

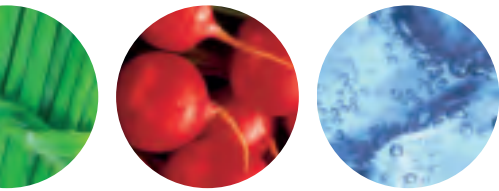


# Vegetarian Starter Kit



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





# Congratulations!

By opening this guide, you've just taken the first step toward one of the best choices that you can make for yourself, animals, and the planet. The pages that follow are packed with important information, tips, and 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. Dig in!



Portraits: © AP/WIDE WORLD PHOTOS

- **Carl Lewis**, "Olympian of the Century," Olympic medalist in track (top left)
- **Robert Parish**, one of the "50 Greatest Players in NBA History"
- **Desmond Howard**, Heisman trophy winner and Super Bowl MVP (center left)
- **Bill Pearl**, professional bodybuilder and four-time "Mr. Universe"
- **Keith Holmes**, boxing champion
- **Mac Danzig**, martial arts champion (bottom left)
- **Edwin Moses**, two-time Olympic gold medalist in hurdles



Photo: © Kevin Lynch

## Vegetarian Athletes

Why are vegetarian athletes always at the top of their game? One reason is because plant foods provide athletes with all the nutrients that they need to stay healthy and strong, minus all the saturated fat, cholesterol, and contaminants found in

meat and dairy products that can 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."

Besides receiving optimal nutrition from plant foods, vegetarians also weigh less, on average, and have better cardiovascular health and more stamina than meat-eaters—and 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 healthy vegan diet will give you the strength and stamina you need to leave those sluggish meat-eaters in the dust." Learn more at [PETA.org](http://PETA.org).

### Sir Paul McCartney:

"I am a vegetarian because I realize 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."



### Constance Marie:

"I stopped eating meat ... when I was working on the movie *Selena*. During the shoot, I had to hold a chicken for five hours—if you hold it and feel its little heart beating for hours, you just can't think about eating it."



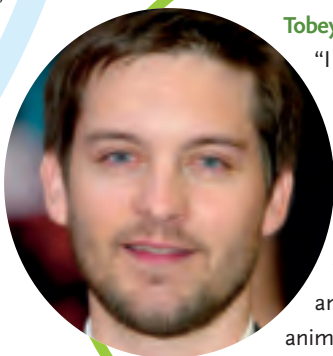
### Casey Affleck:

"I don't eat meat or any other animal products... because they're unhealthy and they're the product of a violent and inhumane industry."



### 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."



### Alicia Silverstone:

"Since I've gone vegetarian, my body has never felt better and my taste buds have been opened up to a whole new world. It's one of the most rewarding choices I've ever made and I invite you to join me in living a healthy, cruelty-free lifestyle."



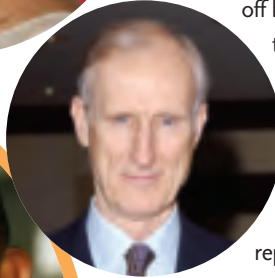


**Carrie Underwood:**

"I do it because I really love animals and [killing animals for meat] just makes me sad."

**James Cromwell:**

"So-called farms today treat animals like so many boxes in a warehouse, chopping off beaks and tails and genitals with no painkillers at all, inflicting third-degree burns repeatedly by branding cows, ripping out the teeth of pigs, and just a horrible catalog of abuses that, if done to dogs or cats, would be illegal on grounds of animal cruelty."

**Russell Simmons:**

"Chickens raised for food today are ... covered in excrement, they're diseased, and they're drugged up with all sorts of toxins that you are ingesting if you eat chickens. One recent study found that chicken flesh in this country has four times as much arsenic—yes, arsenic, the poison (which is used in the drugs the chickens are given)—as any other meat. ... I have been a vegan for many years ..."

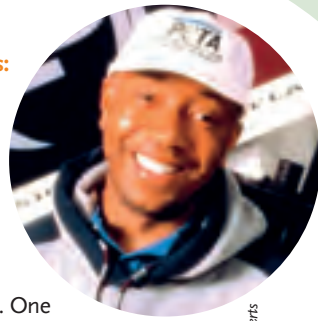


Photo: © Ebert Roberts

**Forest Whitaker:**

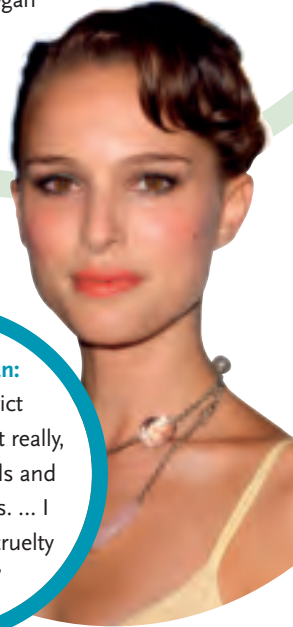
"Life is full of choices, and many years ago, I chose to become a vegetarian, and it was one of the best choices I've ever made."

**Alec Baldwin:**

"Every time we sit down to eat, we make a choice: Please choose vegetarianism. Do it for ... animals. Do it for the environment and do it for your health."

**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."

**Kristen Bell:**

"I have always been an animal lover. I had a hard time disassociating the animals I cuddled with—dogs and cats, for example—from the animals on my plate, and I never really cared for the taste of meat. I always loved my Brussels sprouts!"

**His Holiness the Dalai Lama:**

"I have been particularly concerned with the sufferings of chickens for many years. It was the death of a chicken that finally strengthened my resolve to become vegetarian. These days, when I see a row of plucked chickens hanging in a meat shop it hurts. I find it unacceptable that violence is the basis of some of our food habits."

**Joaquin Phoenix:**

"Animal rights is a part of my everyday life. When you live by example, you create a certain level of awareness. Friends of mine, people I have never discussed animal rights or vegetarianism with, are adopting vegetarian habits because they see it."

**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."

**John Salley:**

"It's good for your weight. It's good for your health .... Going vegetarian is the best damn way to eat. Period."





# Eating for Life

Leading health experts agree that a vegetarian diet provides optimal nutrition for both children and adults. The largest nutritional and medical organizations, including the American Dietetic Association, confirm that balanced plant-based diets are healthier than diets that include meat.

According to Dr. T. Colin Campbell, nutritional researcher at Cornell University and director of the largest epidemiological study in history, “The vast majority of all cancers, cardiovascular diseases, and other forms of degenerative illness can be prevented simply by adopting a plant-based diet.” The American Heart Association reports that vegetarians “have a lower risk of obesity, coronary heart disease (which causes heart attack), high blood pressure, diabetes mellitus, and some forms of cancer.”

Scientists have found that vegetarians have stronger immune systems than meat-eaters do; this means that they are less susceptible to everyday illnesses like the flu. Vegetarians are also far less likely to be overweight; in fact, meat-eaters are nine times more likely to be obese than vegans.

Meat, dairy products, and eggs are completely devoid of fiber and complex carbohydrates, the nutrients that we’re supposed to consume more of for good health, and they are 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.



**Roasted Red Pepper Hummus**

Get the recipe at [PETA.org/Recipes](http://PETA.org/Recipes)

## 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, oatmeal, beans, peanut butter, brown rice, peas, lentils, tofu, soy milk, nuts, seeds, and vegetarian burgers and hot dogs. By contrast, consuming too much animal protein has been scientifically linked to osteoporosis—according to a 2003 U.S. Department of Agriculture (USDA) report, vegetarian women had stronger bones than women who ate meat.

## Savory Pot Pie

Get the recipe at [PETA.org/Recipes](http://PETA.org/Recipes)



*Ask the Experts*

## “Isn’t fish a health food?”

**Anyone who eats fish for health reasons should think again:** The Environmental Protection Agency (EPA) revealed that women who ate fish just twice a week had blood mercury concentrations that were seven times higher than those of women who didn’t eat fish. A woman who eats just one can of tuna per week will be 30 percent over the EPA cutoff for safe mercury levels.



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

Mercury is known to cause severe health problems for humans, including brain damage, memory loss, and damage to a developing fetus. One study showed that women who regularly ate fish were more likely to have babies who were sluggish at birth, had small head circumferences, and had developmental problems. Women who consume even low levels of fish contaminated with PCBs, mercury, or other toxins have a more difficult time conceiving. Some of these chemicals remain in the body for many years. Plant foods like walnuts and flax seeds and vegetarian DHA capsules contain the essential fatty acids that we need without the harmful toxins found in fish flesh.





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 Heart Association and the 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

“Eating a high-protein diet is like pouring acid rain on your bones,” according to one researcher. When you get your protein from plant sources, you get all the amino acids that you need, without all the saturated fat and cholesterol found in meat, eggs, and dairy products.

According to a study published in the *American Journal of Clinical Nutrition*, vegetarians do not have higher levels of anemia than meat-eaters do. Iron is found in numerous

plant foods, including beans, nuts, whole grains, and leafy green vegetables.

Fifty years ago, most people got their vitamin B12 from bacteria in their drinking water or on their fruits and vegetables. Now that water is purified and vegetables are so thoroughly washed, most people get their B12 from the bacteria on meat or in dairy products, but all common multivitamins have ample amounts of B12 (all of them from non-animal sources), as do fortified foods like breakfast cereals and soy milk. The B12 in pill form and fortified foods is actually much better absorbed than that found in animal products.

## The Hazards of Eating Chicken

Because chickens are now bred and drugged to grow so large, chicken flesh today contains three times as much fat as it did just 35 years ago. The most toxic form of the poison arsenic is used in chicken feed because it promotes faster growth. The National Institutes of Health warns that this cancer-causing chemical is then ingested by people who eat chicken flesh. *Men’s Health* magazine ranked chicken as the number one food you should never eat because of its high rate of bacterial contamination.



## Delicious Dairy Alternatives

*You can get all the calcium that*

*you need from the plant world—broccoli, beans, many leafy green vegetables, almonds, soy milk, tofu, and calcium-fortified orange juice are all good sources.*



## Vegetable Spring Rolls

Get the recipe at [PETA.org/Recipes](http://PETA.org/Recipes)



## 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 cow’s milk has been linked to heart disease, some types of 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.

According to a Harvard Medical School analysis of the evidence, milk does not protect against osteoporosis. One egg contains a staggering 220 milligrams of cholesterol, which clogs your arteries and leads to heart disease.



# Raising Vegan Kids

by Shelly Davis

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 agreed, writing, “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 mother’s breast milk if she eats these products. Plant foods have much less contamination, even if they are not organically grown.”

The American Dietetic Association agrees, stating, “Well-planned vegan ... diets are appropriate for all stages of the life cycle, including during

## Ziti With Sun-Dried Tomato Cream

Get the recipe at [PETA.org/Recipes](http://PETA.org/Recipes)

pregnancy, lactation, infancy, childhood, and adolescence.”

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 favorite dish is tofu and broccoli—which makes the parents of the girls’ friends green with envy!



The Davis Family

When you replace meat, dairy products, and eggs in your children’s diet with healthy plant-based foods, you are starting them off with a significant health advantage, lowering their risk for a host of adult diseases that have been linked to animal products, including heart disease, obesity, diabetes, and several types of cancer. Animal products are also linked to many of the ailments that tend to affect children. Indeed, when my daughter Lilly was a baby, she never had colic, ear infections, flu, or any serious illness. My younger daughter, Hailey, is now following her example.

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 vegetarian for years, but were children different?

I was fortunate to have the full support of my pediatrician, who confirmed that kids not only don’t need any animal products, they’re also much better off without them, and they can easily get



Papaya-and-Mango Salsa

Get the recipe at [PETA.org/Recipes](http://PETA.org/Recipes)




# Weight Loss



Obesity is one of the most pressing health problems in the United States and will soon become the country's leading cause of preventable deaths.

by Deborah Wilson, M.D.



Despite the growing number of “diets” that are being touted throughout the country, Americans just keep getting fatter. A government review of all studies on weight loss found that two-thirds of dieters gain all the weight back within a year, and a whopping 97 percent gain it all back within five years. This yo-yo weight fluctuation is worse than being overweight: These dieters would have been better off if they hadn't even bothered.

There has not been a single study indicating that high-protein diets like Atkins work for more than a year; in fact, two studies showed that weight loss on the Atkins diet reversed or stalled after just six months, and Atkins himself died at 258 pounds.

The only weight-loss plan that has been scientifically proved to take weight off and keep it off for more than a year is a vegan diet. Many delicious vegan

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

## Green Beans With Cranberries

Get the recipe at [PETA.org/Recipes](http://PETA.org/Recipes)



foods are naturally low in fat, so quantity and calorie 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).

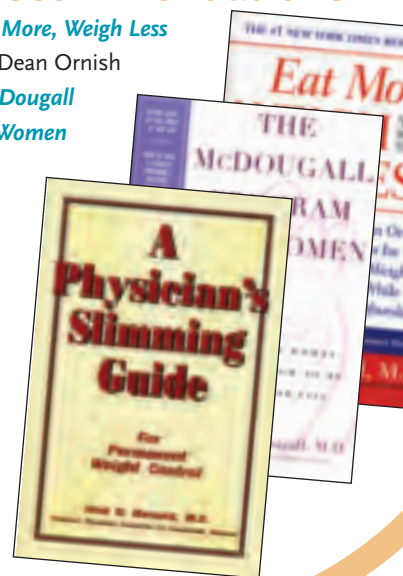
Because vegetarian diets are the only diets that work for long-term weight loss, it's no surprise that population studies show that meat-eaters have three times the obesity rate of vegetarians and nine times the obesity rate of vegans. It's possible to be an overweight or obese vegan, of course, just as it's possible to be a thin meat-eater, but adult vegans are, on average, 10 to 20 pounds lighter than adult meat-eaters.

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 more. Dr. T. Colin Campbell of Cornell University, arguably 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 risks. Plus, we've seen no disadvantages from veganism. In every respect, vegans appear to enjoy equal or better



## Dr. Wilson's Weight-Loss Book Recommendations

- **Eat More, Weigh Less**  
by Dr. Dean Ornish
- **The McDougall Program for Women**  
by Dr. John McDougall
- **A Physician's Slimming Guide**  
by Dr. Neal Barnard



health in comparison to both vegetarians and nonvegetarians.” I couldn't have said it better myself.

## Mediterranean Tofurky ‘Rolls’

Get the recipe at [PETA.org/Recipes](http://PETA.org/Recipes)





# Meet Your Meat

More than 30 billion animals are killed by the American meat industry each year—in ways that would horrify any compassionate person and that would be illegal if cats or dogs were the victims.



Chicks have their sensitive beaks cut off without any painkillers.

Most small farms have been replaced by massive corporate-run “factory farms” in which chickens, pigs, turkeys, and cows are treated like machines instead of living, feeling individuals. Now, 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 trying to obscure reality with images of animals who are living peacefully in an idyllic barnyard. Unfortunately, this pretty picture couldn’t be any further from the truth.



## Chickens

### What Happens to Chickens?

More chickens are raised and killed for food than every other farmed animal combined, yet not a single federal law protects chickens from abuse—even though two-thirds of Americans say that they would support such a law.

Chickens raised and killed for their flesh spend their entire lives in filthy, ammonia-laden sheds with tens of thousands of other birds. They are dosed with a steady stream of drugs and bred to grow so large so fast that many become crippled under their own weight or suffer organ failure.

A *New Yorker* writer who visited a major chicken factory farm wrote, “I was almost knocked to the ground by the overpowering smell of feces and ammonia. My eyes burned and so did my lungs, and I could neither see nor breathe.”

Many chickens suffer from chronic respiratory diseases, weakened immune systems, and bronchitis. According to a report by the USDA, more than 99 percent of chicken carcasses are contaminated with *E. coli* bacteria by the time they reach the market, largely because of the filthy conditions in the sheds in which they are raised.

After six weeks in these horrible conditions, the birds are roughly thrown into cages that are stacked on the back of a truck, and then they are shipped through all weather extremes to the slaughterhouse.

At slaughter, workers violently grab them and hang them upside-down by their legs, which they force into shackles, breaking many of them in the process. Then, the chickens’ throats are slit, and they are dragged through tanks of scalding-hot water, often while they are still conscious.

Birds who are raised for their eggs are packed, five to 11 at a time, into



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





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.

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.

wire cages that are so small that they don't have enough room to spread even a single wing. Their wings and legs atrophy from disuse, and their legs and feet become deformed from standing on slanted wire cage bottoms. The tip of each hen's sensitive beak is cut off with a burning-hot blade. It takes 34 hours to produce just one egg. After about two years of confinement, they are violently pulled from their cages and shipped to slaughter. Their bodies are already so battered and emaciated that they can only be used for soup or

companion-animal food.

Male chicks are worthless to the egg industry because they don't lay eggs and because their breed is too small to be raised for flesh. The egg industry kills millions of newborn male chicks every year by suffocating them to death in bags or by dropping them alive into high-speed grinders.

*"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 'unhealthful.'"*

**Michael Greger, M.D.**

**Undercover Investigations** Workers at a Pilgrim's Pride slaughterhouse (the largest chicken supplier in the United States) were documented stomping on live chickens, spray-painting their faces, and slamming them into walls. Workers at a Butterball slaughterhouse were documented punching and stomping on live turkeys and even sexually assaulting them. Chickens and turkeys have no federal legal protection. Watch the undercover videos at [PETA.org](http://PETA.org).

### **Amazing Animals: Chickens**

*Research has proved that chickens are smarter than dogs, cats, and even some primates. 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. Unfortunately, chickens in factory farms never meet their mothers.*



Photo: © Compassion Over Killing



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





# Cows

## Down on the Dairy Farm

The corporate-owned dairy factories that have replaced most small farms treat cows like milk machines. To boost production, many farmers inject cows with synthetic growth hormones, which increase the cows' risk of developing mastitis, a painful infection. Cows produce milk for the same reason that humans do: to nourish their babies. Their calves are traumatically taken from them shortly after birth. Female calves are added to the dairy herd or are slaughtered for the enzyme rennet in their stomachs (used to make cheese). When their milk production wanes after about four or five years, the mother cows are killed and ground up to make burgers.

## The Link Between Dairy Products and Veal

Even on small family dairy farms, unwanted male calves are sold to the veal industry. Chained by their necks inside tiny stalls that reek of ammonia from accumulated waste, they are unable to take even one step in any direction, turn around, or lie down comfortably. Calves raised for veal are killed when they're just a few months old.

Veal calves are confined to crates so small that they can't even turn around.



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

## What Happens to 'Beef Cattle'?

"Beef cattle" spend most of their lives on extremely crowded feedlots. Ranchers have found that they can maximize profits by giving each steer less than 20 square feet of living space—the equivalent of putting a dozen half-ton steers in a typical American bedroom! Steers undergo painful procedures like branding, castration, and dehorning without pain relief. They often 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.

**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 human beings. Cows also interact in socially complex ways, so that a herd of cows is very much like a pack of wolves, with alpha animals and complex social dynamics, including friendships that develop over time.



Ask the Experts

## "Aren't there laws that protect farmed animals?"

The array of abuses that are inflicted on animals in factory farms, from mutilating pigs' ears and teeth to chopping off the beaks of chickens and turkeys to castrating animals without pain relief, as well as the ways in which they're crammed into these farms, transported, and slaughtered, would be illegal if dogs or cats were the victims. Unfortunately, there is not a single federal law that protects farmed animals in factory farms. While a recent Gallup survey showed that 96 percent of Americans believe that animals deserve legal protection, the massive meat, dairy, and egg industries give millions of dollars every year to politicians to prevent the enactment or enforcement of laws that would protect farmed animals.

Professor Ned Buyukmihci, D.V.M.,  
University of California-Davis School  
of Veterinary Medicine



## Downed Cow:

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



stockyard deserted. Three dogs were attacking the cow, who was still alive. She had suffered a number of bite wounds, and her drinking water had been removed. Jessie contacted the state police. Four officers arrived at 5:30 p.m. State trooper Jan Wuchner wanted to shoot the cow but was told that a veterinarian should kill her. The two veterinarians at the facility would not euthanize her, claiming that in order to preserve the value of the meat, she could not be destroyed. The butcher eventually arrived at 7:30 p.m. and shot the cow. Her body was purchased for \$307.50.

When the stockyard operator was questioned by a reporter from *The Kentucky Post*, he stated, “We didn’t do a damned thing to it,” and referred to the attention given to the cow by humane workers and police as “bullcrap.” He laughed throughout the interview, saying that he found nothing wrong with the way that the cow was treated.

This is not an isolated case. It is so common that animals in this condition are known in the meat industry as “downers.” After PETA brought much-needed attention to this issue, the Kenton County Police Department adopted a policy requiring that all downed animals be immediately euthanized, whether they are on the farm, in transit, or at the slaughterhouse. Sadly, other law enforcement agencies don’t have such policies, and downed animals continue to suffer everywhere. It is up to the public to demand change, and it is up to consumers to refuse to purchase the products of this miserable industry.

The truck carrying this cow was unloaded at Walton Stockyards in Kentucky one September morning. After the other animals were removed from the truck, she was left behind, unable to move. The stockyard workers used their customary electric prods in her ear to try to get her out of the truck, then beat and kicked her in the face, ribs, and back, but still she didn’t move. They tied a rope around her neck, tied the other end to a post in the ground, and drove the truck away. The cow was dragged along the floor of the truck and fell to the ground, landing with both hind legs and her pelvis broken. She remained like that until 7:30 that evening.

For the first three hours, she lay in the hot sun crying out. Periodically, when she urinated or defecated, she used her front legs to drag herself along the gravel roadway to a clean

spot. She also tried to crawl to a shaded area but couldn’t move far enough. Altogether, she managed to crawl a painful 13 to 14 yards. The stockyard employees wouldn’t allow her any drinking water; the only water she received was given to her by Jessie Pierce, a local animal rights activist, who had been contacted by a woman who witnessed the incident. Jessie arrived at noon. After receiving no cooperation from stockyard workers, she called the Kenton County Police. A police officer arrived but was instructed by his superiors to do nothing; he left at 1 p.m.

The stockyard operator informed Jessie that he had permission from the insurance company to kill the cow but wouldn’t do it until Jessie left. Although doubtful that he would keep his word, Jessie left at 3 p.m. She returned at 4:30 p.m. and found the

Photo: © Jessie Pierce

## “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, Ph.D., former chief scientist, U.S.

National Oceanic &

Atmospheric

Administration



Photo © USDA

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

lame that they are crippled or, at best, can barely walk—420,000 pigs a year arrive crippled at the slaughterhouse, and another 1 million arrive dead from the journey. 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 put, still alive, in the scalding-hot water tanks that are intended to soften their skin and remove their hair.

## Pigs

### What Happens to Pigs?

Pigs in factory farms are castrated and have hunks of flesh cut from their ears, bits of their teeth cut off with wire cutters, and their tails chopped off—all without any painkillers. Sometimes, the stalls that they are confined to are stacked, and excrement from the pigs in the upper tiers falls onto those below. “Breeding” pigs in factory farms are artificially impregnated several times during their short lives and are confined to stalls that are barely larger than their own bodies; they literally go insane from being unable to turn around their entire lives. These crates have been banned in many countries and will be totally banned across the European Union as of 2013.



Pigs spend their lives in crates so small that they can’t even turn around.

The accumulation of filth, feces, and urine in the sheds causes more than one-quarter of pigs to suffer from agonizing mange, and three-fourths of pigs have pneumonia by the time they reach the slaughterhouse. Drugs and genetic breeding cause pigs to become so



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

### Amazing Animals: Pigs

Pigs are smarter than dogs and every bit as friendly, loyal, and affectionate. Pigs can play video games far more successfully than dogs can and even better than some primates can (watch a video about this at [PETA.org](http://PETA.org)). Asked to compare a pig’s cognitive development to that of a 3-year-old human child, professor Donald Broom of Cambridge University Veterinary School says, “[Pigs] have the cognitive ability to be quite sophisticated. Even more so than dogs and certainly [more so than] 3-year-olds.”



# Fish

Dragged from the ocean depths, fish suffer from decompression, suffocation, and being crushed.

## 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 swimbladders, 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.

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," which uses either tanks on land or cages in the ocean. 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 feces 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 die of suffocation when the water in their tank is simply drained away.



**"Don't they have to treat animals well for them to 'produce'?"**

No. Factory-farmed animals are sick and diseased, but the meat industry has decided that the money saved by keeping all the animals in crowded and filthy conditions outweighs the financial costs incurred when some of the animals die. National Hog Farmer succinctly says that "crowding pigs pays." 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** explains that "chickens are cheap, cages are expensive."

To read more about the suffering and environmental devastation caused by fish farms, visit [PETA.org/Fishing](http://PETA.org/Fishing).



The thin mesh of commercial fishing nets slices into the flesh of many fish, causing blood loss and strangling them in the water or in the net as it is dragged aboard.

## Eating Meat Harms the Planet



### • Global Warming

According to a recent United Nations report, the meat industry causes more global warming (through emissions of carbon dioxide, methane, and nitrous oxide) than all the cars, trucks, SUVs, planes, and ships in the world combined. Researchers at the University of Chicago determined that

switching to a vegan diet is 50 percent more effective than switching from a regular car to a hybrid in reducing your impact on global warming.

### • Water Resources

More than half of all the water consumed in the U.S. is used to raise animals for food. A totally vegetarian diet requires

300 gallons of water per day, while a meat-based diet requires more than 4,000 gallons of water per day.

### • Pollution

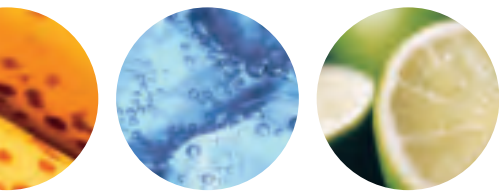
Farmed animals produce about 130 times as much excrement as the entire human population of the United States. According to the Environmental Protection Agency (EPA), the run-off from factory farms pollutes our rivers and lakes more than all other industrial sources combined.



**"If anyone wants to save the planet, all they have to do is just stop eating meat. ... It's staggering when you think about it. Vegetarianism takes care of so many things in one shot: ecology, famine, cruelty."**

—Sir Paul McCartney

Raising animals for food is "one of the top two or three most significant contributors to the most serious environmental problems, at every scale from local to global." —United Nations



# Making the Transition

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

1

If you're just getting started, you may want to try simply "vegging up" your favorite recipes by replacing the meat. Replace the beef in burritos with beans and grilled veggies, or try vegetarian beef crumbles from Morningstar Farms or Boca (which can be found in the freezer section). Top baked potatoes with margarine, soy bacon bits, or salsa. Make homemade pizza with soy cheese, mock pepperoni, and vegetable toppings. Many canned soup flavors that you're probably already used to are vegetarian, like black bean, lentil, minestrone, tomato, and vegetable. Have spaghetti with marinara sauce or add veggie meatballs.



3

Purchase a couple of vegan cookbooks, 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. Or visit [PETA.org/VegetarianLiving](http://PETA.org/VegetarianLiving) for hundreds of recipes, cooking tips, a shopping guide, and info on the best new products.



4

**Always eating on the run?** Check out the increasing variety of vegan microwavable meals, like Amy's Black Bean Enchilada With Spanish Rice or Yves' Thai Lemongrass Veggie Chick'n. Or get some vegan deli slices, and pile on some guacamole, mustard, and veggies—voilà, you've got a tasty, quick sandwich. Top it off with delicious soy yogurt from WholeSoy or Silk.



2

Try the ever-growing lineup of mock meats, including veggie burgers, "hot dogs," "turkey" slices, "riblets," and "chicken" patties. Not only are mock meats delicious, they're also high in healthy plant protein and low in saturated fat, and they contain zero cholesterol. A few of the "meatiest" choices include the Boca brand burgers, crumbles, and faux chicken nuggets and patties. Check out our taste reviews and recommendations at [PETA.org](http://PETA.org).



5

Explore the many vegetarian foods that have been popular in other countries for years, like hummus (a tangy spread made from chickpeas), vegetable curries, and falafel (a spicy mix of beans made into patties and "meatballs"). Enjoy Mexican-style beans-and-rice dishes, Japanese vegetarian sushi with avocado and cucumber, and Thai and Indian curries.



# Try These Easy Substitutes!



## “Where can I get vegan foods in my town?”

You can now find veggie burgers and other mock meats and soy milk in pretty much every supermarket nationwide, including Wal-Mart. If you don't see a certain product at your local grocery store, just ask—store managers want suggestions from their customers. Of course, a large percentage of the foods that you already eat are vegan, including many cookies, chips, breads, crackers, pastries, cereals, soups, and candies, along with staples like pasta, oatmeal, beans, nuts, vegetables, rice, fruit, and peanut butter.



### Then

### Now

#### Meat

Try Boca's veggie burgers, faux chicken patties, and “beef” crumbles; Morningstar Farms' faux chicken and steak strips; Gardenburger's breakfast “sausage” and “riblets”; Lightlife's “smart dogs” and “bacon”; and Yves' and Turtle Island Foods' faux ham and turkey deli slices—the possibilities are endless!

#### Milk

Try the dozens of options, like Silk, WholeSoy, Rice Dream, and Almond Breeze brands; use them in any way that you'd use cow's milk. Silk also makes coffee “creamer”!

#### Butter

Most margarines are vegan; also try vegetable and olive oils.

#### Ice Cream

Try Soy Delicious, Tofutti, Rice Dream, Soy Dream, or fruit sorbets.

#### Cheese

Use soy cheese for pizza, sandwiches, toppings, and sauces. Try Tofutti, Follow Your Heart, or VeganRella brands.

#### Cream Cheese

Try Tofutti's Better Than Cream Cheese.

#### Sour Cream

How about Tofutti's Sour Supreme?

#### Eggs

For baking, use Ener-G Egg Replacer, bananas, or applesauce. For breakfast, scramble up some tofu with veggies, turmeric, nutritional yeast, and soy sauce.

#### Snacks

Check the ingredient lists of snacks like chips and cookies—you'll be surprised at how many are already vegan.

#### Mayonnaise

Try Veganaise—your taste buds won't know the difference.



Check out our vegetarian shopping guide at [PETA.org/VegetarianLiving](http://PETA.org/VegetarianLiving).



# Recipes for Life

It's easy once you know how. Here are recipes, tips, and ideas to get you started.



## Blueberry Pancakes

1 cup whole-wheat flour  
1 cup white flour  
3 Tbsp. sugar  
3 Tbsp. baking powder  
1 tsp. sea salt  
2 cups vanilla soy milk  
3 Tbsp. canola or safflower oil  
 $\frac{1}{2}$  cup frozen blueberries  
 $\frac{1}{2}$  cup fresh blueberries

- Combine the dry ingredients in a bowl and sift together. Add the soy milk and the oil and mix until smooth.
- Ladle onto a hot pancake griddle. Add the frozen blueberries. Cook for 2 to 3 minutes on each side.
- Serve with the fresh blueberries.

*Makes 4 to 6 servings*

## Breakfast

Eating breakfast out? Try a bowl of grits or oatmeal, hashbrowns, a bagel or toast with jelly, or a fruit cup. 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 home fries. Serve them with soy bacon or sausage.
- Visit [VegCooking.com](http://VegCooking.com) for vegan recipes for French toast, Spanish omelettes, and even crêpes.
- Try a toasted bagel with Tofutti brand Better Than Cream Cheese.
- You can find vegan cereal anywhere—just serve it with soy or rice milk (or apple juice) instead of cow's 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, as are Pepperidge Farm's apple and cherry turnovers.

$\frac{1}{2}$  cup water  
2 Tbsp. baking powder  
1 lb. mock chicken (try Morningstar Farms' Chik'n Strips)  
 $3\frac{1}{2}$  cups vegetable oil

- Mix together the salt, onion powder, pepper, garlic powder, flour, and nutritional yeast in a deep bowl. In a separate bowl, dilute the mustard with the water. Add  $\frac{1}{3}$  cup of the flour mixture to the mustard mixture and stir. Combine the baking powder with the remaining flour mixture.
- Dip chunks of the mock chicken into the mustard batter, then drop into the flour mixture to coat with the desired amount of "crust." Heat the oil in a large skillet over medium-high heat (or use a deep fryer) and fry until crispy and golden brown, turning as needed.

*Makes 4 servings*

## Lunch or Dinner

Dining out for lunch or dinner is a snap. Most restaurants serve at least one vegetarian meal, and many will adapt an entrée for you. Look for salads, baked potatoes, rice or pasta dishes with vegetables or a meat-free tomato sauce, Thai and Indian curries, bean burritos, falafel, and pizza with lots of vegetables but no cheese. You may even find a veggie burger on the menu!

## Fried 'Chicken'

1 tsp. salt  
 $\frac{1}{2}$  tsp. onion powder  
1 tsp. pepper  
1 tsp. garlic powder  
2 cups unbleached white flour  
4 Tbsp. nutritional yeast (optional)  
3 Tbsp. yellow mustard







## Crunchy Vegetable Wraps

- 1/4 cup nondairy cream cheese  
(try Tofutti brand)
- 4 10-inch flour tortillas
- 1 cup shredded spinach
- 1/4 cup alfalfa sprouts
- 1/2 cup shredded red cabbage
- 1/2 cup sliced avocado
- 1/4 cup chopped tomatoes
- 1/2 cup diced cucumbers

2 Tbsp. finely diced red onion  
Salt and pepper, to taste

- Spread 1 Tbsp. of the “cream cheese” on each tortilla. Sprinkle an even amount of the remaining ingredients on each wrap and roll up.

*Makes 4 servings*



## Appetizers

Appetizers can be as simple as chips and dip or as elegant as a vegetarian pâté.

Here are some ideas for quick-and-easy hors d'oeuvres:

Whip up a seven-layer Mexican dip using refried beans, black olives, salsa, shredded soy cheese, Tofutti brand “sour cream,” sliced green onions, and jalapeños.

•

Veganize that old standby, pigs in a blanket, using tofu hot dogs wrapped in puff pastry. (Pepperidge Farm brand puff pastry and Pillsbury Crescent Rolls are vegan.)

•

Shake 'n Bake bite-size pieces of mock chicken or tofu and serve them with toothpicks.

## Pesto Pasta

- 2/3 cup basil pesto
- 1 9-oz. pkg. fresh fettuccine
- 1 Tbsp. olive oil
- 3 cloves garlic, minced
- 2 cups sliced roasted red bell peppers
- 1/2 cup pitted olives, halved lengthwise
- Salt and pepper, to taste

- Place the pesto in a large bowl.
- Cook the pasta according to the package instructions.
- While the pasta is cooking, heat the oil in a large skillet over medium-high heat. Add the garlic and cook, stirring until soft and fragrant, about 30 seconds. Add the peppers and olives and cook, stirring until hot, about 3 minutes. Season with the salt and pepper.
- Drain the cooked pasta, reserving 1/3 cup of the water. Whisk the pasta water into the pesto.
- Add the pasta to the pesto and toss to combine. Add the peppers and olives and combine.
- Divide among 4 bowls and serve immediately.

*Makes 4 servings*



### 'Creamy' Potato Salad

6 medium potatoes  
 $\frac{1}{2}$  cup eggless mayonnaise  
 (try Vegenaïse or Nayonaïse)  
 $\frac{1}{4}$  cup yellow mustard  
 2 Tbsp. distilled white vinegar  
 $\frac{1}{2}$  onion, chopped  
 $\frac{1}{2}$  cup chopped celery  
 Salt and pepper, to taste  
 Paprika (optional)

- Cut the potatoes into cubes and cook in boiling water for 20 minutes. Drain and let cool completely. In a large bowl, combine with the remaining ingredients. If desired, sprinkle paprika on the top.

*Makes 4 to 6 servings*

### Hearty 'Beef' Cassoulet

6 garlic cloves, minced  
 $1\frac{1}{2}$  cups chopped onions  
 1 Tbsp. dried thyme  
 3 bay leaves  
 $\frac{1}{2}$  tsp. marjoram  
 1 tsp. dried rosemary  
 3 Tbsp. olive oil  
 $\frac{1}{2}$  cup red wine

1 cup peeled and sliced carrots  
 $\frac{3}{4}$  cup sliced celery  
 1 cup cubed potatoes  
 1 cup diced tomatoes  
 $\frac{3}{4}$  cup cubed seitan  
 2 Tbsp. molasses  
 2 Tbsp. Dijon mustard  
 1 15-oz. can kidney beans, drained  
 1 15-oz. can navy beans, drained  
 Sea salt and black pepper, to taste  
 1 cup whole wheat bread crumbs  
 mixed with 3 Tbsp. olive oil

- Preheat the oven to 350°F.
- In a large pot, sauté the garlic, onions, thyme, bay leaves, marjoram, and rosemary in the olive oil for about 2 minutes.
- Add the wine, cover, and simmer for 5 minutes.
- Add the carrots, celery, potatoes, and tomatoes and simmer for 10 minutes.
- Add the seitan, molasses, mustard, beans, salt, and pepper. Heat through.
- Transfer to 6 15-oz. oiled casserole dishes. Top with the bread crumbs, cover, and bake for about 45 minutes.

*Makes 4 servings*

### Wild-Mushroom Stroganoff

1 Tbsp. extra-virgin olive oil  
 1 medium-size yellow onion, diced  
 1 cup quartered baby portobello mushrooms  
 1 cup quartered shiitake mushrooms  
 1 cup quartered button mushrooms  
 1 Tbsp. whole-wheat pastry flour  
 1 can mushroom gravy  
 (try Campbell's brand)  
 1 cup vegetable stock  
 $\frac{1}{2}$  cup soy sour cream  
 (try Tofutti brand)  
 1 Tbsp. ground mustard  
 $\frac{1}{4}$  cup chopped parsley

- Heat the oil and sauté the onion and the mushrooms. Sprinkle in the flour and cook to a paste. Add the gravy and the vegetable stock and simmer for 20 minutes.
- Mix the soy sour cream and the mustard together. Pour into the gravy mixture and heat through.
- Garnish with the parsley.

*Makes 4 servings*



## Enchilada Bake

- 1 12-oz. bag Morningstar Farms brand “burger” crumbles (or your favorite brand)
- 1 pkt. taco seasoning
- 2 Tbsp. vegetable oil
- $\frac{1}{2}$  cup minced scallions
- 2 Tbsp. all-purpose flour
- 1 cup vegetable stock
- 2 cans pinto beans, drained
- 2 cans enchilada sauce
- 12 corn tortillas
- 1 bag shredded cheddar soy cheese
- 1 4.5-oz. can diced green chilies
- 1 bag Fritos, crushed

- In a bowl, mix the burger crumbles with the taco seasoning and toss to coat. Set aside.
- Heat the oil in a skillet over medium heat. Add the scallions and cook for 3 minutes, or until softened. Stir in the flour and cook for 1 minute. Add the stock and cook, stirring, to achieve a smooth consistency, about 1 minute. Add the pinto beans and set aside.
- Preheat the oven to 375°F.
- Spray a 9 x 13-inch baking pan with oil. Cover the bottom of the pan with a layer of the enchilada sauce. Layer

4 corn tortillas and the pinto bean mixture on top. Follow with part of the soy cheese and half of the green chilies, more enchilada sauce, and 4 more tortillas. Add the burger crumbles mixture, more soy cheese, the rest of the green chilies, and more enchilada sauce. End with the remaining tortillas, enchilada sauce, and soy cheese.

- Cover with foil and bake for 30 minutes. Remove the foil, top with the Fritos, and bake another 10 to 15 minutes, or until bubbly and browned.

*Makes 9 servings*

## Sweet-and-Sour ‘Meatballs’

- 1 lb. ground beef substitute (try Lightlife Gimme Lean)
- $\frac{1}{2}$  green pepper, finely chopped
- 1 small onion, finely chopped
- 1-2 cloves garlic, crushed
- 2 slices white bread, crumbled
- Egg replacer equivalent to 2 eggs
- Salt and pepper, to taste
- Oil sufficient for frying
- 6 oz. chili sauce
- 5 oz. red currant jelly

- Combine all the ingredients, except the oil, chili sauce, and jelly, in a bowl and stir until well mixed. Heat the oil in a skillet, using enough to coat the bottom of the pan. Form the “beef” mixture into 1-inch balls and fry in the oil until browned.
- Meanwhile, place the chili sauce and the jelly in a saucepan. Heat and stir until smooth. Add the browned mock meatballs and stir to coat well. Simmer over low heat for 5 to 10 minutes.

*Makes approximately 20 1-inch balls*



## 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 favorite condiments and toppings.

•  
Heat sliced veggie 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 favorite vinaigrette.





## Shepherd's Pie

4 medium potatoes, diced  
 2 Tbsp. margarine  
 ½ cup soy milk or liquid nondairy creamer  
 Salt and pepper, to taste  
 1 12-oz. bag Morningstar Farms brand  
 burger crumbles (or your favorite brand)  
 1 can vegetarian mushroom gravy

(try Campbell's brand)  
 1 small can mixed peas  
 and carrots, drained  
 Garlic powder and cayenne pepper,  
 to taste

- Preheat the oven to 350°F.
- Boil the potatoes for 20 minutes,

or until tender. Drain and mash with the margarine and soy milk or nondairy creamer. Add the salt and pepper, to taste.

- In a medium bowl, mix the crumbles, mushroom gravy, peas, carrots, garlic powder, and cayenne. Pour into a pie pan. Top with the potatoes, spreading them to the edges of the pan. Bake for 30 to 40 minutes, or until the potatoes are browned.

*Makes 4 servings*

## Spinach Lasagne

½ lb. lasagne noodles  
 2 10-oz. pkgs. frozen chopped spinach,  
 thawed and drained  
 1 lb. soft tofu  
 1 lb. firm tofu  
 1 Tbsp. sugar  
 ¼ cup soy milk  
 ½ tsp. garlic powder  
 2 Tbsp. lemon juice  
 3 tsp. minced fresh basil  
 2 tsp. salt  
 4 cups tomato sauce

- Cook the lasagne noodles according to the package directions. Drain and set aside.
- Preheat the oven to 350°F.
- Squeeze the spinach as dry as possible and set aside.
- 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 spinach.
- Cover the bottom of a 9 x 13-inch 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 for 25 to 30 minutes.

*Makes 6 to 8 servings*



## 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 fake meats—top your pizza with veggie burger crumbles, veggie bacon, or veggie pepperoni.

•  
 Try nutritional yeast or soy Parmesan for a traditional cheesy taste.

•  
 For a Mexican pizza, try refried beans, tomatoes, soy cheese, and salsa.

•  
 Try these brands of vegan cheeses:  
 Follow Your Heart, Tofutti, or VeganRella.





## Chocolate Mousse

1¼ lbs. silken tofu  
¾ cup semisweet chocolate chips, melted

- In a blender, purée the tofu until smooth. Add the melted chocolate and blend thoroughly. Pour into 6 individual dessert bowls and chill.
- Optional: Dust with powdered sugar or top with a strawberry or other berries.

*Makes 6 servings*

## Fudge Mint Brownies

1 cup granulated sugar  
1 cup plus 6 Tbsp. margarine  
1 cup flour  
½ tsp. salt  
16 oz. chocolate syrup  
1 tsp. vanilla  
1 cup confectioner's sugar  
2 Tbsp. green crème de menthe  
1 cup chocolate chips

- Preheat the oven to 350°F.
- In a large bowl, using an electric mixer, cream together the granulated sugar and ½ cup of the margarine. Mix in the flour and salt, then add the chocolate syrup and vanilla and mix until thoroughly combined.



## Sandwiches

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

**Stuff a baguette with lettuce, tomato, veggie bologna or turkey, and nondairy cheese slices.**

**Dress up a bagel with tofu cream cheese and olives or veggie salami.**

**Fill a pita with faux tuna or chicken salad. Try Worthington's Chic-Kette or Morningstar Farms' Chik'n Strips mixed with vegan mayonnaise and celery.**

**Make a grilled "cheese" sandwich with soy cheese instead of dairy cheese.**

- Spread into a greased 9 x 13-inch pan and bake for 30 minutes. Cool completely.
- Meanwhile, mix together the confectioner's sugar, ½ cup of the margarine (melted and cooled), and the crème de menthe. Spread over the cooled cake.
- Melt together the remaining 6 Tbsp. of margarine and the chocolate chips and cool slightly. Spread over the crème de menthe mixture.
- Refrigerate until set, then cut into 1-inch squares. Chill thoroughly again before serving.

*Makes 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 cow's milk in your favorite desserts.

## Strawberry-Mango Crisp

*For the Fruit Mixture:*

1 qt. quartered strawberries  
2 cups diced mango  
¼ cup sugar  
¼ cup flour

*For the Topping:*

1 cup flour  
½ cup rolled oats  
1 cup brown sugar  
½ cup (1 stick) margarine

- Preheat the oven to 400°F.
- Mix the ingredients for the fruit mixture together in a large bowl. Spread evenly into a 2-quart casserole 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 nondairy ice cream.

*Makes 6 servings*





# When You're Away From Home

© Steve Lee Studios



Restaurant options for vegetarian diners keep getting better and better. Whether you're a fast-food fan or a gourmet connoisseur, a great place to learn about vegetarian restaurant options is the "Dining Out" section of [PETA.org/VegetarianLiving](http://PETA.org/VegetarianLiving). 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 entrées. Eating Chinese? Try the bean curd (tofu) or vegetable dishes, or ask for vegetable fried rice (without eggs) and garlic eggplant. Having Mexican? Order bean burritos, tacos, and tamales minus the cheese, or make a hearty meal out of refried beans mixed with Spanish rice and served with fresh tortillas, salsa, and guacamole. In Indian restaurants, you'll find fabulous vegetable curries, lentil soup, potato-filled samosas, and other delights. Japanese, Ethiopian, Middle Eastern, Thai, and other ethnic restaurants also offer delicious vegan items.

2. If you're stuck at a behind-the-times restaurant without much vegan variety, ask if the chef can whip up a vegetarian entrée. Most restaurants will gladly accommodate special requests, and you'll be surprised at the creativity of some chefs!

3. 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.

4. When dining at someone else's house, let your hosts know in advance that you're a vegetarian. Offer to bring a veggie dish to share. (This is a great way to introduce others to vegetarian eating.)

## Eating on the Road

Hard Rock Café, Denny's, Chili's, Johnny Rockets, Red Robin, and Burger King all boast briskly selling veggie burgers on their menus. Taco Bell offers cheap veggie fare, such as bean burritos and veganized Crunch Wrap Supremes (be sure to add potatoes and guacamole!). Try vegetarian subs at Quizno's and Subway with fresh-baked breads and toppings. Be sure to surf to [VegGuide.org](http://VegGuide.org) to do a bit of Web research on vegetarian and vegetarian-friendly restaurants in your destination city before your next trip.

## Fire Up the Grill!

Don't give up backyard barbecues just because you're not eating meat. There are lots of great vegetarian

burgers, "hot dogs," "riblets," "chicken" patties, and other mock meats that taste terrific straight from the grill. Top veggie burgers off with ketchup and mustard or with more creative condiments, such as salsa, guacamole, and hummus. Baste vegetable shish kebabs or soy chicken strips made by companies like Morningstar Farms with Italian dressing or a teriyaki marinade, then grill them until the vegetables are slightly blackened, and voilà—a delicious summertime treat. Enjoy chocolate mousse (see page 21) or fresh watermelon for dessert.





# Resources



## Online Resources

### PCRM.org

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

### PETA.org

Everything you've ever wanted to know about animal rights and vegetarianism, plus shopping tips, meal plans, and information on the best new vegetarian products!

### peta2.com

The Web site for PETA's Youth Outreach Division and a resource for people aged 13 to 24 who want to learn more about animal rights and get free stuff

### PETAMall.com

Your online one-stop cruelty-free shop

### PETAkids.com

Games, contests, and prizes for kids who want to help animals

### VegCooking.com

You can find thousands of delicious recipes and cooking tips on PETA's food blog. Best of all, it's suitable for all skill levels.

### PETA.org/Community

PETA's online community is a place where you can connect with other compassionate people to discuss animal rights issues, including vegetarian eating.

### PETACatalog.com

The official online PETA catalog

## Books

### The Food Revolution

by John Robbins

The best book ever written on vegetarianism and the meat industry, to date



### Eat Right, Live Longer

by Neal Barnard, M.D.

A program that promotes weight loss, strengthens the immune system, maintains strong bones, and protects veins and arteries

### Good News for All Creation

by Dr. Stephen R. Kaufman and Nathan Braun

Why Christians should be vegetarians



### Judaism and Vegetarianism

by Dr. Richard Schwartz

Why Jewish mandates point toward vegetarianism

### Slaughterhouse:

### The Shocking Story of Greed, Neglect, and Inhumane Treatment Inside the U.S. Meat Industry

by Gail Eisnitz

Blows the lid off USDA and meat-industry claims that animals are humanely slaughtered and lends new meaning to Linda McCartney's comment, "If slaughterhouses had glass walls, everyone would be vegetarian."



### Prevent and Reverse Heart Disease

by Dr. Caldwell Esselstyn

One of the world's most respected nutrition experts details why a vegan diet is by far the best choice for anyone with a family history of heart disease, the number one cause of death in the United States.

## Cookbooks

### Venturesome Vegetarian Cooking: Bold Flavors for Meat- and Dairy-Free Meals

by J.M. Hirsch, Michelle Hirsch, and John Mackey (foreword)

An adventure in vegetarian cooking that'll make your taste buds jump for joy



### The Native Foods Restaurant Cookbook

by Tanya Petrovna, cofounder of Native Foods restaurants

Fresh, fun, delicious, and enticing vegan recipes



### How It All Vegan! Irresistible Recipes for an Animal-Free Diet

by Tanya Barnard & Sarah Kramer

Delightfully demonstrates how vegan food can be fabulous, flavorful, and nutritious



### The Compassionate Cook

by PETA and Ingrid E. Newkirk

The original cookbook full of the favorite recipes of PETA staff and members



## Videos

### 'Meet Your Meat'



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

### 'Chew on This'

Thirty reasons to go vegetarian, in less than four minutes (watch or download it at PETA.org)



For many other videos that are available free for download, visit PETA.org.



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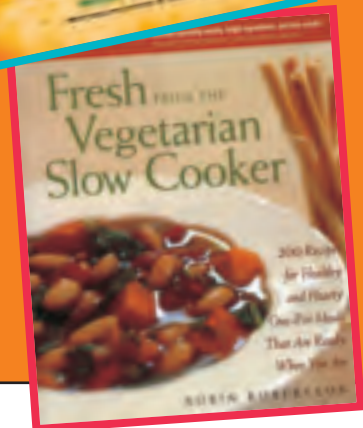
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