a silver medal and set a new U.S. record for distance running: 165.7 miles in 24 hours.

“But though I want to win,” Jurek told the New York Times in 2010, “the running is a vehicle for self-discovery. I’ve been racing for 15 years, but I feel like I’m still at my peak.”

Jurek, who holds a master’s degree in physical therapy, loves preparing food.

Jurek has been vegan since 1999 for health, ethical, and environmental reasons, and credits vegan living as the key to athletic excellence, smooth recoveries, and general physical health.

That winning and fame is not Jurek’s main point is clear in the athlete’s interactions with others. After finishing races, Jurek has been known to stay at the finish line for hours to cheer later finishers.

**MYTH: WITHOUT LEATHER, WE’D BE BAREFOOT.**

Shoe companies are proudly unveiling vegan lines. Remember Doc Martens, the boots no new-wave rockers could do without? You know vegans have arrived in the fashion world when you can run a successful search for vegan shoes at DrMartens.com.

For running and hiking, New Balance offers many synthetic models, as does Montrail. For trail running and backpacking as well as hiking, Salomon has a wide selection of high-performance shoes to choose from. Garment makes a vegan hiking shoe, and markets it as such. Merrell makes some vegan walking and hiking shoes, and also has a worthy environmental policy—as do Asics, Brooks, Cushe, Emerica, ES Footwear, and Etnies Shoes. (The impact of production on habitat is a vegan issue.)

If a pair of shoes is not promoted as vegan, how can you tell it is free of animal skins? Inside the tongue, sports shoes have a small label that identifies the materials used. Leather is identified by a hide-shaped symbol. Usually, a company focuses on the material of the sole, upper, and any insulation when promoting a shoe as vegan. As with books, the glue that holds the materials together might not have been taken into account. As the demand for vegan footwear (and other items) rises, this issue will be resolved. Meanwhile, the glue issue is being worked on by individual vegans who are taking the time to enter into dialogue with the companies.

Thanks to vegan fashion consultant Ginger Burr (see totalimageconsultants.com) for contributing to this list of sources of fashionable shoes and accessories:

**Cri-de-coeur.com** Cri de Coeur, home of globally conscious vegan footwear.

**Zappos.com** Easy to search here for vegan-friendly shoes. Free shipping; free returns.

**Charmoneshoes.com** Charmone Shoes’ mission statement vows “to create charming women’s shoes in harmony with animals, people and the environment.”

**Alternativeoutfitters.com** Find belts, shoes, clothing and outerwear from a vegan perspective.

**Vautecouture.com** Vegan fashion house for men and women. Coats, sweaters, dresses, t-shirts.

**Veganchic.com** Shoes and handbags at reasonable prices.

**Vshoen.com** Vegan shoe store and boutique in Victoria, BC, Canada. Accepts online sales.

**Mooshoes.com** A New York store and a mail-order site for non-leather shoes and accessories.

**Veganessentials.com** Shop online for vegan clothing, shoes, and hard-to-find foods too.

**Endless.com** Large selection of vegan-friendly shoes. Free shipping; free returns. Use the search term vegan as you explore the site.

You can find inexpensive synthetic shoes at large discount chain stores, but keep in mind that low prices often reflect the wages, working conditions, and environmental standards of the manufacturing sites.

**Livity.org** is a great place to find recycled, fair-trade accessories that look super stylish: “All of our apparel and accessories are designed using organic, renewable and recycled materials and are produced in equitable trade.” As their products aren’t always vegan, call 1.866.4.LIVITY (1.866.454.8489) for a representative who can help you.

**MYTH: IT IS TOO EXPENSIVE TO BE VEGAN.**

While there are many expensive packaged vegetarian foods, staples such as potatoes, beans and pasta are famously affordable. And lowering our cholesterol, along with the other benefits of plant-based living, saves health care expenditures over the long term.

With the will and the planning, any community can start a garden in a school, back yard, or reclaimed lot. So let’s do it! We can show children it’s fun to grow food and share it. And there are many reasons to eat close to home: supporting biodiversity, reducing miles food travels to your plate, sustaining green space in your community, keeping family farms in business, and ensuring that the person growing your...
Vegan foods abound! From salads to pasta, Mexican—offer a variety of purely vegetarian dishes. Supporting international restaurants whose chefs artistically prepare mock sweet-and-sour pork, sesame chicken, and vegi-duck hot pots in the Chinese vegetarian tradition.

Indian restaurants make fiery and intensely flavored vegetable curries and intricately seasoned rice dishes. But avoid the yoghurt and the ghee, a form of butter. Some coconut chutney contains dairy ingredients; some doesn’t; you’ll need to ask. Canola or other vegetable oils are regularly substituted for ghee.

In time, you will learn which dishes are likely to contain animal ingredients. For example, many soups and rice dishes are made with beef or chicken stock, canned beans may contain lard or bacon, salad dressings may contain anchovies or cheeses, and Thai and Japanese restaurants might use fish sauces and fish-derived bonito seasonings unless asked to omit it. Yet nearly all restaurants will modify dishes or make something special to satisfy your request. Unless your request is completely unexpected in a very busy restaurant, the chef is likely to appreciate requests for something new and creative.

In any case, 100 percent vegan eateries now flourish in seemingly unlikely locales. When you find small, ethical businesses, consider extending your support. They need loyal customers if they are to survive and thrive in a culture all too welcoming to massive fast-food chains.

VEGAN CULINARY TIPS

Good news: A boundless array of tastes and textures awaits the new vegan. Yet we often start with what we know best. Breakfast can be as simple as a bagel with almond butter and fruit preserves. Dried fruit becomes luscious and juicy in hot oatmeal; and soy milks are now perfected for use with breakfast. Try cereal with soy, coconut or rice milk; hash browns, pancakes or waffles; an assortment of fresh fruit; or a hearty tofu scramble with sautéed vegetables. Several types of vegan breakfast sausages and bacon taste good, spare the animals, and are easy on your arteries.

If you’ve come to rely on eggs, you’ll be surprised at how simple it is to omit them—with excellent results. Some vegan chefs use avocados to achieve a whipped texture (in the dough or the frosting). Some add a fourth-cup of mashed banana, applesauce, or prune purée for each egg in the recipe. You can also whisk a tablespoon of ground flax seeds with three tablespoons of water; this results in a jelly-like egg replacer that binds very well and is excellent for baking. A convenient, long-lasting egg alternative for baking recipes is Ener-G Egg Replacer, available at your health food shop.

To fully enjoy and explore the vegan culinary arts, we recommend picking up a great vegan cookbook and delving in. Dining With Friends: The Art of North American Vegan Cuisine is Friends of Animals’ premiere cookbook and a great start for anyone who wants to excel at creating vegan offerings and even full holiday meals. Never cooked? No worries. You’ll produce gorgeous offerings by following this cookbook’s straightforward directions. Dining With Friends will promptly equip you with an impressive repertoire of delicious recipes; and many of the book’s recipes, from beginning to end, can be on the table in less than an hour. Learning to cook homemade food is liberating.

FOOD CARES ABOUT THE HEALTH OF YOUR FAMILY AND THEIR LAND.

Myth: Vegans Can’t Find Anything Vegan.

Vegans can graciously accept meal invitations. It helps to let the host know in advance that you are a vegan. Offer to bring a dish that everyone can enjoy. Vegans can welcome family gatherings and cookouts as opportunities to share new recipes with people who might not otherwise try them.

When a party is called for, you might suggest a vegan restaurant. A guide by Green Menu will help you find information about restaurants in specific cities; see GreenMenu.org

Of course, many restaurants serving international cuisines—such as Chinese, South Indian, Italian, Thai, Ethiopian, and Mexican—offer a variety of purely vegetarian dishes. Supporting international restaurants is a great way to delight your palate, refresh your creative spirit, and meet people from various regions of the planet.

Myth: Eating Meat Is An Important Tradition.

Vegans decline to uphold a tradition of treating other feeling beings as objects. You might also hear the eating meat is natural for human beings. Are hormones, antibiotics, toxins, waste pollution and unnecessary water shortages natural? We can do better than this.

Myth: It’s Hard to Enjoy an Evening Out and Find Anything Vegan.

Vegan foods abound! From salads to pasta to peanut butter and jam, many well-known foods are already vegan. In towns of all sizes, regular grocers offer staples such as grains, beans, fruits, nuts, and vegetables. We’ve found that Mediterranean, Chinese and Indian restaurants usually speak vegan: Their staff can help you navigate the menu and get excellent, animal-free food.

Mediterranean restaurants offer lentil-based, eggplant-based, and chickpea-based dishes. (Chickpeas are also known as garbanzo beans.) Italian restaurants offer an array of tomato- or garlic-based sauces for pasta dishes, and the good ones will gladly supply olive oil (instead of spreads) with the bread. Some restaurants use fresh pasta that contains eggs; best to phone in advance and ask.

Many suburban areas now boast all-vegetarian restaurants whose chefs artistically prepare mock sweet-and-sour pork, sesame chicken, and vegi-duck hot pots in the Chinese vegetarian tradition.

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For further adventures, we offer a second cookbook, The Best of Vegan Cooking. You'll be able to sample dishes from both books by trying out the recipes in this section. Begin with breakfast!

**BREAKFAST**

**French Toast, Free At Last**
This recipe is the key to a delicious breakfast in the spirit of true freedom: freedom from our reliance on artery-clogging eggs, and freedom for hens to enjoy life on earth in their own way. Serves two to three.

**INGREDIENTS:**
- 2 tablespoons unbleached flour
- 2 tablespoons nutritional yeast
- ¾ teaspoon salt
- 1 teaspoon Florida Crystals natural sugar
- 1 tablespoon tahini (sesame butter)
- 1 cup soy milk
- 1 large chipotle chile, canned in adobo sauce
- 6 Tbsp. pure maple syrup
- 2 Tbsp. ground cumin
- 2 Tbsp. water
- 2 Tbsp. olive oil
- 1 onion, finely diced
- 1 yellow bell pepper, finely diced
- 1 red bell pepper, finely diced
- 2 Tbsp. tamari
- A pinch each of cayenne pepper and fresh ground cumin
- A dash or two of hot pepper sauce
- Extra-virgin olive oil, to taste
- Salt and freshly ground pepper, to taste

**PREPARATION:**
- Heat the grill or grill pan to medium-high.
- Grill the corn, turning frequently, about 5 minutes. Or roast in an oven heated to 400 degrees F (200 C; gas mark 6) for about 10 minutes with equally good results.
- Set the corn aside to cool. Remove the kernels by standing the cob on your cutting board on its stem end, and running a sharp knife down the sides of the cob at a 10 degree angle. This should leave you with whole kernels of corn.
- Place the corn kernels, black-eyed peas, red and yellow bell pepper, onion, parsley and cilantro in a mixing bowl. Add lemon zest (remove zest with a microplane grater, or peel the yellow skin from lemon, being careful to leave the bitter white "pith" behind, and chop finely), lemon juice and a drizzle of olive oil. Season it with salt, pepper, hot sauce and a little more olive oil if necessary.

**Spicy Barbecued Tofu Triangles**
This dish for six, printed in The Best of Vegan Cooking, was originally published in Bryant Terry’s book Grub: Ideas for an Urban Organic Kitchen (Tarcher/Penguin, 2006). This barbecue sauce is delicious, combining a bit of heat with a bit of sweet.

**INGREDIENTS:**
- 6 Tbsp. pure maple syrup
- 2 Tbsp. ground cumin
- 2 Tbsp. water
- Pinch of cayenne pepper

**PREPARATION:**
- Pre-heat oven to 350 degrees F (180 C; gas mark 4). Place each tofu block on its side and cut into thirds. Keep the layers together, place each triangle between paper towels and press.
- Warm three tablespoons (3 Tbsp.) of the olive oil in a large, non-stick skillet over medium heat. Fry the tofu triangles in a snug layer, until golden brown, 7 to 10 minutes on each side. Depending on size of pan, you may need to cook in more than one batch. Drain on paper towels.
- In a blender, combine the vinegar, lime juice, tamari, tomato sauce, chili, three tablespoons (3 Tbsp.) olive oil, maple syrup, cumin, water, and cayenne. Purée for 30 seconds.
- Place the tofu in a large baking dish and cover with the marinade. Tightly cover the dish with foil. Bake for 1 hour, turning once halfway through.
- Transfer the tofu and remaining marinade to a serving plate and serve with extra sauce to spoon on top.

**Chicago Diner Burgers**
Vegetarian Times adapted this recipe for burgers made at the Chicago Diner by adding a step—baking them in the oven—and grilling them on foil to prevent

**Scrambled Tofu**
There are many recipes for this dish, however we have found this one is highly popular with everyone who’s made it. It’s from Friends of Animals’ cookbook Dining With Friends: The Art of North American Vegan Cuisine.

**INGREDIENTS:**
- 1 lb. extra-firm tofu
- 2 Tbsp. olive oil
- 1 onion, diced
- 1 yellow bell pepper, finely diced
- 1 red bell pepper, finely diced
- 2 Tbsp. tamari
- A pinch each of cayenne pepper and fresh ground cumin
- A dash or two of hot pepper sauce
- Extra-virgin olive oil, to taste
- Salt and freshly ground pepper, to taste

**PREPARATION:**
- Mix dry ingredients together in bowl, and add soy milk and tahini. Dip bread into batter and fry in oil until brown and crispy on both sides. Serve with pure maple syrup.

Priscilla Feral, president of Friends of Animals and author of Dining With Friends and The Best of Vegan Cooking.
sticking on the grill. This recipe makes enough for everyone at the party.

INGREDIENTS:
3 stalks celery, diced, and 1 small onion, diced
⅛ cup low-sodium soy sauce
2 tsp. each: onion powder and garlic powder
½ tsp. ground black pepper
3 cups old-fashioned rolled oats
12 oz. (340g) mushrooms, finely chopped

PREPARATION:
Bring 4 cups water, celery, onion, soy sauce, onion powder, garlic powder and pepper to a boil in pot over high heat. Reduce heat to medium and simmer 5 minutes. Stir in oats, mushrooms and flour, and cook 5 minutes more. Transfer to bowl, and chill.

Heat grill to medium-high. Place foil on grill, and coat with cooking spray. Grill burgers on foil 7 minutes per side.

Serve with Red Pepper Aioli: ½ cup vegan mayonnaise; ½ cup olive oil; 1 jarred roasted red pepper, drained; 1 clove garlic, minced. Puree all ingredients in blender until smooth. Season with salt and pepper.

Carrot and Potato Soup
Rich and hearty, this soup from Priscilla Feral appears in Dining With Friends; it easily serves four.

INGREDIENTS:
3 to 5 carrots, chopped
1 onion, sliced
3 to 5 potatoes, cubed
1 clove garlic, minced
6 cups vegetable stock
⅛ tsp. powdered ginger
2 tsp. curry
A few shakes of tamari
Salt and pepper to taste

PREPARATION:
Bring a saucepan of water to a boil. Add the asparagus stalks and cook about 5 minutes until quite soft. Rinse quickly under cold water. Place cooked asparagus in a food processor and add just enough water to purée until almost smooth; set aside.

Cook half of the fresh peas for 3 to 4 minutes in boiling water. Add these peas to asparagus purée mixture. Allow machine to purée asparagus/pea mixture for a few seconds until quite smooth.

Heat broth in a medium saucepan over medium heat, adding the vegetables and pasta. Cook until the broth is almost completely absorbed.

After about 10 minutes, add remaining asparagus tips, continuing to add broth as necessary. In 5 minutes, begin tasting the rice. When the rice is almost tender, add cranberry, walnuts, and mascarpone cheese. Serve over cooked linguine.

Asparagus and Spring Pea Risotto
Patience is a virtue, as the adage goes. Making a risotto requires a bit—but the reward for your virtue is substantial, and you can share it with three friends. (The Best of Vegan Cooking)

INGREDIENTS:
1½ cups fresh asparagus, peeled, trimmed and cut into 1-inch long (2.5 cm) pieces, tips reserved
1¼ cups shelled sweet peas (frozen, thawed peas are acceptable)
5 to 6 cups vegetable broth
3 Tbsp. extra-virgin olive oil
2 Tbsp. vegan butter (see recipe page 18)
2 to 3 large shallots, minced
1½ cups Arborio risotto rice
½ cup dry white wine
Salt and pepper to taste

PREPARATION:
Bring a saucepan of water to a boil. Add the asparagus stalks and cook about 5 minutes until quite soft. Rinse quickly under cold water. Place cooked asparagus in a food processor and add just enough water to purée until almost smooth; set aside.

Cook half of the fresh peas for 3 to 4 minutes in boiling water. Add these peas to asparagus purée mixture. Allow machine to purée asparagus/pea mixture for a few seconds until quite smooth.

Heat broth in a medium saucepan over medium heat, adding the vegetables and pasta. Cook until the broth is almost completely absorbed.

After about 10 minutes, add remaining asparagus tips, continuing to add broth as necessary. In 5 minutes, begin tasting the rice. When the rice is almost tender, add cranberry, walnuts, and mascarpone cheese. Serve over cooked linguine.

Linguine with Cauliflower and Onions
This recipe, perfect for two or three people, comes from Priscilla Feral, also through Dining With Friends: The Art of North American Vegan Cuisine. Cauliflower can be harvested through much of the year, and pasta is the universal language…

INGREDIENTS:
1 head of cauliflower and 1 large onion, Vidalia if possible
Cold pressed, organic olive oil
1 quart (canned) plum or fried-roasted crushed tomatoes
Crushed red pepper flakes
Salt and black pepper
12 oz. (one small package) dry linguine, cooked

PREPARATION:
In a large, shallow baking dish combine the butternut squash, potatoes, onion, cauliflower, red pepper and garlic. Drizzle the olive oil over the vegetables; then sprinkle with salt, pepper, basil, and marjoram; toss to coat the vegetables.

Bake uncovered at 400 degrees F (200 C; gas mark 6) for about 40 minutes, or until the potatoes and other vegetables are tender.

Roasted Vegetables with Butternut Squash
Most winter squashes are high in beta carotene, iron, calcium, magnesium, and potassium. Butternut squash is no exception. Prepare this dish—from our cookbook Dining With Friends—for your party of four to six.

INGREDIENTS:
1 medium butternut squash, peeled and cut into half-inch chunks
1 sweet potato, peeled and cut into cubes
4 medium Yukon Gold potatoes, unpeeled and cut into smaller cubes than the squash
1 medium onion, chopped
½ small head cauliflower, cut into florets
1 red bell pepper, cut into ½-inch slices
2 cloves garlic, minced
¼ cup extra-virgin olive oil
¼ tsp. sea salt
¼ tsp. ground pepper
1 tsp. each dried basil and dried marjoram

PREPARATION:
In a large, shallow baking dish combine the butternut squash, potatoes, onion, cauliflower, red pepper and garlic. Drizzle the olive oil over the vegetables; then sprinkle with salt, pepper, basil, and marjoram; toss to coat the vegetables.

Bake uncovered at 400 degrees F (200 C; gas mark 6) for about 40 minutes, or until the potatoes and other vegetables are tender.
Friends

INGREDIENTS:
1½ cups refined coconut oil (don’t use extra
1 teaspoon apple cider vinegar
¼ cup liquid oil—canola, grapeseed or olive
½ teaspoon sea salt
Transcending Borders: Apple
Dining With
2 teaspoons liquid lecithin
Vegan butter

INGREDIENTS:
3 pounds of apples (suggested: combined green and MacIntosh)
½ cup apple juice or (non-alcoholic) cider
1½ Tbsp. fresh lemon juice
1 large cinnamon stick
6 Tbsp. agave nectar
½ tsp. powdered ginger

PREPARATION:
Combine all ingredients in a blender and
for a few hours until hard.

Sugar and Spice: Apple Sauce
Cake

INGREDIENTS:
½ cup safflower oil
1 cup Florida Crystals natural sugar
2 cups flour
½ tsp. salt
½ tsp. cloves
1 tsp. cinnamon
½ tsp. nutmeg
1 tsp. baking soda
1 cup raisins
1 cup hot apple sauce without sugar (you
can use the previous recipe without the
agave to make the applesauce if desired)

PREPARATION:
Mix oil and sugar. Combine spices and
raisins with flour and add to oil mixture,
alternating with hot apple sauce. (Optional:
Stir in a handful of chopped walnuts or
pecans to mix into the batter.) Cream until
smooth. Pour into greased and floured 6-in.
x 10-in. pan (loaf pan). Bake at 350 degrees
F (180 C; gas mark 4) for 45 minutes.

Once we consider animals’ interests, a
vegan path is a natural expression.

KIND COSMETICS

Many cosmetic companies no longer test
their products and ingredients on animals,
thanks to the efforts of advocates. Yet even
if labels on shampoos, soaps, and cosmetics
say “cruelty-free” or “against animal testing,” one must also look for the words
“no animal ingredients” or “vegan.” Bees-
wax, collagen, lanolin, and milk protein
frequently appear, even in natural cosmetics.
Carmine in red products comes from
crushed beetles used as a tint; and by the
way, most tints in cosmetics and foods are
tested on animals. Yes, it takes careful attention
navigating store shelves and reading the
labels. Ecco Bella (eccobella.com) and
Sevani Skin Care (sevanskin.com) are pion-
erers in accommodating vegan clients.

Ready For Dessert?

Transcending Borders: Apple
Sauce Sweetened With Agave

From our cookbook, Dining With
Friends. Agave nectar, pollinated by
nectar-eating bats, comes from the
inside of a cactus-like plant. It’s the
perfect substitute for honey in any
recipe. The plant’s flowering date plays
a significant role in the lives of bats
along the southern U.S. border, and
the bats in turn pollinate the plant.
Cattle ranching is the biggest threat to
the agave plant and its greater bio-
community.

INGREDIENTS:
½ cup rich soy milk, almond milk, oat milk or
commercial non-dairy milk
1 teaspoon apple cider vinegar
½ teaspoon sea salt
1½ cups refined coconut oil (don’t use extra
virgin, or it will taste like coconuts), measured
after melting
½ cup liquid oil—canola, grapeseed or olive
2 teaspoons liquid lecithin

PREPARATION:
On cutting board, peel, core and slice the
apples into quarters, and then into quarters
again. Place the apple pieces in a medium
pot with apple juice or cider, lemon juice
and the cinnamon stick. Bring to boil
over medium heat, and then lower heat
to medium-low, stirring occasionally and
cooking for 15 to 20 minutes, until apples
have fallen apart. Then add agave nectar
and ginger. Mash lightly. Serve apple sauce
warm or cold.

Sugar and Spice: Apple Sauce
Cake

INGREDIENTS:
½ cup safflower oil
1 cup Florida Crystals natural sugar
2 cups flour
½ tsp. salt
½ tsp. cloves
1 tsp. cinnamon
½ tsp. nutmeg
1 tsp. baking soda
1 cup raisins
1 cup hot apple sauce without sugar (you
use the previous recipe without the
agave to make the applesauce if desired)

PREPARATION:
Mix oil and sugar. Combine spices and
raisins with flour and add to oil mixture,
alternating with hot apple sauce. (Optional:
Stir in a handful of chopped walnuts or
pecans to mix into the batter.) Cream until
smooth. Pour into greased and floured 6-in.
x 10-in. pan (loaf pan). Bake at 350 degrees
F (180 C; gas mark 4) for 45 minutes.

TO THE YOUNG VEGAN

Many Friends of Animals’ members are
young people with experience in vegan liv-
ing—that might be you. Or perhaps you
have requested this booklet because you
want support as you make the change.
You are usually known by your friends as
creative and confident and not one to fol-
low the crowd, but you are likely to be the
peacemaker in friends’ disputes, and one of
the first to spot injustices and to find a way
to change things for the better. You might
have been the one to introduce recycling
to change things for the better. You might
the first to spot injustices and to find a way
peacemaker in friends’ disputes, and one of

the whole family. Explain your decision.
Once we consider animals’ interests, a
vegan path is a natural expression. Some
people might say, “But aren’t some ani-

mals meat-eaters? Why shouldn’t we do the
same?” As you know, some animals do catch
and eat other animals, but that is because

Sometimes you are called an idealist, and
you take it as a compliment.

If you are a young person interested in
becoming vegan, you may find that the
idea is not understood immediately by your
family. That’s not unusual; many young
vegans experience initial resistance. After
all, it is our parents’ job to be concerned
about our health.

You might let your family know that a
study published in the Archives of Pediatric
Adolescent Medicine showed that vegetarian
young people are on track to significantly
lower their risk of leading causes of death
as adults, as students surveyed who did not
eat animal flesh consumed, on average,
more than the recommended five servings
of fruits and vegetables each day.

Moreover, teens with plant-based diets
ingest far less saturated fat than do their
meat-eating friends. Good news for you, par-
ticularly when the Surgeon General reports
that 13 percent of children aged 6 to 11 years
and 14 percent of adolescents aged 12 to 19
years in the United States are struggling
with extra weight.¹⁶ If you’re struggling,
don’t feel alone. What you’re experiencing
is hardly surprising, given our culture of
advertising. Be alert to the tendency of food
marketers to see young people as easily
swayed by sugars and gimmicky packaging.

They key to good health is exercise and
an emphasis on a balanced diet.

To change your diet means a change for
the whole family. Explain your decision.
Once we consider animals’ interests, a
vegan path is a natural expression. Some
people might say, “But aren’t some ani-

mals meat-eaters? Why shouldn’t we do the
same?” As you know, some animals do catch
and eat other animals, but that is because
Being vegan is one of the most effective decisions we can make to bring about world peace.

They must do so to survive. Humans can be fully vegetarian.

Learn about your nutritional needs and strive to keep your body healthy. Then you can teach by example: If you put an emphasis on wholesome, nutritious foods, your knowledge will benefit your family and friends. Learn to prepare foods your whole family can enjoy. Offer to shop, find new recipes, and help prepare meals. If you are a Web surfer, you can keep up with vegan recipes, vegan hobby groups, discussions and stories.

Try to plan a trip to a vegan festival. The North American Vegetarian Society’s annual Summerfest is a good example of a family-friendly and 100 percent vegan five-day experience: basically a short summer camp that refreshes, teaches, and helps vegans and aspiring vegans find friendship and support.

VEGAN NEWS

In Friends of Animals’ quarterly publication Action Line, you will find stories about individual vegans living their daily lives, profiles of vegan businesses, including everything from fashion and beauty to new food products and restaurants, and lifestyle stories such as ideas for planning a vegan wedding. You can count on Action Line to provide meat free news and ideas.

CONCLUSION

It is virtually impossible to be 100 percent vegan in today’s society. Traditional camera films, automobile components, pharmaceutical products, and building and art supplies all use animal derivatives. But living as vegan as possible is essential if we hope to effect positive change, and to ensure that our planet has a future. Generally speaking, vegans do more than simply avoid specific foods and products; we strive to participate in beneficial action as well. We think being vegan is also one of the most effective decisions we can make to bring about world peace; for wars against animals and those imposed between human groups reinforce the violence we could do without.

Note to the reader: We at Friends of Animals strive to keep the references in this booklet accurate and up-to-date. Yet we cannot maintain responsibility for later policy or informational changes, nor does time permit us to research the histories of all companies, groups, and studies mentioned. Please use this booklet as a guide to help with your own explorations. Many people jump right into a vegan diet, but if you have a relevant medical condition or you are just concerned about ensuring a healthful, balanced diet, seek tips from a nutrition expert who is knowledgeable about vegan living. From the staff and volunteers at Friends of Animals, thank you for your interest in our work to cultivate a fairer society for all.

RESTAURANT GUIDE

The days of being hard pressed to find 100 percent vegan restaurants around the United States are gone. At Friends of Animals our animal advocacy work takes us all over the country and it’s becoming easier and easier to find really nice, vegan eateries that break the mold of what people think vegan restaurants are...and even have non-vegans making reservations.

Here’s a sampling of some:

**Candle 79 – New York City**

Famed vegan, cuisine—you might see a celebrity or politician dining here—presented in a two-floor fine dining oasis with an organic wine and sake bar for the conscientious yet sophisticated eater.

**Crossroads – Los Angeles, California**

Mouthwatering Mediterranean meals in a refined environment. First plant-based restaurant in town to have a full bar with an inspired cocktail program.

**Earth Burger – San Antonio, Texas**

Texas’s first plant-based fast food restaurant. After the fish-less sandwich or the double Earth burger—don’t miss the vegan coconut ice cream for dessert.

**G-Zen – Branford, Connecticut**

Menu changes daily at this sophisticated yet relaxed sanctuary located in the charming shoreline town of Branford. G-Zen is considered a zero waste restaurant and composts 100 percent of the food waste material & biodegradable take-out containers at the owners’ farm.

**Millennium – Oakland, California**

Millennium Restaurant offers globally inspired plant-based fare in an inviting fine dining setting. Working with small farms, the menu changes constantly to showcase the finest local, sustainable, and organic produce at its peak.

**Modern Love – Omaha, Nebraska**

If you haven’t ever experienced comfort food that’s swanky and vegan, make a reservation.

**Plant – Asheville, North Carolina**

Delicious, savory, entirely plant based, and incredibly refined in both presentation and flavor combinations.

**WaterCourse Foods – Denver, Colorado**

How about breakfast all day? That’s what the menu includes as well as a lot of other vegan comfort food options that have created lots of repeat customers, especially non-vegans.
to check out our t-shirts, totes, and more.

Vegan advocacy. Visit friendsofanimals.org

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Enclosed is my donation to support Friends of Animals’ rescue, sanctuary, and advocacy work.
☐ $25  ☐ $50  ☐ $75  ☐ $100  ☐ $500  ☐ Other $ ___________

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Address _________________________________________________________________________

City ___________________________ State ______ Zip ___________________________

Daytime Phone (__________) ___________________________

Signature ____________________________________________________________

Please allow 3–4 weeks for delivery. Please add $15 (U.S.) for all international orders.

More information on animal rights campaigns: www.friendsofanimals.org
E-mail: info@friendsofanimals.org
Facebook: facebook.com/friendsofanimals.org

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Thank you for your support!

MERCHANDISE ORDER FORM

<table>
<thead>
<tr>
<th>QUANTITY</th>
<th>ITEM DESCRIPTION / COLOR</th>
<th>SIZE</th>
<th>PRICE EACH</th>
<th>TOTAL PRICE</th>
</tr>
</thead>
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Total Merchandise Order $ ________________

Donation Enclosed $ ________________

Total Amount Enclosed $ ________________

Please allow 3–4 weeks for delivery. Please add $15 (U.S.) for all international orders.

1 H.V. Björklund, C.M.I. Ribeirgh, and G. Bylund (among others) have demonstrated this through the Institute of Parasitology at Åbo Akademi University in Finland.
2 Tim Stephens, University of California, Santa Cruz news release: “Video Shows Tool Use by a Fish” (28 Sept. 2011); wrasses are involved in these reports.
4 Information on wool production, as well as silk production and bee products, is provided, in part, by The Vegan Society, Birmingham, England.
5 See www.honeybee.breeding.com/about.html
7 Jeff Nelson, “How Much Water to Make One Pound of Beef?” – VegSource Interactive (citing the research of David Pimentel, professor of ecology and agricultural science at Cornell University).
8 From “Livestock Production: Energy Inputs and the Environment” by David Pimentel.
9 Ibid.
10 Little Organic Farm, owned and managed by David Little, has pioneered dry-farming of tomatoes and potatoes in Marin County, California (see photo, courtesy of Lidia Belknap). Animal manure is used, but need not be, as observed by Belknap, who notes that dry-farming is a traditional method of farming in other regions of the world. Indeed, many home gardens – by default – are good examples!
11 Mark Mathew Braunstein, Radical Vegetarianism: A Dialectic of Diet and Ethic (Lantern, 2010).
12 Reed Mangels, PhD, RD, “Feeding Vegan Kids”: available at veg.org/nutshell/kids.htm; (internal citations omitted). For general, up-to-date information about vegan pregnancy, see Reed Mangels, The Everything Vegan Pregnancy Book (2011).
13 Virginia Messina, MPH, RD is a dietitian specializing in vegan nutrition, co-authored the American Dietetic Association’s position on vegetarian diets and authored the first textbook on vegetarian diets written for health professionals. Messina is also an active blogger, providing continually updated research and commentary. See TheVeganRD.com
14 You don’t have to buy a commercial cooking spray. EHow.com recommends putting equal parts organic vegetable oil and organic liquid lecithin (available at health food shops) in a food-grade spray bottle. About.com suggests simply putting olive oil into your spray bottle.
15 Cheryl L. Perry, PhD, et al. “Adolescent Vegetarians: How Well Do Their Dietary Patterns Meet the Healthy People 2010 Objectives?” Archives of Pediatric Adolescent Medicine (May 2002); 156: 431–437. The study states in its Conclusion: “Adolescent vegetarians have a dietary pattern that is more likely than non-vegetarians to meet the Healthy People 2010 objectives.” The study included “vegans” (6%) but the actual descriptions of these students’ diets did not indicate fully vegan diets. Thus the importance of looking at such research in combination with continually updated work that defines “vegan” accurately, such as that of Virginia Messina, MPH, RD, which is readily available to young people through the Internet.
16 “The Surgeon General’s Call to Action to Prevent and Decrease Overweight and Obesity” is published by the U.S. Department of Health and Human Services.