



# Go Vegan!

Everything you need to eat right for your health, for animals, and for the Earth



STARTER KIT





# Congratulations!

By opening this guide, you've just taken the first exciting step towards one of the best choices that you can make for yourself, animals and the planet. The pages that follow are packed with important information, easy tips and scrumptious recipes to help you establish eating habits that you'll feel great about. **It's easy to live and let live, and this guide will show you how.**



- Sylvie Guillem, ballet icon
- Rich Roll, ultra-endurance athlete
- Dave Rastovich, surfing sensation
- Amanda Beard, seven-time Olympic medallist in swimming
- Brendan Brazier, endurance athlete and Ironman
- Chris Evert, tennis champion
- Robert de Castella, marathon runner
- Jake Shields, mixed martial arts champion
- Peter Siddle, fast bowler

## Vegan and Vegetarian Athletes

Why are vegan athletes always at the top of their game? One reason is that plant foods provide athletes with all the nutrients that they need to stay healthy, competitive and strong – minus the saturated fat, cholesterol and other contaminants found in meat and dairy products that could slow them down. Carl Lewis, perhaps the greatest Olympic athlete ever, says, “[M]y best year of track competition was the first year I ate a vegan diet”.

Local vegan and vegetarian champions include Peter Siddle, Robert de Castella, Ruth Heidrich (New Zealand Ironman title winner) and surfer Dave Rastovich. World-class mixed martial arts athletes – including Jake Shields, Nate and Nick Diaz and Mac Danzig – also stay strong while avoiding animal-derived foods.

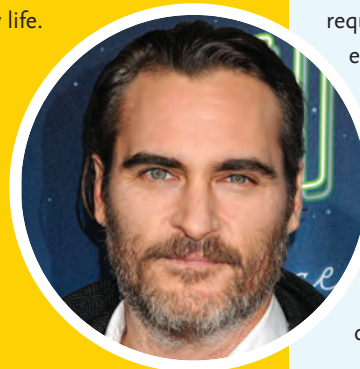
Vegan and vegetarians receive optimal nutrition from plant foods and weigh less, on average, than meat-eaters. They also have better cardiovascular health and more stamina. All these things help athletes perform at their peak potential. Physician and author Dr Neal Barnard explains that “a healthy vegan diet gives important advantages over a meaty diet, which is why many Olympic and professional athletes are vegetarians”. A study involving the Australian Institute of Sport found that “many successful endurance athletes are vegetarians”.



**James Cameron**  
“It’s not a requirement to eat animals, we just choose to do it, so it becomes a moral choice and one that is having a huge impact on the planet, using up resources and destroying the biosphere.”



**Joaquin Phoenix**  
“Animal rights is a part of my everyday life. When you live by example, you create a certain level of awareness.”



**Paul McCartney**  
“I am a vegetarian because I realise that even little chickens suffer pain and fear, experience a range of feelings and emotions, and are as intelligent as mammals, including dogs, cats and even some primates.”

**Miley Cyrus**  
“Watching #WhatTheHealth with my puppies & I am so proud to call myself #Vegan! ... Think before you eat! Go vegan!”



**Natalie Portman**  
“I am a very strict vegetarian. ... I just really, really love animals and I act on my values. ... I am really against cruelty [to] animals.”



**Tobey Maguire**  
“I just never really liked meat. I had a really tough time even eating chicken. I would start imagining what I was eating and the life of the animals and all that kind of stuff.”



**Isabel Lucas**  
“[Being vegetarian is] a simple small step I can take. ... [I]t works well for my body, and I also feel more in tune.”



**Missy Higgins**  
“I looked into the ethical side of [eating meat] even more and I realized that I really just didn’t approve of the way animals are treated in factory farms.”



**Ruby Rose**  
“I eat so much amazing food .... I’m plant based and stupidly healthy.”



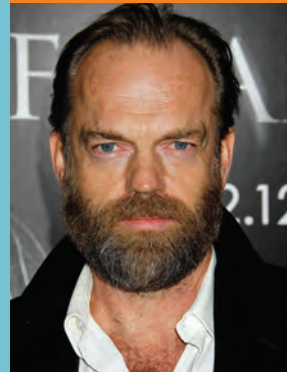
**Bryan Adams**  
“[T]he moment I began to understand what was going on with the treatment of animals, it led me more and more in the way of the path I am [on] now, which is a complete vegan.”



**Pamela Anderson**  
“Chickens, pigs and other animals? They are interesting individuals with personalities and intelligence. What people need to understand is that if they’re eating animals, they are promoting cruelty to animals.”



**Hugo Weaving**  
“Both my children are vegetarians. ... The more I started thinking about it, the more I thought my son’s natural, childish reaction was spot on.”



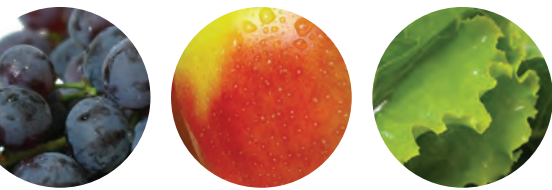
**Peter Dinklage**  
“I decided to become a vegetarian when I was in my teens.... I have continued to stay with it out of my great respect for animals.... Any form of animal abuse is pretty upsetting to me.”



**Xavier Rudd**  
“When I realised how animals have to suffer in the meat industry, I decided never to eat meat again. The industry’s anonymity and the treatment of animals as worthless beings used only for production really annoyed me.”







# Eating for Life

Leading health experts agree that a vegetarian diet provides optimal nutrition for both children and adults. The Australian Medical Association warns of the health risks of meat-heavy diets. Nutrition Australia says, “There is a substantial body of evidence supporting the belief that vegetarians in Western countries experience significantly less cancer, less heart disease, fewer strokes and generally live longer than omnivores”.

According to Dr T Colin Campbell, nutritional researcher at Cornell University and director of the largest epidemiological study in history, “[T]he vast majority ... of all cancers, cardiovascular diseases and other forms of degenerative illness can be prevented ... simply by adopting a plant-based diet”.

The Victorian Government’s Better Health Channel reports, “A well-balanced vegetarian or vegan diet can provide many health benefits, such as a reduced risk of chronic diseases, including obesity, coronary artery disease, hypertension (high blood pressure), diabetes [and] some types of cancer. Vegetarians and vegans also have lower rates of illness and death from a number of degenerative diseases”.

Scientists have found that vegetarians have stronger immune systems than meat-eaters; this means that they are less susceptible to everyday illnesses like the flu. Vegetarians are also far less likely to be overweight.

Meat, dairy products and eggs are completely devoid of fibre and complex carbohydrates, the nutrients that we’re supposed to consume more of for good health. They’re also loaded with saturated fat and cholesterol, which can make us overweight and tired in the short term and lead to clogged arteries and heart attacks in the long term.

## Vegetable Spring Rolls



## What About Protein, Iron and Vitamin B12?

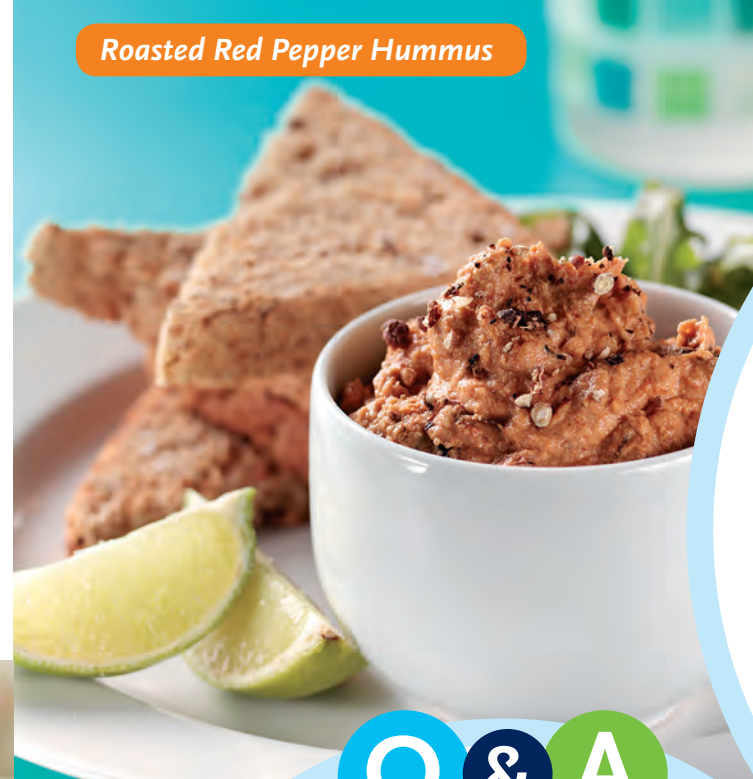
According to medical authorities, vegetarians get plenty of protein without having to pay particular attention to their diets. Healthy vegetarian protein sources include whole grains, oats, beans, peanut butter, brown rice, peas, lentils, tofu, soy milk, nuts, seeds, mushrooms and mock meats, such as vegetarian hot dogs and burgers. By contrast, consuming too much animal protein has been scientifically linked to osteoporosis. According to a US Department of Agriculture report, vegetarian women have stronger bones than women who eat meat.

You can get all the calcium and iron that

you need from the plant world – broccoli, beans, many leafy green vegetables, almonds, soy milk, tofu, calcium-fortified orange juice, soy yoghurt, figs, almond butter and tempeh are all great sources.

Fifty years ago, most people got their vitamin B12 from bacteria in their water or on fruits and vegetables. Now that water is purified and produce is so clean, good sources of B12 include fortified foods, such as breakfast cereals and soy milk, as well as vitamin supplements. In fact, the B12 in supplement form and fortified foods is actually much easier to absorb than that found in animal products.

## Roasted Red Pepper Hummus



Ask the Experts

## “What do you think of ‘low-carb’, meat-based diets?”

I call them “the ‘make yourself sick’ diets” because they cause the body to go into ketosis – a state that occurs when we are seriously ill. I also use that designation because the very foods recommended – meat, chicken, bacon, eggs and cheeses – are the foods the [American] Heart Association and the [American] Cancer Society say cause our most dreaded diseases. ... There is only one way to fully satisfy your appetite with delicious foods and stay trim and healthy for a lifetime – that’s a low-fat vegetarian diet with fruits and vegetables and a bit of exercise.

Dr John McDougall, medical director of the McDougall Program



Ask the Experts

## “Isn’t fish a health food?”

Anyone who eats fish for health reasons should think again: fish can accumulate toxins up to 9 million times as concentrated as those in the waters they inhabit, and the flesh of some sea animals, such as shrimp and scallops, contains more cholesterol than beef. Farmed fish are also fed antibiotics that are passed along to humans, impairing the immune system. A woman who eats just one can of tuna per week will be 30 per cent over the US Environmental Protection Agency cutoff for safe mercury levels. Plant foods such as walnuts and flaxseeds and vegetarian DHA capsules contain the essential fatty acids that we need without the harmful toxins found in fish flesh.

Dr Neal Barnard, author of *Foods That Fight Pain*



## Savoury Faux-Chicken Pot Pie



## What’s Wrong With Milk and Eggs?

No species naturally drinks milk beyond the age of weaning, and no species would naturally drink the milk of a different species. For humans, drinking cows’ milk has been linked to heart disease, cancer, diabetes and even osteoporosis, the very disease that the dairy industry claims its products are supposed to prevent. The high animal-protein content of milk actually causes calcium to be leached from the body.

One egg contains a staggering 227 milligrams of cholesterol. A recent study

found that eating an egg every day can increase the risk of type 2 diabetes by 60 per cent. Eggs have also been linked to salmonella infections. According to the European Food Safety Authority, nearly a quarter of hens in Europe carry salmonella pathogens. In Australia, eggs are responsible for more than one-third of all food-borne salmonella outbreaks.

## The Hazards of Eating Chicken

Chickens on factory farms in Australia and New Zealand are routinely fed antibiotics to make them grow faster and prevent infection. However, this

practice creates strains of bacteria that are resistant to antibiotic treatment and makes humans and animals more susceptible to untreatable infections, such as avian flu. Food Standards Australia New Zealand reports, “No poultry producing country has been able to eliminate Salmonella and Campylobacter from raw poultry”. *Men’s Health* magazine ranked chicken as the number one food you should never eat because of its high rate of bacterial contamination.



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# Raising Vegan Kids

by Shelly Davis

Although I've given my kids a better start in life than the majority of children get, I confess that I had moments of doubt in the beginning. I had been a vegan for years, but were children different?

I was fortunate to have the full support of my paediatrician, who confirmed that kids not only don't need any animal products but also are much better off without them, and they can easily get all the protein, iron and calcium that they need by eating plant foods. He gave me confidence and some high-powered backup by referring me to the seventh edition of the world-famous *Baby and Child Care*, in which Dr. Benjamin Spock wrote, "Children who grow up getting their nutrition from plant foods rather than meats have a tremendous health advantage". He also wrote, "Animals tend to concentrate pesticides and other chemicals in their meat and milk. Traces of these chemicals can easily end up in a

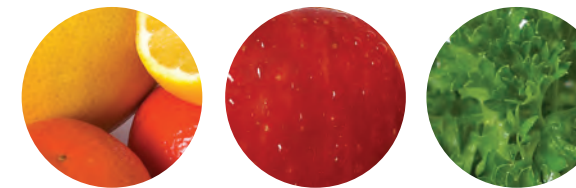
Green Beans With Cranberries



# Weight Loss

by Deborah Wilson, MD

Obesity is one of the most pressing health problems and will likely soon become Australia's and New Zealand's leading cause of preventable death. According to Cancer Council Australia, at least 60 per cent of adults and 30 per cent of children are now overweight or obese.



Fruits and vegetables: © Tatyana Vychezhnina / Dreamstime.com

Ziti With Sun-Dried Tomato 'Cream'



mother's breast milk if she eats these products. Plant foods have much less contamination, even if they are not organically grown".

The *Journal of Pediatric Health Care* agrees, stating, "Well-planned vegetarian diets can satisfy the nutritional needs and promote normal growth of infants and children".

Much of the meat in our supermarkets today is loaded with antibiotics, artificial hormones, heavy metals and a host of other toxins – none of which are found in any plant-based foods. Even pesticides and herbicides, the only two classes of chemicals found in plant foods, are far more concentrated in meat and dairy products, because farmed animals eat contaminated plant foods and then the pesticides and herbicides become concentrated in their flesh. These contaminants are bad enough for adults, but they can be especially harmful to children, whose bodies are small and still developing.

Lilly is now 4 years old. She can identify dozens of dinosaurs, was taking gymnastics and dance classes at the age of 3 and has never had bronchitis or strep throat. Her baby sister, who is growing at a rate that astounds her doctors, was speaking clearly at 10 months and was performing somersaults in her gymnastics class at only 18 months of age. Best of all, I don't have any trouble convincing my girls to eat their veggies – Lilly's favourite dish is tofu and broccoli – which makes the parents of the girls' friends green with envy!

Research reported in the journal *Obesity* compared a low-fat vegan diet with a general low-fat diet and found that "[a] vegan diet was associated with significantly greater weight loss than the (low-fat) diet at 1 and 2 years". The *Medical Journal of Australia* states that "a higher intake of protein, particularly animal protein, in infants and early childhood may increase the risk of overweight and obesity in later life". Many vegan foods are naturally low in fat, so quantity and kilojoule restrictions are unnecessary. My colleague Dr Dean Ornish calls it the "eat more, weigh less" diet (and he even wrote a wonderful book with that title).

It's no surprise that population studies show that meat-eaters have three times the obesity rate of vegetarians and nine times the obesity rate of vegans. It's possible to be an overweight or obese vegan, of course, just as it's possible to be a thin meat-eater, but adult vegans are, on average, 5 to 10 kilos lighter than adult meat-eaters.

the foremost epidemiologist in the world, states, "Quite simply, the more you substitute plant foods for animal foods, the healthier you are likely to be. I now consider veganism to be the ideal diet. A vegan diet – particularly one that is low in fat – will substantially reduce disease

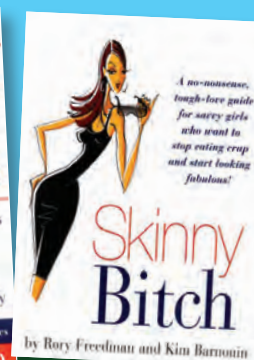
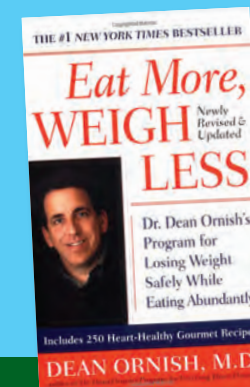
*A vegan diet – particularly one that is low in fat – will substantially reduce disease risks.*

Adopting a vegan diet won't just help you slim down, it will also help you fight an array of ailments, including heart disease, cancer, diabetes, arthritis and many degenerative diseases. Dr T Colin Campbell of Cornell University, arguably

risks. Plus, we've seen no disadvantages from veganism. In every respect, vegans appear to enjoy equal or better health in comparison to both vegetarians and non-vegetarians". I couldn't have said it better myself.

## Weight-Loss Book Recommendations

- **Eat More, Weigh Less**  
by Dr Dean Ornish
- **The McDougall Program for Women**  
by Dr John McDougall
- **Skinny Bitch**  
by Rory Freedman and Kim Barnouin



Quinoa-Stuffed Avocado







# Meet Your Meat

More than 600 million animals (not including marine animals) in Australia alone languish in horrific conditions and are slaughtered by the meat industry each year – in ways that would horrify any compassionate person and that would be illegal if cats or dogs were the victims.

Egg farmers slice off the ends of hens' beaks when the birds are just babies.



Most small farms have been replaced by massive, corporate-run “factory farms”, where chickens, pigs, turkeys and cows are treated like machines instead of living, feeling individuals. These days, virtually all the meat, eggs and dairy products purchased in supermarkets and restaurants come from animals raised on such farms. The giant corporations that profit from factory farming spend millions on advertising, trying to obscure reality with images of animals living peacefully on an idyllic farm. Unfortunately, this pretty picture couldn't be further from the truth.

© Mathom/Dreamstime.com



## What Happens to Chickens?

More chickens are raised and killed for food than every other farmed land animal combined, yet there is not one enforceable law in place to protect chickens from abuse.

Each year, more than 590 million chickens in Australia and 80 million chickens in New Zealand are raised and killed for their flesh. These sentient birds spend their entire lives in filthy, faeces-laden sheds with tens of thousands of other birds. They are bred to grow so large so fast that many become horribly crippled under their own weight and often suffer from organ failure and respiratory disease. Industry standards allow each chicken only the space equivalent to an A4 piece of paper on which to live – a space so small that they are driven to peck out each other's feathers in frustration.

A report commissioned by the Australian government stated that all the chickens

examined contained some bacterial contamination, ranging from low to “gross”, largely because of the filthy conditions in the sheds in which they are raised. After six weeks in these horrible conditions, the birds are thrown into crates that are stacked on the back of a truck – often breaking bones as a result of this rough handling. They are then trucked through all weather extremes to the slaughterhouse.

At slaughter, workers violently grab the chickens out of the trucks, hang them upside down and shackle them by their legs. The birds are then dragged through an electrified water bath that is meant to stun them. However, workers report that some birds hold their heads in such a way as to escape the electrified water. These birds are fully conscious when their throats are slit. Next, their beaten bodies are dragged through tanks of scalding-hot water to remove their feathers. Birds who managed to elude the stun bath and the throat-cutting machine are scalded to death. Sadly, this happens far too often.

Ammonia levels on chicken farms are so high that the corrosive substance burns the birds' lungs and skin.



Hens are crammed by the tens of thousands into filthy sheds, with five to 11 hens per cage – the cages are so small that the birds can't spread even one wing.



Birds raised for their eggs are packed into cages so small that they don't have room to spread even one wing. Their wings and legs atrophy from disuse, and their legs and feet become deformed from standing on slanted cage bottoms. Most are featherless, either from ill health or from rubbing on the cages. The tips of the hens' sensitive beaks are cut off with a hot blade when they are just days old in order to discourage the birds from pecking each other in frustration. After about two years of confinement, the hens are violently pulled from their cages and sent to slaughter. In undercover video footage taken at a hen farm in the Australian Capital Territory, a worker

states that each time he touches a bird, he feels a bone break. The birds' bodies are left so battered and emaciated that they can only be used for soup or food for dogs and cats.

Male chicks are worthless to the egg industry – they don't lay eggs, and their breed is too small to be raised for flesh. The egg industry kills millions of newly hatched male chicks every year by gassing them or grinding them up alive.

Turkeys and chickens have their wings and legs broken when they are shoved into transport trucks, and they are shipped through all weather extremes with no food or water.



Chickens are genetically manipulated and dosed with antibiotics to make them grow so large so quickly that they become crippled under their own weight.

*“Farmed animals today are sick – these are sick and diseased chickens, pigs, fish and cows, producing diseased and bacteria-laden flesh and pus-filled milk that even industry standards call ‘unhealthy’.”*

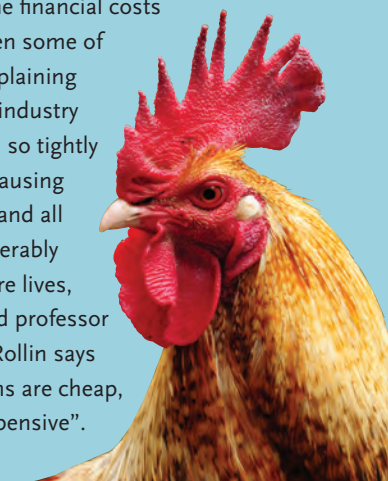
– Michael Greger, MD

## Amazing Animals: Chickens

Research has shown that chickens are as smart as dogs, cats and even some primates. They can understand cause and effect and can learn to self-medicate. The late Dr Chris Evans, who was an animal behaviourist at Macquarie University, recounted, “As a trick at conferences, I sometimes list these attributes, without mentioning chickens, and people think I'm talking about monkeys”. In a natural setting, a mother hen begins to teach her chicks various calls before they even hatch – she clucks softly to them while sitting on the eggs, and they chirp back to her and to each other from inside their shells. Chickens on factory farms are hatched in massive incubation machines and never meet their mothers.

## “Don't animals have to be treated well in order for them to ‘produce’?”

Clearly not! Factory-farmed animals are stressed and diseased, but the meat industry works on the assumption that the money saved by keeping these animals in crowded and filthy conditions outweighs the financial costs incurred when some of them die. Explaining why the egg industry crowds birds so tightly into cages, causing many to die and all to suffer miserably for their entire lives, distinguished professor Dr Bernard Rollin says that “chickens are cheap, cages are expensive”.







## What Happens to Pigs?

Pigs on factory farms are castrated and have chunks of flesh cut from their ears, bits of their teeth cut off with wire cutters and their tails chopped off – squealing in pain all the while because these “routine” procedures are often done without any painkillers. “Breeding” sows on factory farms are artificially impregnated several times a year during their short lives and confined to stalls or farrowing crates that are barely any larger than their own bodies; they can literally go insane from being unable to turn around. Farrowing crates have been banned in several countries, and the RSPCA has stated its objection to both sow stalls and farrowing crates on cruelty grounds.

The noise in these sheds is so intolerable that workers wear earplugs. The accumulation of filth, faeces and urine in the sheds causes many pigs to suffer from diseases such as pneumonia.

The sheer number of animals killed makes it impossible for them to be given humane, painless deaths. Because of improper stunning, many pigs drown or are scalded to death when they are dumped into tanks of hot water that are intended to soften their skin and remove their hair to make their bodies ready for processing.



Pigs do not receive any pain relief when they have the ends of their teeth cut off with wirecutters.



## What Happens to Sheep?

Sheep are smart. Reports in *New Scientist* indicate that sheep can learn and recognise objects in ways that previously only primates were thought capable of.

Sheep make up a huge portion of Australia's and New Zealand's domestic and export meat trade. Each year, about 6 million sheep and 18 million lambs in Australia and 8 million sheep and 25 million lambs in New Zealand are slaughtered.

They are transported often thousands

of kilometres in cramped conditions to saleyards. Once there, the sheep are roughly driven or dragged from the trucks. It is not uncommon to see sheep being made to walk with badly broken limbs or open wounds. Animals who are too sick to be sold are thrown into a pile, the living and the dead together.

Sheep and lambs are driven into killing stalls, surrounded by the stench of blood and the cries of their frightened companions, to be electrocuted and have their throats cut. Many animals who are electrically stunned will regain full consciousness within one minute and experience the terror and pain of the butcher's knife.

Every time they give birth, the majority of pregnant sows are forced for an entire month into farrowing crates so small that they can't even turn around.



Many pigs go insane from extremely crowded conditions on factory farms and compulsively chew on the bars of their pens.

# The True Story of One Anonymous Pig Born Into the Meat Industry

by Alistair Currie

A few years ago, a friend and I visited a pig farm. It was early on a spring morning. The birds were just waking and beginning to sing. We crossed a freshly ploughed field between budding fruit trees to reach the farm. The farm was a large breeding unit, where hundreds of sows are kept in concrete pens, churning out litter after litter of piglets. From the main sheds festooned with cobwebs and stinking of waste to the farrowing units, where sows were lined up in row after row of metal cages, it was a filthy, decrepit and squalid sight, the kind of sight that makes you ashamed of what humans are capable of.

In every shed, we came across dead and dying piglets, some just tossed into piles in the corner like broken toys. In sad contrast was the bright enthusiasm of the surviving piglets: they rushed up to the gates of their pens, bundles of energy, eager to investigate us with all the curiosity of puppies. Inquisitive and bright-eyed, these piglets would be removed from their mothers at the ripe old age of 3 weeks and sent off to be fattened up before being slaughtered for meat.

As for their mothers, within days of losing their babies, they would be re-impregnated and forced back into metal cages, where the cycle would begin again. In these cages, the pregnant females are denied even the room to turn around or take more than a step in any direction.

We crossed a muddy corridor and opened a sliding door which led to another damp,



*“She was ... facing away from us in a darkened area, and we could just barely make out some strange blue lines on her skin.”*

cold shed, the pigs’ “home”. In nature, pigs forage and root, finding a rich buffet of everything from fallen fruit to truffles. Here, a wheelbarrow at the entrance contained the dry pelleted food that was all these pigs would ever eat. We walked down the corridor to find a sequence of barren pens, each about three metres square. In the first few were small groups of young pigs lying on the cold, bare concrete, without even a scrap of straw bedding. In the third pen was a lone sow. She was lying at the back, facing away from us in a darkened area, and we could just barely make out some strange blue lines on her skin. Hearing our footsteps, she turned to look at us and slowly rose to her feet.

Because pigs are bred to put on weight, they are huge, unnaturally heavy animals. They are slaughtered for their meat just before they fully mature, so they don't normally have to carry that much weight for very long. Breeding sows, however, live for several years. Most spend their entire lives on hard concrete or metal floors, and the result is chronic lameness. This old sow had to ease herself up painfully, unsteadily, one foot at a time. When she finally got up, she crossed the couple of metres between us slowly, limping with every step. As she got close, the marks on her back suddenly made sense: in blue spray-paint across her old body, someone had scrawled the word “CULL”. After years of being treated like a machine, churning out litter after litter of piglets for market, never seeing the sunlight or feeling the earth beneath her feet, she had finally stopped being

“productive”, and so she was off to the slaughterhouse. She would be processed into cheap meat pies, the very last penny to be squeezed out of her broken body. Yet still she came up to investigate us, to nuzzle our hands and look us in the eye, even though it was humans like us who had done this to her and who would, within days, cut her throat. As we were leaving, my friend said, “I wish we'd brought an apple with us, so just once in her life she could taste something fresh and sweet”. Sadly, we had nothing to give her, but if telling her story causes one person to stop eating others like her, some good will have come from our visit.





## What Happens to 'Dairy Cows'?

The corporate-owned dairy factories that have replaced most small farms treat cows like milk machines. Cows produce milk for the same reason that humans do: to nourish their babies. They also carry their babies for nine months – just like we do. In order to produce milk, cows must first be made pregnant. This is usually done via artificial insemination. Many calves are deliberately aborted or are traumatically taken away from their mothers just hours after birth – causing the mother cows to bellow in distress for days. Female calves are added back into the dairy herd or are slaughtered for the rennet in their stomachs (rennet is an enzyme that is used to make cheese – it is described as “rennet” or “enzyme” on food labels). Male and many female calves are packed into trucks and transported to slaughter. The natural life span of a cow is about 20 years. In Australia, cows on dairy farms are killed, on average, at age 7. In New Zealand, they are killed at age 6. When their milk production wanes, the cows are slaughtered and ground up to make burgers.

## The Link Between Dairy Products and Veal

Every year, approximately 1 million unwanted calves (known as “bobby calves”) – including almost all the males and about 75 per cent of the females – are separated from their mothers immediately after birth and condemned to slaughter. Most are killed when they are just 5 days old. Those destined for veal farms are killed when they are only 14 weeks old. They spend their short lives within the limited confines of a shed, the only “home” they’ll ever know.



Many cows spend their lives in cramped sheds and fenced-in enclosures, mired in mud and their own waste.



## What Happens to 'Beef Cattle'?

Many Australian and New Zealand “beef cattle” spend most of their lives on extremely crowded feedlots. Large corporations are taking over farming, and they have found that they can maximise profits by giving each steer only about 6 square metres of living space. Steer undergo painful procedures, such as branding, castration and dehorning, without pain relief. They can die of pneumonia, dehydration or heat exhaustion from spending long periods without food or water in crowded trucks while being transported to feedlots or slaughterhouses. Cattle are routinely given large doses of antibiotics in their feed (75 per cent of the antibiotics consumed in Australia and New Zealand are used in livestock feed), creating antibiotic-resistant bacteria which may severely threaten human health.

## What Happens to Fish?

Like other animals, fish feel pain and experience fear. Dr Donald Broom, animal welfare advisor to the British government, says, “Anatomically, physiologically and biologically, the pain system in fish is virtually the same as in birds and mammals”. When they are dragged from the ocean depths, fish undergo excruciating decompression – the rapid pressure change often ruptures their swim bladders, pops out their eyes and pushes their stomachs through their mouths. Then they’re tossed onboard ships, where many slowly suffocate or are crushed to death. Others are still alive when their throats and bellies are cut open.



© iStockphoto.com/Andy Lidstone

Now that commercial fishing has basically emptied the oceans of “target” fish, the seafood industry has turned to raising fish in contained fish farms, a practice known as “aquaculture”. The fish are packed so tightly together that they constantly bump into each other and the walls of the enclosure, causing painful sores and damage to their fins. The enormous amount of faeces in the enclosures leads to rampant outbreaks of parasites and disease. In order to keep the fish alive in such unhealthy conditions, large quantities of antibiotics and other chemicals are poured into the water. When the fish are fully grown, they are killed by having their stomachs cut open, or they die of suffocation when the water in their tank is simply drained away.



Ask the Experts

“But fish aren’t like dogs or cats, are they?”

Fish are our fellow citizens with scales and fins ... I would never eat anyone I know personally. I wouldn’t deliberately eat a grouper any more than I’d eat a cocker spaniel. They’re so good-natured, so curious. You know, fish are sensitive, they have personalities, they hurt when they’re wounded.

Sylvia Earle, PhD, former chief scientist, US National Oceanic and Atmospheric Administration



Ask the Experts

“Aren’t there laws that protect farmed animals?”

In the main, animal welfare is governed by state-based laws which do little to adequately protect farmed animals. The laws exempt most of the cruel treatment inflicted on farmed animals by deferring to voluntary codes of practice or industry-produced standards intended to guide farmers. These codes permit cruel procedures such as tail-docking, teeth-clipping, castration, dehorning, branding, tagging and debeaking – usually without pain relief. The majority of farmed animals are taken away from their mothers shortly after birth, kept in an artificially lit environment, prevented from engaging in natural behaviour, artificially inseminated, fed an unnatural diet to make them grow at abnormally fast rates and prematurely slaughtered. Many will endure disease, broken limbs, frustration, boredom, bullying, fear, depression, pain and stress. The life of a farmed animal in Australia is grim and torturous – and for the most part, it is legal.

Ruth Hatten, policy adviser for the Barristers Animal Welfare Panel

## Amazing Animals: Cows

Scientists in the United Kingdom discovered that cows enjoy solving problems and even experience “Eureka!” moments (in which their heart rate speeds up, their adrenaline flows and they jump) when they are successful – just like humans. Cows also interact in socially complex ways. A herd of cows is very much like a pack of wolves, with alpha animals and intricate social dynamics, including friendships that develop over time.



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# Eating Meat Harms the Planet

## Water

A combined study carried out by the University of Melbourne’s School of Social and Environmental Enquiry and its Department of Civil and Environmental Engineering found that “[a] vegetarian diet can save households up to 35 per cent of their total water usage”.

## Climate Change

The United Nations has concluded that factory farming is one of the biggest contributors to the most serious environmental problems at every level –

from local to global. The massive amount of animal faeces produced on factory farms is the largest source of airborne methane. The Worldwatch Institute reports that a staggering 51 per cent or more of global greenhouse-gas emissions are caused by animal agriculture.

## Pollution

The Australian dairy industry alone produces almost 65,000 tonnes of effluent every day. In New South Wales, the government has said that the now-closed Homebush Bay abattoirs left “an appalling



legacy of pollution”.

Runoff from farms causes the

growth of toxic blue-green algae and other algal blooms, which kill fish, damage local rivers and lakes and make waterways unusable by humans.

## Soil Erosion

Hard-hoofed animals, such as cattle and sheep, grazing on New Zealand’s and Australia’s fragile topsoil causes the thin layer of fertile soil to be eroded and lost, eventually making the land unusable for any agriculture and unable to support any life.





# Making the Transition

There's no mystery to creating deliciously satisfying vegan and vegetarian meals. Tasty alternatives to the animal-derived ingredients that you may be cooking with are easier to find than ever – many are as close as your local supermarket.



**1** If you're just getting started, it's easy to simply try "vegging up" some of your favourite recipes by replacing the meat. Replace the mince in burritos with beans, grilled veggies and/or vegetarian mince (soy mince or Vegemite burger mix). Top baked potatoes with soy bacon bits, avocado, salsa or a dairy-free margarine such as Nuttalex. Make homemade pizza with soy cheese, sliced vegan sausages and vegetable toppings. Many canned soup flavours that you probably already love are vegetarian. Try minestrone, tomato, vegetable or pumpkin soups. Have spaghetti Bolognese with vegetarian mince.

**2** Try the ever-growing line-up of mock-meat products, including veggie burgers, veggie pies, "hot dogs", "sausages", "chicken" patties and faux-meat sandwich slices and rolls. Not only are mock meats delicious, they're also high in healthy

plant protein and low in saturated fat, and they contain zero cholesterol. Some of the "meatiest" choices can be found at major supermarkets: look for the Sanitarium and Fry's brands of vegetarian BBQ sausages, tender fillets, kebabs and burger patties. Asian grocers often have a wonderful range of mock-meat products in the freezer section. See the list of suggestions at the end of this kit.

**3** Purchase a vegan cookbook or borrow one from the library. There are cookbooks for people who don't like to spend more than 10 minutes preparing dinner, and there are cookbooks for gourmet chefs. CrueltyFreeShop.com.au and VeganPerfection.com.au offer a range of vegan cookbooks. Or search the internet for vegan cooking tips, blogs and thousands of recipes.

**4** Always eating on the run? Check out the increasing variety of vegan microwavable meals, pasta toppings and soups, easily available from most supermarkets in the refrigerated and frozen sections. Look for delicious vegan Funky Pies at your favourite stockist, or order them online. Or grab some vegan sandwich slices (such as Cheatin' Chicken Style Slices) or soy cheese (try Cheezly cheddar or Edam) and

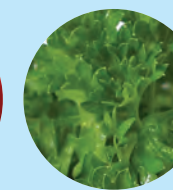
add whatever catches your fancy, such as avocados, fresh salad or crunchy snow peas, for a quick and tasty sandwich. In wintertime, toast with jam or Vegemite and a soy hot chocolate will warm you up. For an easy snack, try delicious soy yogurt from Kingland, Soy Life or Soyanic.

**5** Explore the many vegetarian foods that have been popular in other countries for years, such as hummus, vegetable curries and falafel with tabouli salad and your choice of sauce. Enjoy Mexican-style beans-and-rice dishes, Japanese vegetarian sushi with avocado and cucumber and Thai and Indian curries.



© Yuri Arcurs/Dreamstime.com

# Try These Easy Substitutes!



**Then**  
**Meat**

**Now**

Redwood, Fry's, Gardein, Australian Eatwell and Zoglos offer everything from vegetarian schnitzel to sausages. The varieties are extensive and easy to find. Many Buddhist and other vegetarian restaurants serve scrumptiously prepared faux-meat dishes. Asian supermarkets often have a range of excellent frozen faux meats.



**Milk**

Try the many vegan options – including soy, rice, almond and oat milk – available in supermarkets. Use them in any way that you'd use cows' milk.



**Butter**

Many margarines, such as Nuttalex, are vegan. Try olive or flaxseed oil on sandwiches instead of butter.



**Ice Cream**

The So Good brand offers a range of many rich and creamy choices – from luscious chocolate to delicate mango and coconut flavours. Other options include Tofutti's dairy-free desserts, Weis' lemon and Italian red orange sorbets and CocoLuscious' delicious coconut milk ice cream.



**Cheese**

Try Daiya "cheddar" shreds, Biocheese vegan cheeses, Kingland soy cheese, Tofutti "cream cheese" and Cheezly non-dairy mozzarella. To spice up pasta dishes, sprinkle on some Parmazano.



**Cream**

DeliSoy and Blue Lotus Foods offer delicious dairy-free sour cream options, or try Tofutti Sour Supreme. For dessert "cream", try Soytoo! spray whipping cream, also available in a Tetra Pak.



**Eggs**

Look for egg replacers, such as Orgran's No Egg, in the health-food section of your local supermarket. Bananas and applesauce can also be used in place of eggs in baked goods. For breakfast, try scrambling some firm tofu with spices as an alternative to scrambled eggs.



**Snacks**

Check the ingredient lists of snacks like chips and biscuits – you'll be surprised at how many are vegan. Arnott's has a wide variety of vegan crackers and biscuits, including Cruskits and Choc Ripple. Leda's brand, which is available at many supermarkets, makes vegan chocolate biscuits similar to Tim Tams and Mint Slices. Other biscuits are available from online vegan stores. Be sure to browse through the health-food section of your local supermarket; you'll usually find a variety of dairy-free and egg-free chocolates, cookies and other snacks.



Check out the list of Australian and New Zealand resources at the end of this kit.



**"Where can I get vegan foods in my town?"**

It's easier than you think! If you live close to a larger town, city or rural centre, you can find veggie burgers and other mock meats as well as soy milk, soy cheese and egg replacer in supermarkets like Coles, Woolworths, Countdown (New Zealand), New World (New Zealand) and IGA as well as health-food shops. If you don't see a certain product at your local shop, just ask – managers want suggestions from their customers. Of course, a large percentage of the foods that you already eat are vegan, including many biscuits, chips, breads, pastries, cereals, soups and confectionery, along with staples like pasta, oats, beans, nuts, vegetables, rice, fruit and peanut butter. Even if you live in a small community, you will still be able to find a health-food shop which stocks vegan products, from fresh to frozen foods.





# Recipes for Life

Eating vegan is easy once you know how. Here are recipes, tips and ideas to get you started.

## Breakfast

Eating breakfast out? Try a bowl of oatmeal, hash browns, a fruit salad or a bagel or toast with jam. Take along your own dairy-free margarine or a cream cheese substitute. For breakfast at home, try these ideas:

- Fry up some sliced boiled potatoes and onions for homemade hash browns. Serve them with soy bacon or sausage.
- Search the internet for vegan recipes for French toast, Spanish omelettes and even crêpes.
- Try a toasted bagel with Tofutti's Better Than Cream Cheese.
- You can find vegan cereal anywhere – just serve it with soy or rice milk.
- Check packages of pancake and waffle mixes – many are vegan – and just add soy milk and/or egg replacer.
- Some Kellogg's Pop-Tarts (without icing) are vegan.

## Blueberry Pancakes

150 g whole-wheat flour  
150 g unbleached all-purpose flour  
3 Tbsp sugar  
3 Tbsp baking powder  
1 tsp sea salt  
500 ml soy milk  
3 Tbsp vegetable oil  
100 g fresh or frozen blueberries

- Combine the dry ingredients in a bowl and sift together. Add the soy milk and oil and mix until smooth. Fold in the blueberries.
- Ladle onto a hot, oiled skillet. Cook for 2 to 3 minutes on each side, until lightly browned.

Makes 4 to 6 servings

## Tofu Scramble

1 Tbsp vegetable oil  
50 g green pepper, chopped  
50 g onion, chopped  
50 g fresh mushrooms, sliced  
2 cloves garlic, minced  
1 pkg firm tofu, drained and crumbled  
¼ tsp turmeric  
Salt and pepper, to taste

- Heat the oil in a large non-stick skillet over medium-high heat. Add the green pepper, onion, mushrooms and garlic and cook until softened. Add the tofu, turmeric, salt and pepper and cook for 10 minutes, stirring occasionally.

Makes 4 servings



## Lunch or Dinner

Dining out for lunch or dinner is a breeze. Most restaurants serve at least one vegetarian meal, and many will adapt an existing dish for you. Look for rice, pasta and noodle dishes with vegetables or a meat-free tomato sauce; Thai and Indian curries; bean burritos; falafel; and pizza with lots of roasted vegetable toppings but no cheese. If you're attending a catered event, ask your hosts in advance if the chefs can prepare a vegan option. If you're travelling through rural towns, you can usually find a Chinese or Thai restaurant where you can get a delicious stir-fry for dinner – just ask them to hold the fish sauce.

## Shepherd's Pie

4 medium potatoes, diced  
2 Tbsp vegan margarine (try Nuttalex)  
150 ml soy milk  
Salt and pepper, to taste  
450 g ground beef substitute (try Sanitarium Vegie Mince)  
300 ml mushroom gravy (try Orgran Natural Vegan Gravy Mix)  
1 small tin mixed peas and carrots, drained  
Garlic powder and cayenne pepper, to taste

- Preheat the oven to 180°C.
- Boil the potatoes for 15 minutes, or until tender. Drain and mash with the vegan margarine and soy milk. Season with salt and pepper.
- In a medium bowl, mix together the ground beef substitute, gravy, peas, carrots and spices. Pour the mixture into a large baking dish. Top with the potatoes, spreading them to the edges of the tin.
- Bake for 30 minutes, or until the potatoes are browned.

Makes 4 servings

## Wild-Mushroom Stroganoff

1 Tbsp extra-virgin olive oil  
1 medium onion, diced  
100 g quartered baby portobello mushrooms  
100 g quartered shiitake mushrooms  
100 g quartered button mushrooms  
1 Tbsp whole-wheat flour  
400 ml mushroom gravy (try Orgran Natural Vegan Gravy Mix)  
250 ml vegetable stock (try Massel brand)  
150 g soy sour cream (try Tofutti brand)  
1 Tbsp ground mustard

- Heat the oil in a large pan over medium heat. Add the onion and mushrooms and sauté until soft. Sprinkle in the flour and stir until the vegetables are coated. Add the gravy and the vegetable stock and simmer for 20 minutes.
- Add the sour cream and mustard and heat through.
- Serve over rice or pasta.

Makes 4 servings





## Curried Chickpeas and Dahl

- 2 Tbsp vegetable oil
- 1 medium onion, finely chopped
- 1 red capsicum, minced
- 1 green capsicum, minced
- 2 large celery stalks, chopped
- 1 Tbsp minced garlic
- 1½ tsp ginger
- 220 g water
- 1 450-g can whole peeled tomatoes, with liquid
- 1 450-g can chickpeas (garbanzo beans), with liquid
- 1½ cups uncooked red lentils
- 3 oz orange juice
- 1½ tsp curry powder
- 1½ tsp cumin
- ½ tsp ground chilli, or to taste
- ½ tsp dried coriander or 2 Tbsp fresh minced coriander



- Heat the oil in a large pot over medium-high heat. Add the onion, capsicum, celery, garlic and ginger and sauté until soft.
- Add the remaining ingredients, stir well and bring to a boil. Reduce the heat, cover and let simmer, stirring occasionally, until the lentils are soft and the liquid is absorbed, about 45 minutes.
- Serve over basmati rice or with Indian bread, if desired.

Makes 6 servings



## Hearty 'Beef' Cassoulet

- 3 Tbsp olive oil
- 6 cloves garlic, minced
- 1 large onion, finely chopped
- 1 Tbsp dried thyme
- 3 bay leaves
- ½ tsp marjoram
- 1 tsp dried rosemary
- 100 ml red wine
- 2 large carrots, peeled and sliced
- 2 stalks celery, chopped
- 1 large potato, cubed
- 1 small can diced tomatoes, with liquid
- 200 g cubed seitan or mock duck
- 2 Tbsp molasses
- 2 Tbsp Dijon mustard
- 1 420-g can kidney beans, drained
- 1 420-g can navy beans, drained
- Sea salt and black pepper, to taste
- 100 g whole-wheat bread crumbs mixed with 3 Tbsp olive oil

- Preheat the oven to 180°C.
- Heat the olive oil in a large pot over medium-high heat. Add the garlic, onions, thyme, bay leaves, marjoram and rosemary and sauté for 2 minutes.
- Add the wine, cover and simmer for 5 minutes.
- Add the carrots, celery, potato and tomatoes and simmer for 10 minutes.
- Add the seitan, molasses, mustard and beans. Season with salt and pepper and heat through.
- Transfer to an oiled casserole dish. Top with the bread crumb mixture, cover and bake for 45 minutes.

Makes 4 to 6 servings

## Sweet-and-Sour 'Meatballs'

- 500 g ground beef substitute (try Sanitarium Vegie Mince)
- ½ green capsicum, finely chopped
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 2 slices white bread, crumbled
- Egg replacer equivalent of 2 eggs
- Salt and pepper, to taste
- 2 Tbsp vegetable oil
- 175 ml chili sauce
- 150 ml red currant jelly

- In a large bowl, mix together all the ingredients except the oil, chili sauce and jelly until thoroughly combined. Form into small balls.
- Heat the oil in a large skillet over medium-high heat. Add the "meatballs" and fry until browned.
- In a small saucepan, heat the chili sauce and jelly over low heat and stir until smooth. Add the "meatballs" and stir gently to coat. Simmer over low heat for 5 minutes.

Makes approximately 20 balls



## Lasagne

- 1 pkg lasagne noodles
- 500 g soft tofu
- 500 g firm tofu
- 1 Tbsp sugar
- 100 ml soy milk
- ½ tsp garlic powder
- 2 Tbsp lemon juice
- 3 tsp minced fresh basil
- 2 tsp salt
- 150 g frozen peas
- 150 g canned artichokes, chopped
- 750 g tomato sauce

- Cook the lasagne noodles according to the package directions. Drain and set aside.
- Preheat the oven to 200°C.
- Place the tofu, sugar, soy milk, garlic powder, lemon juice, basil and salt in a food processor or blender and blend until smooth. Stir in the peas and artichokes.
- Cover the bottom of a baking dish with a thin layer of the tomato sauce, then a layer of noodles (using about one-third of the noodles). Follow with half of the tofu filling. Continue in the same order, using half of the remaining tomato sauce and noodles and all of the remaining tofu filling. End with the remaining noodles, covered by the remaining tomato sauce.
- Bake, covered, for 20 minutes, then uncovered for 10 to 15 minutes.

Makes 6 to 8 servings

## Vegan Pâté en Croûte

- 1 onion, minced
- 2 Tbsp vegan margarine
- 1200 g minced mushrooms
- 4 cloves garlic, minced
- 2 Tbsp fresh parsley, minced
- 2 Tbsp fresh rosemary, minced
- 2 Tbsp lemon juice
- 250 g dried bread crumbs
- 1 pkg frozen puff pastry sheets

- In a large pot, sauté the onion in the margarine over medium heat for a few minutes.
- Add the mushrooms and garlic and sauté for 20 to 30 more minutes, until the liquid has evaporated. The mixture should be somewhat dry.
- Add the parsley, rosemary, lemon juice and bread crumbs and mix well, forming a sticky ball. Allow to cool slightly or store in the refrigerator overnight.
- Thaw the puff pastry sheets for 30 minutes.
- Preheat the oven to 230°C.
- Place one sheet of dough on a floured board and roll out into a large square. Spread half of the mushroom mixture over half of the dough, leaving a 1-inch space along the edges. Fold the other half of the dough over the half with the mushroom mixture, pressing the edges together with your fingers, then crimp with a fork to seal. Make three slits on top, then place on an ungreased cookie sheet and put into the refrigerator.
- Prepare the other sheet of dough in the same manner, using the remaining mushroom mixture. Put on the same or another cookie sheet and refrigerate for 30 minutes.
- Bake for 20 minutes, or until the dough is puffed and golden.

Makes 8 to 12 servings



## Creamy Potato Salad

- 6 medium potatoes, cut into cubes
- 150 ml eggless mayonnaise
- 3 Tbsp yellow mustard
- 2 Tbsp distilled white vinegar
- ½ onion, chopped
- 2 stalks celery, chopped
- Salt and pepper, to taste

- Cook the potatoes in boiling water for 20 minutes. Drain and let cool completely.
- In a large bowl, combine the potatoes with the remaining ingredients. Refrigerate until cold.

Makes 4 to 6 servings



## Dessert

Baking is easy with vegan egg replacer (available in supermarkets and health-food stores). Use soy or rice milk in place of cows' milk in your favourite cakes and desserts.



## Strawberry-Mango Crisp

### For the Fruit Mixture:

250 g quartered strawberries  
250 g diced mango  
225 g sugar  
128 g flour

### For the Topping:

128 g flour  
½ cup rolled oats  
200 g brown sugar  
4 Tbsp vegan margarine

- Preheat the oven to 200°C.
- Mix the ingredients for the fruit mixture together in a large bowl. Spread evenly into a baking dish. Set aside.
- Mix the dry ingredients for the topping together in a medium bowl. Cut in the margarine until the mixture resembles small peas. Spread evenly over the fruit mixture. Bake for 35 to 45 minutes, or until bubbly. Serve warm with non-dairy ice cream.

Makes 6 servings

## Fudge Mint Brownies

225 g sugar  
170 g + 3 Tbsp vegan margarine  
256 g flour  
½ tsp salt  
450 ml chocolate syrup  
1 tsp vanilla  
125 g icing sugar  
2 Tbsp green crème de menthe  
175 g chocolate chips

- Preheat the oven to 180°C.
- In a large bowl, using an electric mixer, cream together the sugar and 100 g of the margarine. Mix in the flour and salt, then add the chocolate syrup and vanilla and mix until thoroughly combined.
- Spread into a large greased pan and bake for 30 minutes. Allow to cool completely.
- Mix together the icing sugar, 70 g of the margarine (melted and cooled) and the crème de menthe. Spread over the cooled cake.
- Melt together the remaining 3 tablespoonfuls of margarine and the chocolate chips and cool slightly. Spread over the crème de menthe mixture.
- Refrigerate until set, then cut into squares. Chill thoroughly again before serving.

Makes 6 to 8 servings



## Chocolate Mousse

500 g firm silken tofu  
175 g dark chocolate chips, melted

- In a blender, purée the tofu until smooth. Add the melted chocolate and blend thoroughly. Pour into dessert bowls and chill for 2 hours.

Makes 6 servings



## Sandwiches

Sandwich fillings can be just about anything that you have on hand:

- Stuff a baguette with lettuce, tomato and non-dairy cheese slices.
- Fill a pita with faux tuna or chicken salad. Try some of the mock meat sandwich fillings from Cheatin' or Sanitarium, and mix with vegan mayonnaise and fresh salad mix or celery.
- Make a grilled "cheese" sandwich with soy cheese. Add tomatoes, pesto or olives for an added kick.
- Dress up a bagel with avocado and fresh salad mix.

## Appetisers

Appetisers can be as simple as chips and dip or as elegant as a vegan pâté. Here are some ideas for quick-and-easy hors d'œuvres:

- A platter with dolmades, stuffed olives, antipasto and crunchy sliced carrots and cucumber can be combined with vegan dips like pesto or sun-dried tomato tapenade.
- Whip up a seven-layer Mexican dip using refried beans, black olives, salsa, shredded soy cheese, soy sour cream, sliced spring onions and jalapeños.



## Quick-and-Easy Snacks

- Microwave tortillas and fill them with canned refried beans, salsa, guacamole and corn for easy burritos.
- Zap a veggie burger in the microwave and put it on a bun with your favourite condiments and toppings.
- Heat sliced veggie hot dogs and canned vegetarian-style baked beans in the microwave for fast "franks" and beans.
- Make an easy pasta salad by mixing



cooked spiral pasta with chopped broccoli, carrots, green pepper, corn, red onion and your favourite vinaigrette.

## Pizza Toppings

Pizza toppings are limited only by your imagination. Here are some quick ideas:

- Chop up whatever veggies are on hand and drizzle some olive oil over them.
- Try new ideas for toppings, like sun-dried tomatoes, beans, spinach or even corn.
- Add different sauces, like pesto or red-pepper-and-garlic purée.
- Get creative with mock meats – top your pizza with tempeh or veggie versions of bacon, ham or chicken.
- Try sprinkling with nutritional yeast flakes or soy Parmesan for a traditional cheesy taste.
- For a Mexican pizza flavour, try refried beans, tomatoes, soy cheese and salsa. Try these brands of vegan cheeses: Biocheese, Cheezly, Kingland or Sheese.
- For a ricotta-like topping, try crumbling tofu and mixing it with lemon juice, basil, garlic powder and salt.
- Top a cooked pizza crust with hummus, olive oil and chopped fresh cucumbers, tomatoes, red onions, black olives and pickled peppers.
- Make a sweet pizza by brushing melted margarine over pizza dough and sprinkling with sugar and cinnamon. Add chopped walnuts, if desired.







# When You're Away From Home

Restaurant options for vegan and vegetarian diners keep getting better and better. Whether you're a fast-food fan or a gourmet connoisseur, HappyCow.net and VegDining.com will help steer you to great choices. Also be sure to check out the Australian and New Zealand sites listed on the next page. Here are a few more tips:



**1** An easy way to try new foods is to go to restaurants that offer a variety of vegetarian meals. Eating Chinese? Try the tofu or vegetable dishes, or ask for vegetable fried rice (without eggs) and garlic eggplant. Having Lebanese? Order hummus, tabouleh, falafel, stuffed vine leaves and pita bread. In Indian restaurants, you'll find fabulous vegetable curries, lentil soup, potato-filled samosas and other delights. Japanese, Ethiopian, Mexican, Thai and other ethnic restaurants also offer delicious vegan items.

If you're at a behind-the-times restaurant, café or pub without much vegan variety, ask if the chef can whip up a vegan meal or adapt an existing dish. Most restaurants will gladly accommodate

special requests, and you'll be surprised at the creativity of some chefs.

**2** If you're attending a catered affair, ask the host or caterer ahead of time if vegetarian options will be served – most catering companies are accustomed to serving vegetarian diners.

**3** When dining at someone else's house, let your hosts know in advance that you don't eat meat. Offer to make a veggie dish to bring along and share.

**4** Eating on the Road Vegetarian falafel rolls are easy to find, and Japanese nori rolls usually come with a variety of vegetarian fillings. Or create your own sandwich at a local café by choosing from the vegan toppings.

Most pizza restaurants serve at least one veggie option – just ask them to hold the cheese. Try vegetarian subs at Subway and look out for Grill'd, Urban Burger, BurgerFuel or Lord of the Fries takeaways – all have vegan burger options. Most towns have a Chinese, Thai or Indian restaurant or falafel stand which can easily cater to hungry vegetarians. Surf the websites on the next page to find vegetarian-friendly restaurants in your destination town or city before your next trip.

## Fire Up the BBQ

Don't miss out on that great social event, the backyard barbecue, just because you're not eating meat. There are lots of great vegan burgers, "chicken" patties and other mock meats that really do taste fantastic straight from the backyard barbie. Cut firm tofu into strips or slabs, marinate in soy sauce, garlic, ginger and whatever else grabs your fancy, then simply barbecue as you would meat. To get tofu extra "meaty", drain and freeze it, then thaw it out and wring out any excess water. Top veggie burgers with tomato or sweet chilli sauce, soy cheese, fresh salad and beetroot slices. Create vegetable kebabs with marinated tofu, soy chicken or braised "beef", baste with Italian dressing or a teriyaki marinade, then grill until the vegetables are slightly blackened, and – voilà! – you have a delicious treat that will be the envy of your carnivorous friends.

## Online Resources

Rural and regional shoppers, we hear your cry, "What about me?" Don't worry: the online stores listed below will ship to you, no problem.

### Australian Shopping and Resource Sites

#### CrueltyFreeShop.com.au

An all-vegan shop offering an excellent range of faux meats, dairy-free products, cosmetics, cleaning products, vegan cookbooks and more

#### GreenEdgeOnline.com.au

Online ordering from a vegan supermarket offering organic, fair-trade and vegan goodies galore

#### GreenGourmet.com.au

Online ordering for Green Gourmet restaurant dishes, yum cha selections, homemade sauces and vegetarian mock meats

#### VeganAustralia.org.au

A comprehensive vegan resource, with links to restaurant guides and recipes and a list of vegetarian- and animal rights-related events

#### VeganOnline.com.au

An Adelaide-based online shop offering both old favourites and the best new vegan products

#### VeganPerfection.com.au

A one-stop online shop offering a wide range of vegan products, including a great selection from mainland Europe and the US

### New Zealand Shopping and Resource Sites

#### VegSoc.org.nz

Info on everything from vegetarian eateries to vegan food and nutrition tips

#### Vegetarians.co.nz

Vegetarian everything – from recipes, healthy diet information and restaurants to vegetarian dating, groups and shops

## Other Web Resources

#### PETA.org.au and PETAAsiaPacific.com

Everything you've ever wanted to know about animal rights and vegan eating

#### HappyCow.net

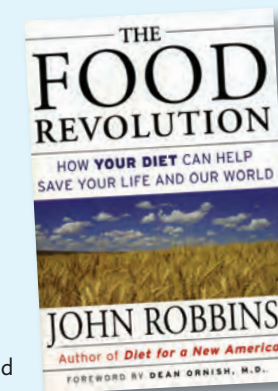
Features a global, searchable guide to vegan and vegetarian restaurants and health-food stores as well as nutrition and health tips, vegan recipes, info on raw foods, resources for travellers and more

#### PCRM.org

Website of the Physicians Committee for Responsible Medicine, which advocates plant-based nutrition for better health

#### peta2.com

The website for PETA US' youth outreach division and a resource for people aged 13 to 24 who want to learn more about animal rights



## Books

### The Food Revolution

By John Robbins

An eye-opening look at the meat industry's impact on human health, animals and the planet

### Food for Life: How the New Four Food

Groups Can Save Your Life

By Neal Barnard, MD

Reveals how healthy vegan eating sharply decreases the risk of many diseases, citing overwhelming medical evidence



### Eating Animals

By Jonathan Safran

Foer

An eloquently written account of one man's struggle to understand factory farming and his decision to stop eating animals

### Good News for All Creation

By Stephen R Kaufman and Nathan Braun

Makes a compelling case for Christians to adopt a vegetarian diet

### But You Kill Ants

By John Waddell

An indispensable guide to answering the questions you may face after going vegetarian

# Resources

### Vegan: the New Ethics of Eating

By Erik Marcus

A wonderful introduction to going vegan that covers health, the environment and animal welfare

## Cookbooks

### Now Vegan!

By Lynda Stoner

The first cookbook by prominent animal rights activist, actor and vegan Lynda Stoner, with a variety of recipes for mouthwatering, home-cooked meals

### The Conscious Cook: Delicious Meatless Recipes That Will Change the Way You Eat

By Tal Ronnen

A breakthrough in vegan cuisine that shows readers how easy it is to make truly satisfying and delicious meals without meat and dairy products

### The Kind Diet: A Simple Guide to Feeling Great, Losing Weight, and Saving the Planet

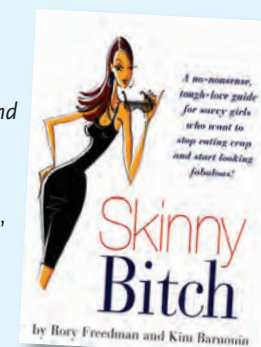
By Alicia Silverstone

A step-by-step plan that sets readers on the path to a cruelty-free diet, with striking full-colour photographs and more than 100 of Alicia's favourite recipes

### Skinny Bitch in the Kitchen

By Rory Freedman and Kim Barnouin

Vegan recipes to satisfy every craving, brought to you by the pair behind the super-popular *Skinny Bitch* series



## Videos


### 'Glass Walls'

This must-see video reveals meat industry abuses, with a powerful narration by music legend Paul McCartney

### 'Meet Your Meat'

A 12-minute exposé about the lives and deaths of farmed animals (watch or download it at PETAAsiaPacific.com)





We are not “nuggets”.  
We are not “drumsticks”.  
We have feelings like yours.  
We are living beings like you.