



The Island Vegetarian

Quarterly Newsletter of the Vegetarian Society of Hawaii

SUPPORTING HEALTH, ANIMAL RIGHTS, AND ECOLOGY

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Public Lectures

BROOK & HOME LE'AMOHALA

**"ADD A LITTLE HEALTH
TO YOUR HOLIDAYS"**

Saturday, October 17th, 7 p.m.

McCoy Pavilion, Ala Moana Beach Park

JOHN MCDUGALL, M.D.

**"THE STARCH SOLUTION
& WHY SALT IS A SCAPEGOAT"**

Saturday, November 14th, 7 p.m.

McCoy Pavilion, Ala Moana Beach Park

JACK NORRIS, R.D.

**"VEGAN NUTRITION:
WHAT DOES THE SCIENCE SAY?"**

Saturday, December 12th, 7 p.m.

McCoy Pavilion, Ala Moana Beach Park

See page 12 for more details,
including Maui meeting times.

ADA supports vegan diets for all types of people

The American Dietetic Association has released an updated position paper on vegetarian diets, written by Winston Craig, Ph.D., M.P.H., R.D., professor and chair of the department of nutrition and wellness at Andrews University, and Reed Mangels, Ph.D., R.D., nutrition advisor at the Vegetarian Resource Group, Baltimore, Maryland. It concludes that vegan diets, if well-planned, are healthful and nutritious for adults, infants, children, and adolescents and can help prevent and treat chronic diseases including heart disease, cancer, obesity, and diabetes. The paper, published in the July issue of the *Journal of the American Dietetic Association*, represents the Association's official stance on vegetarian diets:

It is the position of the American Dietetic Association that appropriately planned vegetarian diets, including total vegetarian or vegan diets, are healthful and nutritionally adequate and may provide health benefits in the prevention and treatment of certain diseases. Well planned vegetarian diets are appropriate for individuals during all stages of the life-cycle, including pregnancy, lactation, infancy, childhood, and adolescence as well as for athletes.

The paper covers new topics and additional information on key nutrients for vegetarians, vegetarian diets in the life cycle, and the use of vegetarian diets in prevention and treatment of chronic diseases. According to the ADA, "There are many reasons for the rising interest in vegetarian diets. The number of vegetarians in the United States is expected to increase over the next decade."

See ADA, page 6

JOIN US

You are invited to share the 20th annual cruelty-free Thanksgiving Eve dinner with the Vegetarian Society of Hawaii Wednesday, November 23rd, at Govinda's buffet restaurant.

See page 3 for details.



The Island Vegetarian

The Island Vegetarian is published quarterly by and for the members of the Vegetarian Society of Hawaii.

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Visit our website for a restaurant guide, TV and meeting schedules, newsletter archives, and more.

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Mahalo
to all our volunteers!

The opinions expressed in this newsletter are those of the writers and not necessarily those of the Vegetarian Society of Hawaii.

The information contained in this newsletter is for educational purposes. It is not intended as medical advice or to replace the advice of a qualified, licensed medical practitioner.



President's Message

by Lorraine Sakaguchi

Greetings!

I am honored to be taking over in the interim for our now-retired president, Alida Rutchick. The Vegetarian Society of Hawaii has been doing an amazing job of educating people about vegetarianism, environmental issues, and animal rights for the past 19 years. As the VSH president for the past 11 of those years, Alida served with distinction, introducing speakers at our monthly meetings in Honolulu, sharing her thoughts with us on this page of *The Island Vegetarian*, and doing much behind-the-scenes work as well. Mahalo, Alida!

Through the years, with the help of our dedicated founders and long-time volunteers, VSH has been serving not only our membership, but also the people of Hawaii *via* our monthly public lectures and broadcasts on cable TV.

But we haven't stopped there. Using the unprecedented reach of the Internet, we now serve a worldwide audience. People across the globe enjoy access to a wealth of information available on our website, www.vsh.org, including past issues of our newsletter and videos of our monthly public lectures. If you have not yet taken advantage of this resource, we invite you to do so today. We are also exploring ways to expand our online presence, both to better serve our members and to broaden our outreach to others. Stay tuned for new and exciting developments in the not-too-distant future!

Thank you very much for supporting this work with your membership and donations. If you would like to join in and help personally, even if you have limited time, please call or email us. We will be thrilled to hear from you!

There is an old saying taken from the Talmud: "To save one life is as if you have saved the world." VSH brings to people the kind of information that empowers them to change their own lives, as well as those of their fellow inhabitants of this planet, for the better. Saving one life may seem like a small thing in this infinitely large universe, but that one life saved means the world to the life that is saved.

Wishing you good health and peace!

Lorraine

Twentieth Annual Thanksgiving Eve Dinner The VSH Healthy and Compassionate HOLIDAY TRADITION November 25th

by Karl Seff, Ph.D.
VSH Board member

Once again the holiday season is almost upon us, and plans have been made for our annual Thanksgiving Eve Dinner. As before, Govinda's Vegetarian Buffet is more than happy to host this wonderful event. It is open to members and non-members alike.

The fare will be very traditional (see menu at right), completely homemade, and vegan. Whenever possible it will be organic. It will also be free of GMOs, hydrogenated oils, MSG, preservatives, and artificial colors and flavors. The oil and salt content will be kept under control, and nut-free alternatives will be available.

Expect a cozy and serene family-style Thanksgiving experience with additional seating opportunities and more service this year, but without last year's live band and incense. Our hosts at Govinda's are trying for "best ever."

The cost is \$16.00 for adults and \$12.00 for children 5 to 11 years old; children 4 and younger eat free. The two seatings will be somewhat staggered, beginning at 5 and 7 p.m.

For reservations, please call Madana at 531-1929 between 9 a.m. and 9 p.m. If you get a recording, just leave your name, phone number, the number of people in your party, and the seating time you prefer. She will call you back in a day or two to reconfirm and give further information.

This event is well known for bringing together the diverse arms of the vegetarian community, including animal rights activists, environmentalists, health vegetarians, ethical vegetarians, and people of various religious groups. We are the "Honolulu Vegetarian Family." Talk to the people at your table; like you, they elected to have a vegan Thanksgiving.

Millions of people across the U.S. are celebrating Thanksgiving in this way. "Gentle Thanksgiving" is a program of FARM (Farm Animal Reform Movement). People use mock meats, substitute a few ingredients, and bingo, Thanksgiving has been made Gentle. Baked yams, cranberry sauce and veggies were always whole vegan fare, and, with a small change to the ingredient list, the mashed potatoes, gravy, stuffing, and pie can be vegan, too. Some of us have already said goodbye to the mock meats.

We hope to see you there!

Thanksgiving Eve Menu

Salad

Mixed Spring-Green Salad

Assorted Dressings

- * cream almond
- * green goddess
- * tamarind citrus

Courses

Savoy Organic Tofu Turkey with stuffing

Pineapple Baked Faux Ham

Home-Style Mashed Potatoes with Gravy

Autumn Vegetables Almandine

Fresh Orange Cranberry Relish

Maple Glazed Yams

Whole Grain Dinner Rolls

Beverages

Hot and Cold Herbal Tea

Water

Dessert

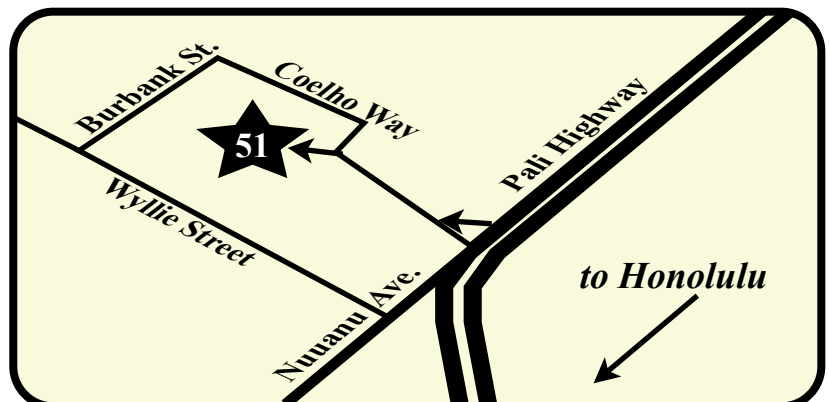
Fresh Homemade Pumpkin Pie

Warm Apple Crisp

Holiday Cake

Reservations: 531-1929

Govinda's is located in the Hare Krishna Temple at 51 Coelho Way, off the Ewa (Honolulu-bound) side of the Pali Highway, just before the Nuuanu Avenue exit.





Local Happenings

Haiku to host Vegan Holiday Festival November 8th

The Optimum Living Alliance (OLA) on Maui will be hosting its third annual Vegan Holiday Festival at the Haiku Community Center from 11 a.m. until 9 p.m. on November 8th. Speaking will be cleansing guru Lenny Watson, Master Nutritionist Steve Blake, and OLA cofounder Home Le'amohala. Also included will be traditional favorites, including a fabulously healthy, cruelty-free feast, fantastic prizes, fun for the kids, and music and dancing. It will be fun for the whole family. A dinner voucher will be given free with every \$10 donation. Please bring your own plates, cups, and utensils to help minimize waste. This is an Earth-friendly event.

OLA is a 501(c)(3) non-profit community outreach organization dedicated to creating personal and planetary vitality by promoting the expansion of compassion. For more information about the event, email home@ola-life.org or call 573-1959. We hope to see you there!

Dining Guide revised

by Karl Seff, Board Member

It's there for you at vsh.org. Just click on "Restaurants and Health Food Stores" on the green top menu bar. It also includes caterers and outer island listings. A limited number of copies are available at the literature desk at our free monthly lectures.

Not only can it clue you in to a new resource or two, it allows you to support and encourage those providers in our community who are vegan and vegetarian friendly. We want them to stay in business — right? We want to see more healthy choices at existing sources, and we want new ones to open. The managers of the Dining Guide are always on the lookout for new veg-friendly restaurants to add to the list.

The Dining Guide is pretty long, but fear not. It is organized according to zip code to make it easier for you to find restaurants and health food stores near you.

Most restaurants in the listing cannot be trusted entirely. You need to inquire with some intensity as to what is in the food and make yourself very clear. After that, you are at their mercy. You will *not* find complete safety (no chicken or beef stock, shrimp paste, fishy stuff of various hues, egg in the pasta, whey in the fake meats, condimental cheese, etc.) at most of the restaurants and health food stores listed.

A good vegetarian meal can be had at many more restaurants than are listed in the Dining Guide. To be added to the Guide, a restaurant needs to offer a reasonable selection and show some interest in health (brown rice, vegan selections, etc.).

Many restaurants have vegetarian menus, but you are not likely to see one unless you ask. Even if there isn't one, the waitperson may direct you to the vegetarian section of the menu, or

you may simply be told what is available. That's a fine way to start.

My personal favorites are Buzz's in Kailua (salad bar, 96734); Ah Lang (Korean, 96813); Phuket Thai on Kamae (elegant late night, 96814); Bombay (elegant, 96815); La Pizza Rina (96816); BC Burrito (96816), any Maui Tacos, and any Taco del Mar for big vegan burritos; Govindas (serenity, 96817); and Legend Vegetarian (Chinese, dim sum, 96817).

Down to Earth to open new store in Hilo, remodel others

Honolulu-based Down to Earth All Vegetarian Organic and Natural Foods will open a new store in Hilo on the Big Island this fall and complete remodels of its Kahului and Kailua stores by early next year. The addition will give the company a total of five stores in Hawaii and add 50 jobs to the payroll. Down to Earth is the only all-vegetarian food store in Hawaii and one of only a few in the nation.

"Our expansion is a response to consumer demand," says Mark Ferguson, Down to Earth CEO.

The new Down to Earth store in Hilo will be located in a 5,500-square-foot space in the Wal-Mart Shopping Center. It will open in October or November of this year.

The remodel of the Kahului store includes an expansion that converts 3,000 square feet of storage space into retail space for a total of 9,000 square feet. "The bigger and renovated store will have many new products and will allow us to offer our customers a wider range of healthy and organic products," said Ferguson.

"Many restaurants have vegetarian menus, but you are not likely to see one unless you ask."

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The renovation and remodel of the Kailua store will be modest by comparison, as no new square footage will be added. "The main benefits for customers will be the doubling of the chill and frozen departments, where there has been an explosion of new vegetarian products since the store first opened in 2000, and we're going to improve our popular deli, bakery, and juice bar." Fergusson said that changes in the layout of the store will improve traffic flow and make the shopping experience easier and more enjoyable.

The Hilo store and renovated Kahului and Kailua stores will feature the new look of the company's recently remodeled flagship store on King Street in Honolulu. The graphics feature its new logo that emphasizes the company's local roots and its new universally appealing slogan, "Love Life!" — which for Down to Earth includes the meaning, "Love animals, don't eat them." The décor also includes the prominent display of a message encouraging customers to consider that "the single most important thing an individual can do for health, for the environment, and for the sake of innocent animals is to adopt a vegetarian diet."

"Many of Down to Earth's customers are vegetarians who will not be comfortable shopping in a store that sells and promotes meat," says Fergusson. "They know that eating meat is bad for their health and the environment and reject the notion that slaughtering animals to eat them is ever humane. Yet, you don't need to be a vegetarian to shop at Down to Earth. Everyone can benefit from the all-vegetarian, organic, and natural products that it provides."

Down to Earth was founded in 1977 in Wailuku, Maui. Today it is the largest local natural food store chain in Hawaii with locations in Honolulu, Kailua, and Pearlridge on

Oahu and in Kahului on Maui. For more information visit www.downtoearth.org.

Lentil Soup

by Leslie Ashburn

When I'm looking for a quick, easy, and inexpensive but delicious and nutritious meal, I put together a lentil soup. Lentils are low on the glycemic index, low in calories, and high in fiber and protein.

- ½ cup lentils (green or French)
- 1 onion, diced
- 1 carrot, diced
- 1 stalk celery, diced
- ½ cup organic corn
- ½ cup winter squash, kabocha, or butternut squash, diced
- 1 to 2 tsp thyme
- miso or sea salt to taste
- 4 to 6 cups water
- bay leaf (optional)

Rinse lentils and place in a pot with water and bay leaf. Bring to a boil and cook for about 20 minutes. Meanwhile, cut all the vegetables. Add them to lentils along with thyme. Cook for an additional 15 to 20 minutes or until vegetables are soft. Season with sea salt or miso.

Leslie Ashburn is a Kushi-certified personal chef and cooking teacher. She offers a range of vegan whole foods that change stereotypes about eating healthfully. Visit her website at www.macrobotichawaii.com.



On TV...



"Vegetarian" VSH lectures

Oahu—Oceanic Cable Ch. 52

Thurs. 6 p.m.

Go to olelo.org and click on "Oahu Channel 52."

The shows are also on line at 6 p.m. on Thursdays.

Maui—Calabash Cable Ch. 52

Wed. 9:30 p.m.

Thurs. 5:30 a.m.

Maui schedule is at akaku.org

Big Island—Na Leo O Hawaii

Cable Ch. 54, Sat. 2 p.m.

Kauai—Ho'ike Cable Ch. 52

Kauai schedule is at hoike.org

Online—www.vsh.org/videos.htm

"Cook Healthy Fast"

with Dick Allgire

Short, quick, vegan recipes

Tuesdays: 5 p.m.

KITV-4



...and Radio

"Healing & You"

Terry Shintani, M.D.

Dr. Diane Nomura

Ruth Heidrich, Ph.D.

Sundays: 8-9 p.m.

K108 — AM 1080

Call-in line: 524-1080

"Health Talk"

Hosted by Hesh

Saturdays: 8-9 a.m.

K108 — AM 1080

Call-in line: 524-1080

www.healthtalkhawaii.com



IN THE NEWS

ADA, from page 1

Vegetarian diets are often associated with health advantages including lower blood cholesterol and blood pressure levels, lower risk of heart disease, and lower risk of hypertension and type 2 diabetes. “Vegetarians tend to have a lower body mass index and lower overall cancer rates. Vegetarian diets tend to be lower in saturated fat and cholesterol and have higher levels of dietary fiber, magnesium and potassium, vitamins C and E, folate, carotenoids, flavonoids, and other phytochemicals. These nutritional differences may explain some of the health advantages of those following a varied, balanced vegetarian diet.”

The position paper draws on results from ADA’s evidence analysis process and information from the ADA Evidence Analysis Library to show that vegetarian diets can be nutritionally adequate in pregnancy and result in positive maternal and infant health outcomes. Additionally, an evidence-based review showed that a vegetarian diet is associated with a lower risk of death from ischemic heart disease.

A section in ADA’s paper on vegetarian diets and cancer has been significantly expanded to provide details on cancer-protective factors. An expanded section on osteoporosis includes the role of fruits, vegetables, soy products, protein, calcium, vitamins D and K, and potassium in bone health. “Registered dietitians can provide information about key nutrients, modify vegetarian diets to meet the needs of those with dietary restrictions due to disease or allergies, and supply guidelines to meet the needs of clients

in different areas of the life cycle,” the authors said.

World to celebrate Vegetarian Week

October 1st through the 7th is World Vegetarian Week (WVW), supported by vegetarian, animal rights, environmental, and other groups. It’s purpose is to help reduce the many problems associated with meat, milk, and other animal products in the diet.

This period was chosen because it includes several annual related celebrations,” stated WVW organizer Mateus Mendes. “These include World



Vegetarian Day on October 1st, World Farm Animal Day and International Day of Non-violence on October 2nd, and World Animal Day on October 4th.”

The goal of this initiative is to highlight an easy way to better personal and environmental health. Increasing numbers of people are choosing vegetarianism because of its comprehensive advantages.

“Nothing human beings can do would benefit the environment more than a dramatic reduction in meat consumption. The impact of such a change on the gases in the atmosphere would be phenomenal and would be a huge step in reducing the ominous threat of global warming,” states world-famous author John Robbins, patron of this WVW.

Director of Veg Climate Alliance Dr. Richard Schwartz says that a vegetarian week is more important than ever, as “it is increasingly apparent that the world is rapidly approaching an unprecedented catastrophe from climate change and other environmental threats.”

“A 2006 UN report indicated that animal-based agriculture emits more greenhouse gases (in CO₂ equivalents) than all the cars and other means of transportation worldwide combined (18% v. 13.5%),” stated Jens Holm, former member of European Parliament.

According to Dr. Rajendra Pachauri, head of the Intergovernmental Panel on Climate Change, “the 18% figure is an underestimate; it’s a low estimate and in actual fact it’s much higher.” Dr. Colin Campbell, professor emeritus of nutritional sciences at Cornell University,

suggests that, “new figures indicate that at least half of the greenhouse gases . . . and maybe consid-

erably more are due to livestock production.”

“There would be many other benefits from a major shift to non-animal diets,” stated medical doctor António Paiva, “including a reduction of heart disease, several types of cancer, diabetes, and other chronic and degenerative diseases as well as swine flu and other infectious diseases that very likely originate in animal farming and the meat industry.”

There’s a lot to get involved with on WVW: vegetarian talks, workshops, panel discussions, video viewings, meetings with society leaders, educators, and others; organizing campaigns such as calling for one meat-free day per week, preparing vegetarian meals for friends and fam-

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ily, offering vegetarian gifts or discounts for vegetarian products, or simply distributing leaflets.

For more information about WWV and getting involved, visit www.vegetarianweek.org www.vegclimatealliance.org

Major shift to plant-based diets essential to avert water catastrophe

by Richard H. Schwartz, Ph.D.

In support of World Water Week, August 16-22, 2009, and the corresponding major conference in Stockholm, Sweden the Veg Climate Alliance, an umbrella group of environmental, vegetarian, health, animal rights, and other groups and activists, is urging a major societal shift to plant-based diets in order to help avoid a major water catastrophe.

The situation is already dire. The World Bank reported that 80 countries have water shortages that threaten health and economies, and over 2 billion people lack any access to sanitation or clean water.

In what some climate experts are calling the "Century of Drought," many world regions are suffering from severe droughts, which cause wildfires and food shortages. Aquifers are drying up in many areas, and many rivers are not flowing to the sea during part of the year. Global warming, by reducing rain in some areas and causing severe storms in others and by causing the rapid melting of glaciers that have been a major source of spring irrigation water, threatens to exacerbate these situations.

In view of the above facts and more, it is scandalous that about half of the world's fresh water supply is used to raise animals, largely to irri-

gate lands growing feed crops. Animal-based diets require up to 14 times the water per person than vegan diets require. While estimates vary, according to UNESCO, the production of one pound of beef uses 15,500 liters of water, while one pound of apples uses 700 liters, and one pound of potatoes uses 900 liters.

Making matters worse, animal-based agriculture is a major polluter of water. Farmed animals in the U.S. alone produce over 1.3 billion tons of waste per year, or over 4 tons for every resident. Manure, laden with dangerous chemicals, is the most common pollutant in U.S. waters.

Growing water scarcity poses major threats. UN Secretary General Ban Ki-Moon said that "water scarcity threatens economic and social gains and is a potent fuel for wars and conflict."

In addition to its significant role in consuming and polluting water, modern intensive livestock agriculture is a major contributor to global warming. A UN Food and Agriculture Organization 2006 report (Livestock's Long Shadow) indicated that animal-based agriculture emits more greenhouse gases (18% in CO₂ equivalents) than all the cars, planes, trains, and other means of transportation worldwide combined (13.5%). Making matters even worse is that the UN report projects that if present trends continue, the number of farmed animals will double in the next 50 years.

Based on the above alarming facts, it is essential that there be a major societal shift to plant-based diets. Such a shift would have additional benefits, including improved human

health, a reduction in deforestation, desertification, rapid species extinction, soil erosion and depletion, and a reduction in the current massive mistreatment of animals on factory farms.

In view of the above realities, The Veg Climate Alliance urged the organizers of the Stockholm World Water Week to put dietary changes on its agenda. It is essential that they and other world leaders help increase awareness that a major societal shift to plant-based diets is crucial to avoid catastrophes from water shortages and other threats to humanity.

"It is scandalous that about half of the world's fresh water supply is used to raise animals, largely to irrigate lands growing feed crops."

Richard Schwartz is Professor Emeritus, College of Staten Island. He is Director of Veg Climate Alliance, President of Jewish Vegetarians of North America and Society of

Religious and Ethical Vegetarians, and Associate Producer of A SACRED DUTY. He is author of over 130 articles at www.JewishVeg.com/schwartz.

Governments urged to support meat free day

Taking action to halt climate change just got easier. The MeatFree movement has gone global with the help of a unique website. MeatFreePetition.com is gathering petitions that urge governments worldwide to support at least one meat-free day a week. This allows individuals concerned about climate change to show their support by signing petitions and sharing information with friends across the globe.

Greenhouse gas emissions from livestock are among the most serious and significant contributors to global warming. Animal agriculture is re-

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sponsible for 14 to 18% of the world's greenhouse gas emissions.¹

Recently the civic government in Ghent, Belgium set a precedent by declaring a vegetarian day one day each week to help reduce the city's carbon footprint.

Other jurisdictions supporting vegetarianism or meat-free days to halt climate change include Sweden, Germany, Britain's National Health Service, and Cincinnati, Ohio. Similar initiatives are being developed in many other countries. In addition to government participation, organizations, businesses, and individuals are getting involved. For example, Sir Paul McCartney is leading and promoting Meat-Free UK, and Johns Hopkins Bloomberg School of Public Health endorses Meatless Monday USA. The Chair of the Intergovernmental Panel on Climate Change (IPCC), Dr. Rajendra Pachauri, has recommended a weekly meat-free day as a simple but effective way to prevent climate change. These initiatives raise awareness, encourage individual action, and promote the importance of a plant-based diet in preserving the environment and protecting human health.

The creator of *MeatFreePetition.com*, Leron Rabinowiz, hopes that many people will visit the website to sign petitions in advance of the next major international climate change meeting, which is scheduled for December 2009 in Copenhagen. "These petitions will encourage decision makers to include meat-free days as an effective policy tool to include in future climate change treaties. By uniting concerned individuals, we offer everyone a way to take responsibility and support government action to halt climate change."

1. Steinfeld et al. (2006) *Livestock's Long Shadow: Environmental Issues and Options*. Rome: UN Food and Agriculture Organization (FAO).

2. McMichael, A., Powles, J., Butler, C., Uauy, R. (2007) Food, livestock production, energy, climate change, and health. *The Lancet*. Sept. 13, 2007

Fish does more harm than good

The health benefits of fish consumption have been over-dramatized and have put increased pressure on wild fish, according to new research published in the *Canadian Medical Association Journal (CMAJ)*.

In an innovative collaboration, medical scientists from St. Michael's Hospital and the University of Toronto have teamed up with researchers from the University of British Columbia's Fisheries Centre and author Farley Mowat to closely examine the effects of health claims with regard to seafood.

For years, international agencies concerned with health and nutrition have promoted seafood consumption. "Our concern is that fish stocks are under extreme pressure globally and that studies are still urgently required to define precisely who will benefit from fish oil," says Dr. David J. A. Jenkins, a doctor at St. Michael's Hospital and professor at the University of Toronto Faculty of Medicine's Department of Nutritional Sciences.

"Further, if we decide that fish oil supplementation is necessary for good health, then unicellular sources of 'fish oil' like algae, yeasts, etc., should now be used, as they are in infant formula," adds Dr. Jenkins.

While many studies show health benefits of consuming omega-3 fatty acids found in fish oils, some other studies fail to show health benefits. But these negative studies are often

ignored and the result is that there is increasing demand for seafood by consumers in the developed world, often at the expense of food security in developing nations.

"Governments and industry tell consumers to eat more fish because it is healthy," explains Rashid Sumaila, director of the Fisheries Economics Research Unit at UBC Fisheries Centre and study co-author. "But where do we get these fish? They are increasingly coming from the waters around Africa and other places where food security is a problem."

At best, fish oils are just one factor out of many that may reduce ailments such as heart disease, and researchers found that people who do not eat fish, such as vegetarians, are not at increased risk of illness.

Furthermore, dietary recommendations to consume more fish are incompatible with the sustainability of ocean ecosystems, according to a concurrent study recently published in the *International Journal of Epidemiology*.

Farley Mowat, co-author of this study, says, "In the immediate future, human beings are going to have to find better ways to live. Our rape and pillage of the environment has to end before it becomes our end. The damage we have already done to life in the oceans is a prime example of our idiocy and a last warning that we had better change our ways."





Health Update

Fruit even healthier than thought

PRESS RELEASE — Fruit may contain more beneficial antioxidants than previously thought, a new international study says.

A study done on apples, peaches, and nectarines found that these fruits contain up to five times more polyphenols, chemical substances believed to contain disease-fighting properties, than scientists suspected.

Researchers at the Institute of Food Research in Norwich, England looked at previously ignored nonextractable polyphenols in fruit cells that cannot be broken down and measured as easily as the “extractable polyphenols” that researchers usually study.

“If non-extractable polyphenols are not considered, the levels of beneficial polyphenols such as proanthocyanidins, ellagic acid, and catechin are substantially underestimated,” said one of the researchers, Sara Arranz from the Spanish Council for Scientific Research in Madrid.

This study appeared online July 28th in the *Journal of Agricultural and Food Chemistry*.

Source: Institute of Food Research



Animal fat linked to pancreatic cancer

High intake of dietary fats from red meat and dairy products was associated with an increased risk of pancreatic cancer, according to a new study published online June 26th in the *Journal of the National Cancer Institute*.

To examine the association, Ra-chael Z. Stolzenberg-Solomon, Ph.D., of the Division of Cancer Epidemiology and Genetics at the National Cancer Institute in Bethesda, Maryland and colleagues analyzed a cohort of over 500,000 people from the National Institutes of Health — AARP Diet and Health Study. Participants completed a food frequency questionnaire in 1995 and 1996 and were followed prospectively for an average of six years to track a variety of health outcomes, including pancreatic cancer.

Men and women who consumed high amounts of total fats had 53% and 23% higher relative rates of pancreatic cancer, respectively, compared with men and women who had the lowest fat consumption. Participants who consumed high amounts of saturated fats had 36% higher relative rates of pancreatic cancer compared with those who consumed low amounts.

“[W]e observed positive associations between pancreatic cancer and intakes of total, saturated, and mono-unsaturated fat overall, particularly from red meat and dairy food sources. We did not observe any consistent association with polyunsaturated or fat from plant food sources,” the authors write. “Altogether, these re-

sults suggest a role for animal fat in pancreatic carcinogenesis.”

Theibaut et al., Dietary Fatty Acids and Pancreatic Cancer in the NIH-AARP Diet and Health Study. J Natl Cancer Inst 2009, 101: 1001-1011.

Fruit and vegetable intake reduces risk of colds in pregnancy

Boston University School of Medicine (BUSM) researchers have observed in a study of pregnant women that consumption of at least seven servings a day of fruits and vegetables moderately reduced the risk of developing an upper respiratory tract infection (URTI). The study appears online in the journal *Public Health Nutrition*.

URTIs include the common cold and sinus infections, which can lead to lower respiratory problems such as asthma and pneumonia. Even though the majority of URTIs are uncomplicated colds, identifying ways to prevent their occurrence is important because colds are the most common reason for school and work absences. Eating nutritious foods, especially fruits and vegetables, improves immunity but hadn't previously been associated with reducing the risk of URTIs in pregnant women.

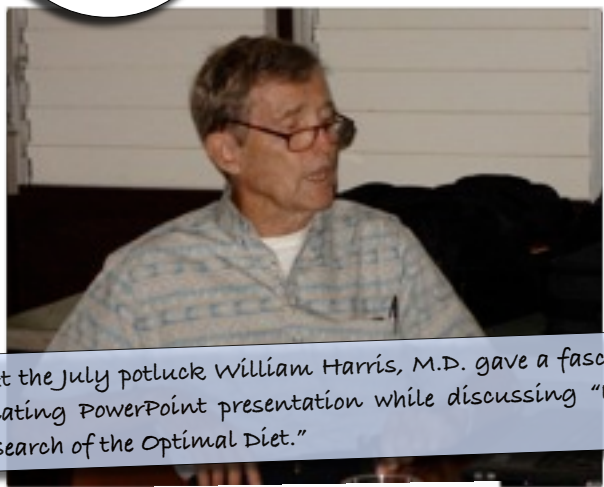
BUSM researchers studied more than 1,000 pregnant women and found that those who ate the most fruits and vegetables were 26% less likely to have URTI relative to those who ate the least. This benefit appears to be derived from both fruits and vegetables instead of either alone.

“Pregnant women may require more fruits and vegetables than usual because of the extra demands on the body,” said senior author Martha M. Werler, M.P.H., Sc.D., professor at Slone Epidemiology Center at Boston University.

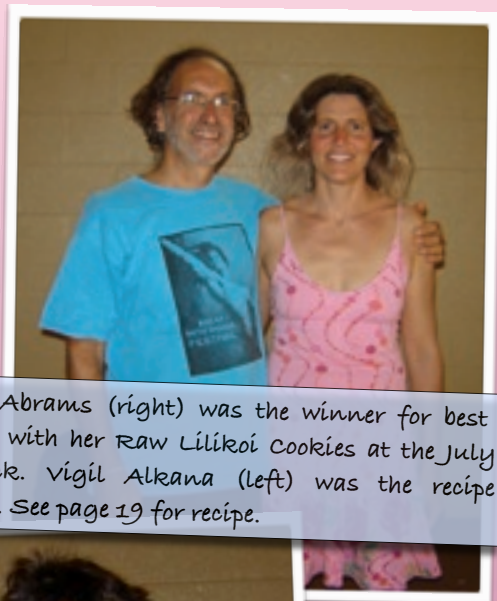
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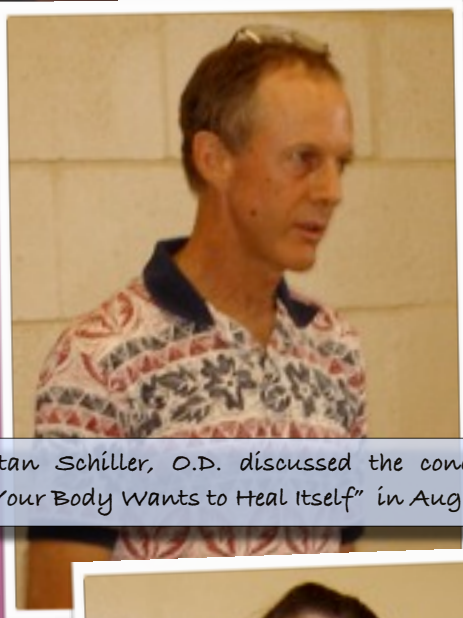
VSH Events on Kauai



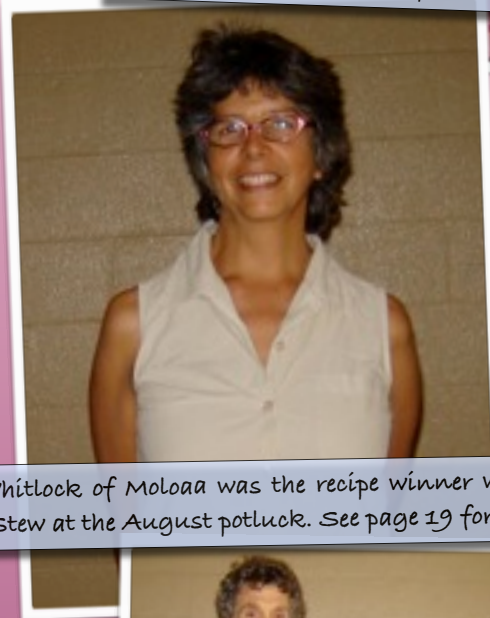
At the July potluck William Harris, M.D. gave a fascinating PowerPoint presentation while discussing "In Search of the Optimal Diet."



Mele Abrams (right) was the winner for best recipe with her Raw Liliko'i Cookies at the July potluck. Vigil Alkana (left) was the recipe judge. See page 19 for recipe.



Stan Schiller, O.D. discussed the concept, "Your Body Wants to Heal Itself" in August.



Marta Whitlock of Moloaa was the recipe winner with her Raw Papaya Stew at the August potluck. See page 19 for recipe.



Chef Jennifer Murray, shown holding her latest book, *The 30-Minute Vegan* (see page 18), gave a cooking demonstration at the September potluck.



At the September potluck Elie Starbright (left) won the best recipe contest with his Banana Ice Cream. Vigil Alkana (right) was the recipe judge.

Monthly vegan potluck luncheons and lectures are held at 12:30 p.m. on the first Sunday of each month at the Kapaa Neighborhood Center on Kauai. Admission is free for those who bring a dish. All others are welcome with a \$5 donation.



VSH Events on Oahu & Maui

July



VSH founding Board Member Bill Harris, M.D. helped build the bridge between the whys and hows of going vegan by sharing his easy-to-digest nutrient-packed recipes and information.

August



Paulette Chandler, M.D. gave an incredible talk chock full of facts about the lifestyle factors that lead to good bone health for a lifetime.

September



Will Tuttle, Ph.D., profoundly explained how many human problems, from sickness to war to inequality, are rooted in eating and abusing animals. He envisions a happier vegan world.

See these and other talks online at www.vsh.org.

Donate, Join, or Renew today!

Vegetarian Society of Hawaii Membership Application/Renewal Form

Please Print

Name(s): _____

Street: _____

City: _____

State, Zip: _____

Home Phone: (____) _____

Work Phone: (____) _____

E-Mail: _____

_____ D _____ Ex _____

Yes, please enroll me as a member. My dues are enclosed (add \$4 per year for a foreign address):

1 yr. 2 yrs. 3 yrs. 4 yrs. 5 yrs.

\$20 \$38 \$54 \$68 \$80
Regular

\$12 \$24 \$36 \$48 \$60
Full-time student

\$30 \$57 \$81 \$102 \$120
Couple or Family

Life membership \$400

\$_____ additional tax deductible donation

Contact me about volunteer opportunities.

Please check one:

Vegan (no animal products at all)

Vegetarian (no flesh, fish, or fowl)

Associate (not yet a vegetarian)

**SAVE
on Multi-Year
Memberships/
Renewals!**

**Members receive a
quarterly newsletter
and discounts at
vegetarian-friendly
restaurants and
health food stores.**



Calendar of Events October-December 2009

A Cooking Demonstration by BROOK & HOME LE‘AMOHALA

“Add a Little Health
to Your Holidays”

Saturday, October 17th, 7 p.m.
McCoy Pavilion,
Ala Moana Beach Park



Pick up some well-seasoned tips on how to incorporate delicious health into the holidays. Make every time you eat a feast for optimum personal and planetary vitality. Featuring:

- Divine cashew mushroom gravy
- Fresh homemade vegan milks and hot chocolate
- Chocolate cream pie & fresh living apple pie
- Delicious creamy soup for any occasion

Brook and Home Le‘amohala are the cofounders of the Optimum Living Alliance, a 501(c)(3) community outreach and educational organization (ola-life.org).

Brook is the coauthor of Incredibly Delicious — Recipes for a New Paradigm with over 500 vegan recipes from beginner to gourmet. She is also the founder of Mama Earth Cafe, an organic vegan catering service (mamaearthcafe.com).

Home and Brook are parents of a beautiful 9-month-old son who will be presenting with them. Brook has been vegan for over 15 years and was 100% vegan throughout her pregnancy. Home has been vegan for 12 years.

**The Le‘amohalas will also be presenting on Maui:
Thursday, October 15th, 7 p.m.
Kaunoa Senior Center, 401 Alakapa Place, Paia**

JOHN MCDUGALL, M.D.

“The Starch Solution
& Why Salt is a Scapegoat”

Saturday, November 14th, 7 p.m.
McCoy Pavilion,
Ala Moana Beach Park



The human diet is a starch-based diet. All large populations of trim, healthy people throughout verifiable human history have obtained the bulk of their calories from starch. Examples of once-thriving people include Japanese, Chinese, and other Asians eating sweet potatoes, buckwheat, and/or rice; Incas in South America eating potatoes; Mayans and Aztecs in Central America eating corn; and Egyptians in the Middle East eating wheat. Starch tastes sweet to the human tongue. The tongue also enjoys saltiness. Salt is not a health hazard for most people. By understanding the true roles of starch and salt, a healthy diet becomes a powerful and preferable way of eating.

Dr. John McDougall’s national recognition as a nutritional expert earned him a position in the Great Nutrition Debate 2000 presented by the USDA. He is a board-certified internist, author of 11 national best-selling books and the international online McDougall Newsletter, host of the nationally syndicated television show McDougall M.D., and medical director of the 10-day live-in McDougall Program in Santa Rosa, California. Other McDougall activities include seminars and health-oriented adventure vacations.

**Dr. McDougall will also be speaking on Maui:
Thursday, November 12th, 7 p.m.
Kaunoa Senior Center, 401 Alakapa Place, Paia**



JACK NORRIS, R.D.

“Vegan Nutrition: What Does the Science Say?”

Saturday, December 12th, 7 p.m.
McCoy Pavilion, Ala Moana Beach Park

Jack Norris, R.D. will be talking about health benefits and concerns of a vegan diet. He will cover the findings of large studies following thousands of vegetarians and vegans over time. He will also address nutrition concerns such as Vitamin B₁₂, omega-3 fats, and soy, focusing on published studies.

Jack Norris co-founded Vegan Outreach in 1993 and is currently its president. Vegan Outreach produces the booklet Why Vegan? (among many others) and has distributed over 10 million copies. Norris runs Vegan Outreach’s Adopt-a-College program, which has directly handed out Vegan Outreach brochures to over three million students since it started in the fall of 2003. In 2005 he was elected to the Animal Rights Hall of Fame. He earned a Bachelor of Science degree in Nutrition and Dietetics from Life University (Marietta, Georgia) in 2000 and did a Dietetic internship at Georgia State University in 2000-2001. He is author of Vitamin B₁₂: Are You Getting It?, Staying Healthy on Plant-Based Diets, and other health articles found at VeganHealth.org and JackNorrisRd.com.

**Mr. Norris will also be speaking on Maui: Thursday, December 10th, 7 p.m.
Kaunoa Senior Center, 401 Alakapa Place, Paia**

More schools offering vegetarian lunches

School Nutrition Association (SNA) president Dr. Katie Wilson announced new data this summer on the widespread availability of vegetarian school lunch options. Almost two thirds of school nutrition programs now offer a vegetarian school lunch on a consistent basis, up from 22% in 2003, according to the Association's soon-to-be-released 2009 School Nutrition Operations Report. The availability of vegetarian school lunches in a majority of districts is consistent with the overall trend in the past five years toward more nutritious school lunches emphasizing whole grains, fruits, and vegetables. The vegetarian choices come even though federal school lunch reimbursements have not kept pace with increased food and labor costs. Dr. Wilson presented the research findings at the National Conference on Childhood Obesity in Washington, D. C.

School nutrition professionals continue to respond to the dietary needs of students, regularly providing tasty and healthful meal choices that meet diverse cultural, religious, and social preferences. According to a 2008 study by Harris Interactive published in *Vegetarian Times*, 3.2% of U.S. adults follow a vegetarian-based diet. Children are increasingly following vegetarian diets as well. During fall 2008, in response to a call for comments on child nutrition reauthorization, the USDA Food and Nutrition Service received over 10,000 comments on the need for increased availability of vegetarian meals in schools.

SNA has tracked vegetarian meal choices in schools since 2003 as part of the School Nutrition Operations Report conducted every two years. The series of reports, based on surveys of 1,200 school nutrition direc-

tors nationally, found that the number of schools offering vegetarian meals rose from 22.3% in 2003 to 63.9% in 2009. The 2009 Report also states that 20.5% of school nutrition programs offer vegan meal options. Additionally, it was found that these types of meal options are most common at the high school level and least common at the elementary school level.

While the increase in vegetarian meal options available in schools has been dramatic over the past six years, challenges remain. SNA member school nutrition directors identified the cost of vegetarian items as a significant barrier to making these choices available. School nutrition programs currently receive \$2.57 in federal reimbursement for each lunch served to students who qualify for free school meals. The average cost to prepare a school lunch during the present school year is estimated by SNA to be \$2.92. Incorporating more whole grains, fruits, and vegetables into meals often adds to the food and labor cost. The SNA is calling for an increase of 35 cents in the federal school lunch reimbursement as part of the 2009 child nutrition reauthorization process in Congress.

Source: School Nutrition Association

Doctors' group honors school lunch directors

As students headed back to school, the Physicians' Committee for Responsible Medicine (PCRM) announced the winners of its 2009 Golden Carrot Awards for innovation in school food service.

Ken Yant, school nutrition program director, and Karen Crawford, nutrition education coordinator, won the grand prize for public schools for the creative food service program they

run in Gwinnett County, Georgia. In addition to the \$3,500 the food service program will receive, Mr. Yant and Ms. Crawford will donate their \$1,500 prizes to the program. Both winners serve healthy vegetarian food daily, and students enjoy hot entrees such as teriyaki veggie burgers and black bean empanadas as well as fresh fruit and salad bars.

Stuart Jacobs, food service director of the Jewish Community High School of the Bay in San Francisco, won the grand prize for private schools for the creative program he runs. Mr. Jacobs will receive \$1,500; the school will receive \$3,500. Mr. Jacobs serves buffet-style kosher vegetarian foods exclusively, as well as fresh fruit and salad bars daily.

Four runners-up will each receive a \$500 prize and \$500 for their food service program.

"Childhood obesity is a serious health threat, so it's wonderful to see these food service professionals serving low-fat vegetarian foods that can help students stay trim," says PCRM nutritionist Kathryn Strong, M.S., R.D.

PCRM established the Golden Carrot Awards in 2004 to recognize food service professionals doing an exceptional job of improving the healthfulness of school lunches. PCRM looks for programs that encourage kids to eat fruits and vegetables and that offer plenty of vegetarian, low-fat, whole grain, nondairy options.





Animal Rights Arena

Undercover footage from hatchery reveals chicks killed en masse

Thrown, dropped, mutilated, and ground up alive. This is the shocking reality faced by hundreds of thousands of chicks each day at the world's largest egg-laying breed hatchery — Hy-Line International in Spencer, Iowa.

New hidden camera footage obtained at this facility during a Mercy For Animals undercover investigation gives a disturbing glimpse into the cruel industrialized reality of modern hatcheries.

The warm, comforting, protective wings of these newly hatched chicks' mothers have been replaced with massive machines, quickly moving conveyor belts, harsh handling, and distressing noise. These young animals are sorted, discarded, and handled like cogs in a machine.

For the nearly 150,000 male chicks who hatch every 24 hours at this Hy-Line facility, life begins and ends on the same day. Grabbed by their fragile wings by workers known as *sexers*, who separate males from females, these young animals are thrown into chutes and hauled away to a grinding machine where they are tossed around by a spinning auger and then torn to pieces by a high-pressure macerator. They are destined to die on day one because they cannot produce eggs and

do not grow large or fast enough to be raised profitably for meat. Over 30 million male chicks meet their fate this way each year at the facility.

For the surviving females, this is the beginning of a life of cruelty and confinement at the hands of the egg industry. Even before leaving the hatchery, they will be snapped by their heads into a spinning debeaker to have a portion of their sensitive beaks removed by a laser. Workers toss and rummage through them before they are crowded into crates by the hundreds and shipped across the country.

The callous disregard for animal welfare at this facility is not isolated. In fact, the conditions documented during this investigation are standard and acceptable in the commercial egg industry. Referred to by Hy-Line corporate leaders as mere "genetic products," these chicks are treated just as they are viewed — as inanimate objects rather than the sentient creatures they are.

Egg producers have gone to great lengths to hide their cruel practices from consumers. Grocery aisles from coast to coast are stocked with egg cartons featuring idyllic images of free-roaming hens and crowing roosters. These deceptive marketing gimmicks conceal the cruel and violent nature of industrial hatcheries and egg factory farms.

Consumers have a right to know the truth behind egg production.

Driven by consumer demand, the egg industry will continue to exploit, abuse, and kill day-old animals as long as doing so remains profitable. Empowered consumers can put their ethics on the table by choosing kind-

ness over cruelty at each meal by adopting an animal-friendly vegan diet.

See www.MercyForAnimals.org/hatchery/

Dunkin' Donuts told to go egg free

Imagine if you could walk into any store of the world's largest baked-goods retail chain, choose anything on the menu, and feel confident that it was animal and cruelty free. That's what Compassion Over Killing had in mind when it started asking Dunkin' Donuts to stop supporting animal cruelty by removing all eggs and dairy from its products.

Dunkin' Donuts serves more than 3 million customers daily. There are an estimated 6,400 stores in the U.S. alone offering more than 52 varieties of donuts, every single one containing both egg and dairy products from animals forced to endure miserable conditions on today's massive and mechanized factory farms.

After successfully working with Morningstar Farms, Lightlife Foods, and Boca to begin removing eggs from their products and to add vegan options, Compassion Over Killing reached out to Dunkin' Donuts about this important issue.

The company responded by saying it is looking into animal-friendly options but has yet to take any real steps. Adding your voice to the campaign along with those of your friends and family could help persuade Dunkin' Donuts to commit to change. Please contact the company and ask them to stop using eggs and dairy in their products:

- **Send an email via** www.dunkincruelty.com
- **Call the Company:** 800-859-5339
- **Send a Letter to the CEO:** Dunkin Brands, Attn: Nigel Travis, 130 Royall St., Canton, MA 02021



Mercy for Animals founder named to Hall of Fame

At 25 years old Nathan Runkle became the youngest person ever inducted into the U.S. Animal Rights Hall of Fame. He was recognized at the 2009 Animal Rights Conference for his accomplishments with Mercy For Animals (MFA), a non-profit group he founded ten years ago at the age of 15.

The U.S. Animal Rights Hall of Fame recognizes individuals who have made outstanding contributions to the advancement of animal rights in the United States for at least ten years.

Former inductees include Howard Lyman, Ingrid Newkirk, Peter Singer, and Compassion Over Killing founder Paul Shapiro.

Runkle's achievements with MFA have included organizing grassroots demonstrations, animal rescue operations, and undercover investigations that have gained national attention.

MFA focuses attention on defending farmed animals, which are confined, mutilated, and slaughtered at the hands of the meat, dairy, and egg industries at the rate of 9 billion a year in the U.S. The Ohio-based group has offices in Chicago and North Carolina and recently expanded to New York. It boasts 25,000 members.

See www.MercyForAnimals.org,
<http://arconference.org/ARHOF.htm>



Nathan Runkle,
Mercy for Animals founder

Livestock program reeks of hypocrisy

by Anjie Pham
Animal Rights Hawaii

The 4-H Farm Fair at Bishop Museum on July 18th and 19th was considered a success by all conventional standards. The parking lots were filled to capacity, and streets lined bumper to bumper for blocks. But the event, whose motto is Head-Heart-Health-Hands, was full of Hypocrisy.

Thousands of parents shelled out \$5 per person to treat their families to a weekend of "wholesome family fun," support "local" agriculture, and give their kids a chance to pet farm animals. Inside the fair under a large tent families gathered around livestock pens to pet and pose with the cute Blue Ribbon animals: pigs, chickens, goats, and cows. I overheard parents reminding their children to pet gently with care because they should "be nice to animals." Yet few seemed to see the hypocrisy behind all their good intentions. The animals they were petting would be sold by the pound, carted away by the children who raised them, and dead the next day.¹

The Youth 4-H Livestock Program and others like it encourage young members to raise traditional farm animals, enter them to be judged for their perceived meat quality, and then auction them off for slaughter. Kids from five to nineteen years old

are indoctrinated to view animals as nothing more than commodities and that it is perfectly ethical to betray the life of a loving, trusting creature for money. Many stop allowing themselves to feel anything after the initial sadness of sending their first animal off to slaughter. They have been taught that it is normal for their "pet" to be hugged and kissed one day and become pork the next.

At the fair children pitifully prodded and pulled their animals around the rink to auction them off for the highest price. They were overbid by at least a dollar a pound as a reward from industry representatives who want the children to believe that raising animals is a lucrative and viable career. No one had enough sense to tell them the truth: without heavy government subsidies from unwitting taxpayers, the industry would not even survive. Obviously this is a severely flawed business model which would have been discarded long ago under any other circumstances.

It is doubly hypocritical that an organization claims to teach children "responsibility" but never tells them that livestock production is the #1 culprit in environmental degradation and contributor to global warming.² To continue on the same path is nothing but irresponsible. Yet despite failing miserably in ethical, business, and environmental standards, 4-H still has tremendous reach in their youth programs, influencing about 35,000 young people annually throughout the State of Hawaii.³

As public service, Animal Rights Hawaii is campaigning to clear up these misconceptions about 4-H. If you're interested in more info or would like to help please contact us through www.animalrightshawaii.org.

1. <http://www2.ctahr.hawaii.edu/4h/livestock.htm>
2. <http://www.un.org/apps/news/story.asp?NewsID=20772&Cr=global&Cr1=warming>
3. <http://www2.ctahr.hawaii.edu/4h/allabout.htm>





Consumers' Corner

Is vegan food really vegan?

by Scott Snarr, editor

You're sitting down at an all-vegan restaurant, about to sink your teeth into your favorite meal. But can you be sure it's really vegan? How sure can you be? A team of L.A. area bloggers from www.quarrygirl.com was determined to answer this question. And what they found was disturbing.

The bloggers pooled their money, invested in food test kits, and then drove around Los Angeles to obtain 21 different vegan menu items from 17 purely vegan restaurants (to rule out the possibility of cross-contamination within each restaurant). Under painstakingly rigid care and conditions,¹

“Out of sixteen foods tested for casein, two showed a definite presence, and another registered overload.”

they took the food back to their home-based laboratory and tested each sample for one, two, or all three of the following animal-derived allergens: casein, eggs, and shellfish.

Out of sixteen foods tested for casein, two showed a definite presence, and another registered overload. Seven samples out of eighteen tested high in egg. None of the samples revealed any trace of shellfish.

The one item that showed a casein overload seemed the easiest to explain: vegans in the area had long suspected that the restaurant's stretchy soy cheese was not actually vegan. The result appeared to confirm their suspicion.² But what about the traces

of casein and high presence of egg in the other “vegan” foods? How could they have gotten in the food?

With cooperation from a few concerned restaurant managers and owners, the researchers were able to trace the likeliest culprit back to vegetarian food manufacturers in Taiwan, where fewer vegetarians have qualms about consuming eggs and dairy. Labeling requirements there have been inconsistent and seldom enforced. The mistakes are multiplied when the food is labeled for export to the U.S. and other countries.

But luck would have it that just at the time the authors were completing their investigation, new stringent labeling laws in Taiwan were being enacted. The new rules require vegetarian food to be labeled as one of five different categories, including pure vegan, instead of the two (inadequate) categories previously used.³

Although the new laws were enacted July 1st, products made before that date could remain on store shelves for years. And albeit hopeful, it remains to be seen how effective the news laws will be in keeping animal products out of “vegan” foods in the U.S. Meanwhile, here are some lessons we can learn from all of this:

- The only way to be positive your food is 100% vegan is to make it yourself from unprocessed fruits, vegetables, and grains.
- If you suspect that your “vegan” food is not actually vegan, you may be right. Find another option that tastes right to you instead.

- If you find that a food sold as “vegan” is not really vegan, talk to those at the establishment that sold it. They could be part of the problem, but they can also be a key part of the solution.

Source: <http://www.quarrygirl.com/2009/06/28/undercover-investigation-of-la-area-vegan-restaurants/>

1. Their methodology is covered in great detail on their website listed above and is worth reading for anyone with questions or doubts concerning the validity of their experiments.
2. The authors have retracted any implication that the restaurant in question might have served non-vegan food after receiving a threatening letter from the restaurant's attorney.
3. <http://www.chinapost.com.tw/taiwan/national/national-news/2009/06/09/211405/All-vegetarian.htm>

Animal-Free Halloween Treats

- pencils with designs
- pens
- cute or wacky erasers
- pencil toppers
- bookmarks
- stencils
- crayons
- pencil or crayon sharpeners
- mini notepads
- sidewalk chalk
- stickers
- glow-in-the-dark stickers
- temporary rub-on tattoos
- trading cards
- origami paper with instructions
- pennies, nickels, or dimes
- friendship rings
- bracelets
- “magic” colored stones or crystals
- prisms
- play money
- mini plastic animals

Compiled by Scott Snarr



Around the World

Malaysia has it all for vegetarians

by Alina Niemi

Almost everyone nowadays is familiar with Thai food, yet few have heard of Malaysian food, despite the fact that peninsular Malaysia borders Thailand. The flavors and ingredients overlap somewhat with those used in Thai food; lemongrass, ginger, galangal, turmeric, chilies, lime, and coconut appear often. I was happily surprised to discover on a recent trip to Malaysia that vegetarian dishes are easy to find, inexpensive, and bursting with flavor.

The population mainly consists of three ethnic groups: Malays, Chinese, and Indians. Inter-marriage has resulted in fusion cuisine, such as that from the Baba-Nyonyas, the descendants of Chinese merchants who married Malay women, and the Mamaks, or Muslim Indian “uncles,” whose ancestors arrived with ancient trading ships.

Locally available ingredients mingle with traditional Chinese and Indian dishes, producing specialties such as *laksa* (a spicy noodle soup) and *mee mamak* (fried noodles, Indian style). And because Buddhists, Hindus, and Jains have a long history of vegetarianism, non-meat alternatives are readily available.

To find vegetarian food, look for “*restoran sayuran*” (vegetable restaurant) or the Chinese character for “vegetarian” on signs. *Nasi kandar* restaurants, which serve Indian and Indian fusion dishes, always have both vegetarian and carnivorous fare. Although prices vary, on my recent

visit I could easily find a meal of rice and curry plus a drink like *limau ais* (limeade, a pleasant respite from the heat) for less than 15 Malaysian ringgit, about US\$4.

One of the principle flavoring ingredients in Malaysian food, *belacan*, is a pungent, salty paste made from fermented shrimp. The vegetarian version, made from soybeans, is so strong that a mere spoonful in an entire recipe is enough to give it that *umami*, special depth of flavor and intrigue that can make a dish go from good to delicious. Mock meats are used in mutton curry, *rendang* (a curry cooked until dry), chicken *satay*, arguably the most well known Malaysian dish (skewered, grilled meat served with spicy peanut sauce), and whole mock fish complete with a sugarcane “bone” and seaweed “skin.”

Tropical fruits, including longans, guavas, dragon fruits, mountain apples, and the ubiquitous kasturi lime / calamansi are used in both sweet and savory applications. I had a spicy *paceri nenas*, pineapple-coconut curry, which I ate with rice

This character, pronounced “sù,” denotes a vegetarian restaurant.

in the traditional manner: seated on the floor using the fingers of my right hand. *Rojak* uses firm fruits like starfruits and unripe mangos, plus cucumbers, soy sauce, chilies, and ground peanuts in a sweet-savory combination that stretches my definition of “fruit salad.”

Nasi, rice, is a staple ingredient. Combinations range from fried rice to coconut-milk versions infused with turmeric — *nasi kunyit* (turmeric rice) — and spices like star anise, cardamom, and cinnamon. Glutinous rice shows up in savory steamed bundles as well as desserts such as *bubur pulut hitam*, black sticky rice pudding.

The unique blend of flavors and cultures in Malaysia results in a complex cuisine, one that I feel is underappreciated. Remembering the scrumptious food I ate makes my mouth water even now. Any vegetarian *laksa* in Honolulu?

You can find recipes and more information about Alina Niemi’s trip at her blog: <http://almostveganinparadise.wordpress.com>.



Photo: Alina Niemi

Part of the lunch spread at Blue Boy Vegetarian Center, Kuala Lumpur.



Book & Movie Reviews

The Face on Your Plate: the Truth about Food

by Jeffrey Masson

\$24.95

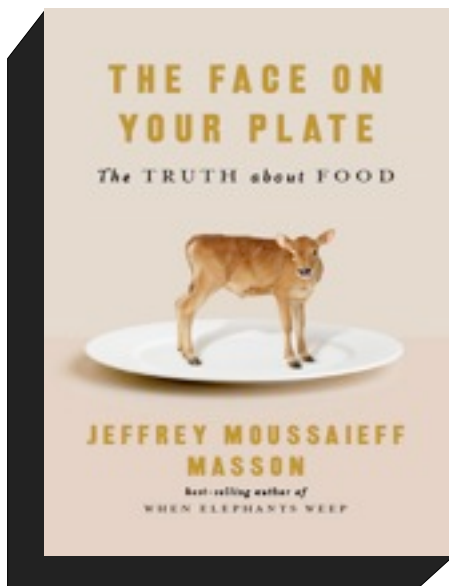
288 pages (hardcover)

Publisher: W. W. Norton & Co.

(March 16, 2009)

ISBN-10: 0393065952

ISBN-13: 978-0393065954



Publisher's Description

The best-selling author of *When Elephants Weep* explores our relationship with the animals we call food. In this revelatory work Jeffrey Moussaieff Masson shows how food affects our moral selves, our health, and the environment. It raises questions to make us conscious of the decisions behind every bite we take: What effect does eating animals have on our land, waters, even global warming? What are the results of farming practices — debeaking chickens, and

separating calves from their mothers — on animals and humans? How does the health of animals affect the health of our planet and our bodies? As a psychoanalyst, Masson investigates how denial keeps us from recognizing the animal at the end of our fork — think bacon, not pig. *The Face on Your Plate* brings Masson's twenty years of intellectual, psychological, and emotional expertise into this pivotal book of the food revolution.

Jeffrey Moussaieff Masson is the author of the best-selling *When Elephants Weep* and *Dogs Never Lie About Love*, as well as *The Pig Who Sang to the Moon* and *The Assault on Truth*. An American, he lives in New Zealand.

The 30-Minute Vegan

by Mark Reinfeld
and Jennifer Murray

\$18.95

376 pages (paperback)

Publisher: Da Capo Lifelong Books

(July 6, 2009)

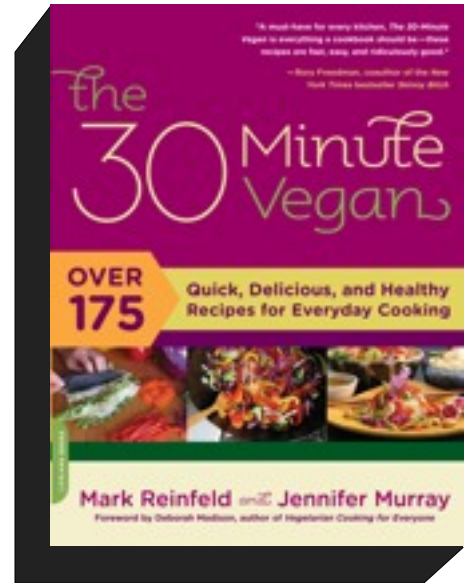
ISBN-10: 0738213276

ISBN-13: 978-0738213279

Product Description:

Busy vegans, rejoice! Award-winning husband and wife chefs/authors Reinfeld and Murray present 150 delicious, easy-to-prepare recipes for everyday vegan cooking — all dishes that can be prepared in half an hour.

Sections include The Lighter Side of Life: Smoothies & Satiating Beverages; Snacks, Pick Me Ups & Kids' Favorites; Lunches: Wraps, Rolls, Bowls, and More; Extraordinary Salads; Sumptuous Soups; Small Plates:



Appetizers, Side Dishes, Light Dinners; Wholesome Suppers; Guilt-Free Comfort Food: Healthy Translations of Old Stand-bys; and Divine Desserts.

The 30-Minute Vegan also provides at-a-glance cooking charts, kids' favorite dishes, and exciting menu suggestions for every occasion — making this an essential cookbook for busy vegans who want to enjoy delicious, healthful, whole foods vegan fare every day.

Reinfeld was cofounder of the Blossoming Lotus vegan restaurant on Kauai and is coauthor of *Vegan World Fusion Cuisine*.

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Vegan Tidbits

by Scott Snarr, Editor

Shelter walks the walk

Give credit to Europe's largest animal shelter for helping animals in more than one way. The Berlin shelter was bestowed with an "Award for Exemplary Consistent Animal Welfare" for turning all of its events into meat-free ones. The Vegetarian Federation of Germany (VEBU) honored the animal shelter in August.

The shelter looks after 12,000 dogs, cats, and mice, the number of animals that Berlin slaughterhouses kill every five hours of operation. The shelter's new policy protects cows, sheep, pigs, and chickens by helping to keep them out of the food chain.

"Pigs are at least as intelligent and sensitive as dogs," said Sebastian Zosche, CEO of the VEBU. "It makes no sense to pet one and eat the other."



Guests at the award ceremony were treated to wheaty vegetable sausages.

Source: www.vebu.de

Once bitten, twice kind

Who would have thought that a group of shark attack victims would end up becoming

sharks' fiercest defenders? It's true. Nine shark attack survivors recently gathered on Capitol Hill to push for a nationwide ban on shark finning.

Finning is a hideous practice in which sharks are caught and the fins are cut off for shark fin soup. The rest of the shark is thrown back in the water to die. Millions of sharks are killed this way each year.

But why did these shark victims, some of whom were once shark hunters and eaters, have a change of heart and a calling to protect their predators? Being on the other side of the attack made them rethink things from the sharks' point of view. One survivor likens his experience to being finned — maimed and helpless in the water.

The Pew Commission is funding their endeavor. You can join the cause by contacting Senators Akaka and Inouye and urging them to support the Shark Conservation Act (H.R. 81/S. 850).

Source: www.WashingtonPost.com
See also: www.StopSharkFinning.Net,
www.hsus.org

Hotel Vegan

"A clear conscience is a soft pillow," says a German proverb. The luxury Hotel Swiss on Lake Constance on the German/Swiss border offers both.

When the hotel owners rebuilt, they agreed to do it with the highest considerations for ethics, the environment, and the health and well-being of the guests. They concluded

that it would have to be an all-vegan hotel and restaurant.

Nutrition expert and physician Dr. Walter Ernst Henrich determines the health policies of the hotel's restaurant. Then renowned chef Charles Schillinger creates a gourmet menu of pure vegan dishes made to look and taste like popular meat dishes and desserts. Some of the dishes are so real that vegetarians have complained after mistaking them for real meat.

Sources: www.hotel-swiss.com,
www.vebu.de

Raw Lilikoi Cookies

by Mele Abrams

- 2 cups raw cashews
- juice of 10-15 lilikois (passion fruit)
- 2 Tbs. raw agave syrup
- dried coconut flakes

Blend cashews in VitaMix blender. Add lilikoi juice and agave syrup to cashews and mix to a somewhat sticky consistency. Roll into balls. Roll balls in dried coconut flakes. Enjoy!

Raw Papaya Stew

by Marta Whitlock

- 8 to 10 cups ripe papayas, diced
- corn from 5 medium-sized cobs, minced
- 1 large red onion, minced
- 4 cloves garlic, minced
- 2 inches ginger, minced
- ½ cup unripe mango
- ½ cup raw sunflower seeds
- 2 Tbs. cilantro, minced
- juice of one large lemon
- 2 to 3 Tbs. Nama shoyu
- 1 Tbs. cumin powder
- 1 tsp cayenne pepper

Mix all ingredients together and enjoy!

SUBMISSIONS

The Island Vegetarian *welcomes letters to the editor. We also welcome book, movie, and restaurant reviews and articles about various aspects of vegetarianism of up to 500 words. Questions about health or nutrition should be addressed to William Harris, M.D., or "Ask Dr. Bill."*

All submissions must be accompanied by a full name and phone number. We reserve the right to edit for accuracy, clarity, length, and relevance to the mission of our organization.

The submission deadline for the next newsletter is December 1, 2009. Please send submissions (electronically only) to:

info@vsh.org



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