



The Island Vegetarian

Vegetarian Society of Hawaii Quarterly Publication

supporting human health, animal rights, and ecology

Volume 12, Issue 3, Jul - Sep 2001

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Public Lectures

Mary Arakaki

**"Vegetarian Eating By
Land, Sea, and Air"
Wednesday, July 11**

Peter Singer

**"Animal Liberation,
25 Years On"
Saturday, September 1
McCoy Pavilion
SPECIAL DATE AND SITE**

Steven Wise

**"Animal Rights: One Step
at a Time"
Wednesday, September 19
SPECIAL DATE**

Ask Dr. Klaper

by Michael Klaper, MD



Dear Dr. Klaper,

*What are minerals, and why are they important
to our health?*

R.C., Honolulu

Dear R.C.,

If I had to describe the status of minerals in the diets of many vegetarians and vegans, I would choose three terms: "under-appreciated," "under-consumed," and "under-absorbed." This is a problem because shortchanging your cells of essential minerals can lead to dysfunction in vital tissues throughout the body. Fortunately, mineral deficiencies are preventable by wise food choices and, if necessary, by utilizing appropriate mineral-rich supplements.

Minerals are metallic atoms from the earth's crust, like iron, magnesium, boron, copper, and zinc – all found on the "periodic table" of elements. To use an automotive analogy, if the enzymes in your cells are like the moving parts of your car's engine, the role of the minerals is similar to that of the oil, grease, and other lubricants. That is, the minerals act as "cofactors" that permit your cells' enzymes to perform their essential functions of protein synthesis, detoxification, and more.

Minerals are absorbed from the soils of the earth by the roots of plants and are then incorporated into the fruits and vegetables that we consume. If we do not consume mineral-rich foods in sufficient amounts, or if we are unable to absorb the minerals, the level of essential minerals in the tissues can fall to critically low levels, and disturbances of normal tissue function can follow. Mineral imbalance can manifest clinically as white-spotted nails (zinc deficiency), slow fracture healing (manganese deficiency), muscle cramping and diminished strength (calcium and magnesium deficiencies), and generalized fatigue due to multiple mineral deficiencies.

Signs of mineral deficiencies can occasionally appear in vegetarians, even those who make an effort to "eat healthy." Ironically, the very qualities that make vegetarian diets so friendly to colons and cholesterol levels - the high fiber content of whole grains, legumes, greens, and other plant-based foods - can also create two effects that conspire against effective mineral absorption and utilization.

Specifically, whole, unfermented grains contain significant amounts of phytic acid, a constituent of plant fiber that can bind minerals and then carry them out of the intestine before they can be absorbed. Fortunately, phytic acid can be significantly reduced through fermentation. Thus, consuming sour dough breads as well as grains that have been soaked and fermented overnight, will promote better mineral absorption. Likewise, grains that are low in gluten and phytic acid such as rice, buckwheat, millet, and quinoa are less likely to inhibit mineral

(See Ask Dr. Klaper on page 16)



President's Message

by Alida Rutchick, M.Ed.

The Island Vegetarian

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P.O. Box 23208
Honolulu, HI 96823-3208
808-944-VEGI (8344)
E-mail: info@vsh.org

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Mahalo to all our volunteers...

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

Greetings. This quarter saw our annual general membership meeting at which Board members reported on our activities of the past year. Treasurer Elaine French reported that financially we are staying afloat thanks to our diligence in keeping spending within our pre-set budget, although our expenses do tend to slightly exceed our income. Because of our desire to do more and be better, however, we're experimenting with a fund raising appeal by mail to our members. It has long been our fond hope to be able to fund a part-time executive director position. We have grown to a size where maximum effectiveness cannot easily be achieved by volunteers who have other responsibilities (such as full time jobs). Having a paid director, who would work under the direction of the volunteer Board, would allow us to be more responsive to members' and others' requests and to establish a more prominent presence in our community. As you may remember from the fund raising letter, we'd also like to enhance our speaker program, again requiring additional funding. We're eagerly awaiting news of the results of our appeal, and we'll report these next time. (If you haven't yet sent in your

donation, please do. It is very important to our success.) And speaking of our next issue – in the fourth quarter *Island Vegetarian* we'll be inaugurating a new regular column by Castle Center for Health Promotion Director Dr. John Westerdahl. John has a wealth of knowledge on subjects of interest to vegetarians, and we are excited about his participation. It was also reported at the meeting that, thanks to the relentless creativity of Board member Jim Brown, Honolulu bus riders will soon receive our vegetarian message: an ad banner will advertise "15% OFF." Once the rider's attention is caught, smaller print will explain: "15% off your life expectancy if you eat meat and dairy products. For your health, for the environment, and for the animals: QUIT BEFORE IT'S TOO LATE." Dr. Bill Harris reported on our successful legislative activities, and Dr. Karl Seff recapped the year's speakers. In sum, we feel that during the past year we have made significant progress in achieving our overall goals.

Enviro-Friends Ride Share

If you are interested in carpooling or giving a ride to members who would otherwise be unable to attend monthly VSH meetings, please email vice president Laurie Veatch at lauriev@aloha.net or speak to her at a monthly meeting. This will not only allow more people to participate, but it will also further our efforts to preserve resources and protect the environment. Mahalo for helping out!

This is the true joy in life: being used for a purpose recognized by yourself as a mighty one, and being a force of nature instead of a feverish, selfish little clod of ailments and grievances, complaining that the world will not devote itself to making you happy.



George Bernard Shaw
Vegetarian for 69
of his 93 years



Bill's Smoothies

by William Harris, MD,
VSH Board Member

<http://www.vegsource.com/harris/>

Following Doug Graham's VSH talk on raw foods this past April several requests have come in to VSH for raw food recipes. I asked Dr. Graham if blenderized food counts as raw, and he said it did; one of his favorites is a bananas and ice smoothie. Here are two of *my* favorites.

Vegetable Smoothie

The trick to making a raw food diet work is to eat healthy foods in a combination that's not boring. You can see from the ingredients and the nutrient analysis below that this vegetable smoothie is balanced, healthy, and nutritious. Particularly if you don't enjoy chewing all day on not very interesting flavors, try putting all these vegetables in a blender (I use a Vita-Mix 5000).

This is not a "recipe" in the usual sense, because nothing gets cooked. You can start with the basic ingredients and experiment with combinations that bring out the best flavors to suit your own taste buds, but remember that the raw veggies are where most of the nutrients are coming from.

1-2 tbsp fresh lemon juice
(or balsamic vinegar)
4 tbsp Picante salsa

1 cup raw broccoli
1 raw tomato quartered
1 cup raw collard greens
(or any other leafy green)
1-2 slices onion
1-2 cloves raw garlic
1 tsp raw hulled sunflower seeds
1 tsp raw un-hulled sesame seeds*
½ tsp Red Star T-6635+ nutritional yeast **

Start by pouring the liquid ingredients (lemon juice and salsa) into the blender to give it a draw. Then simply stuff in the remaining ingredients and blend for 2-5 minutes. If you're trying to lose weight, leave out the sunflower and sesame seeds.

If weight is no concern, use a half cup of each to lend a smoother texture, but remember that seeds are high in fat; fat Calories will be increased by 57%.

Fruit Smoothie

1 small can (6 oz) frozen orange juice
½ bag (8 oz) frozen unsweetened strawberries
2 tsp raw hulled sunflower seeds
2 tbsp raw unhulled sesame seeds*
½ raw carrot
1 tsp Red Star T6635+ Nutritional Yeast**
1 tsp flaxseed oil***

Place the O.J. concentrate in your industrial strength blender, add 2 cups of water, and begin to blend. Add remaining ingredients and continue for 5-10 minutes until mixture is creamy and smooth. This makes a handy lunch in a thermos for those on the go and I must admit it's my standard breakfast. The analysis table below shows this smoothie to be more nutritious than a milkshake although it is high in sunflower and sesame seeds, which contain natural poly- and monounsaturated plant fat. Those concerned with weight loss should approach this one cautiously.

*Unhulled (brown) sesame seeds contain 1100 mg of calcium per 100 grams (1

cup). The calcium RDA is ~ 800 mg/day.

**Red Star T6635+ Nutritional Yeast is available in the bulk section of most health food stores. Yeast does not synthesize vitamin B12 (cobalamin) but B12 from bacterial culture has been added to this brand of yeast, so it is one of the few dependable non-animal sources of vitamin B12 aside from B12 injections, tablets, and multivitamin pills.

***Flaxseed is high in alpha-linolenic acid (ALA), one of the two essential fatty acids in the human diet, the other being linoleic acid (LA). ALA is the first of the omega-3 fatty acids from which is made eicosapentaenoic acid (EPA), the famous ingredient in fish oil believed to reduce coronary risk, and docosahexaenoic acid (DHA), which is an important component in brain and nervous system cell membranes. Linoleic acid (LA) is the other essential fatty acid and it is plentiful in most grains. Both EPA and DHA can be formed in the human body from ALA, but since ALA is synthesized only in green plant cells, most humans, including traditional vegetarians, get marginal amounts of ALA because they eat more grains than greens. Flaxseed oil is 100% fat, which is bad, but the ALA content of 1 tsp probably justifies its use.

The USDA Nutrient Database for Standard Reference, Release 13 shows that flaxseed, walnuts, and leafy greens contain the most ALA per Calorie. No Recommended Dietary Allowance (RDA) has been officially set for ALA; however, on the basis of the available evidence, 0.5 to 1 en% of (.5-1% of Calories from) n-3 PUFA in a diet with 5 to 10 en% linoleic acid seems to be an adequate level of EFA intake for humans and also covers increased EFA requirements during pregnancy, lactation, and infancy."(2). This means that in a 2200-Calorie-a-day food supply about .5%-1% of Calories should come from ALA, which means 22 Calories or 22/9=2.4 gms of ALA/day. 1 tsp of flaxseed oil contains ~4 gms of ALA.

****Rutin is a plant flavonoid that strengthens skin capillaries. I recommend it to older patients whose skin is easily bruised and torn.

(See Nutrient Analysis on page 15)

Surgeon General's Warning

by Jim Brown,
VSH Board Member

“We're having steaks,” said the woman with the straw hat when asked about the party she was planning. Her husband, a recent heart attack victim, expressed interest in the Arby's Restaurant opening soon. A young woman sipped from a McDonald's cup, the final remnant of a fast food dinner. These three and nine others attended a smoking cessation class recently at Castle Medical Kailua. However, the all-too-apparent eating customs of the group were a clear indication that nicotine was not their only harmful habit.

Most tobacco users now know that smoking is a dangerous and deadly habit and nearly all would quit if they could. But what most fail to recognize is that the consumption of meat and dairy products is linked to many of the same diseases and in sheer numbers causes far more suffering and death than does smoking.

They could as easily prevent many of the diseases they fear by eliminating animal products from their stomachs as they would by eliminating tobacco from their lungs. And adopting a healthy vegan diet has also been shown to *reverse* diseases, a benefit not usually attributed to tobacco cessation.

Virtually all doctors advise their patients who smoke to stop. That's great advice, but when will their advice include, "Stop eating animal products."?

For heart attack survivors like the Arby's fan above, some doctors may recommend an exercise



routine and eating more fruits and vegetables. This standard advice, while sound, does not adequately address a life or death situation. To many it means a little more walking and, after a fat- and cholesterol-laden dinner, having a banana split instead of a hot fudge sundae. Most doctors now know that eating animal products "is hazardous to health." But when will that advice be given to

their patients? The day is coming when a Surgeon General's warning will be on all foods containing animal products, but when? How many more years will people needlessly suffer and die before eating animals is shunned the way smoking is today?

Perhaps flesh-eating will follow the same course that smoking did. It wasn't that long ago

that smoking was permitted almost everywhere, from the college classroom to the hospital bed. Thankfully, those days are gone, smoking has been reduced by half from its heyday, and it's seen by most as a scourge on society. But the tobacco companies are a formidable enemy, and its deadly products are likely to be with us for some time to come.

The largest (read most deadly) tobacco company is Philip Morris. Can you imagine a more heinous company? It controls 50% of the American cigarette market and thus is responsible for half of the suffering and death due to smoking. But that's not all. Miller Beer and Kraft Foods, including Oscar Mayer

meats and Maxwell House Coffee are other subsidiaries of the world's largest pusher of addictive and deadly products: tobacco, meat & cheese, caffeine, and alcohol. The amount of suffering and death this one company causes, not just in the U.S., but worldwide, is mind-boggling.

Yet Big Tobacco is just a pesky gnat when compared to the huge meat and dairy industries and their powerful corporate allies; pharmaceuticals (more antibiotics are used in animals than in humans), chemicals (pesticides, herbicides, fertilizers), energy (more than half of all energy is used to produce animal products), and retail (supermarkets and restaurants). These conglomerates insidiously affect every aspect of society.

However, like Big Tobacco, Big Meat is vulnerable to the truth. Nearly every new study further implicates meat as a cause of needless disease and death. Meat production uses more resources and does more damage to the environment than any other industry and kills more animals

than any other by far. As this becomes more evident to the populace, more people will see the benefits of a vegan diet.

While the short-term prospects of a vegan society are not good, the trend is toward a more vegetarian-friendly country; it's been reported that a million people go veggie each year in the U.S.!

There's also the possibility of a stronger incentive to change our diets: the threat of contagious disease. The intensive confinement of animals in factory farms makes outbreaks of bacterial and viral infections in humans much more likely than was the

(See *Big Meat* on page 13)

"Smoking, like McDonald's, can kill you without ever breaking a law."

Dahlia Lithwick, Slate, 4/25/01

SURGEON GENERAL'S WARNING: Quitting Meat and Dairy Now Greatly Reduces Serious Risks to Your Health.

Asanas and Asafoetida

What's new in *your* exercise and eating repertoire?

by Eileen Towata, PhD

Have you ever heard a really active person, a friend or relative perhaps, who swears he or she can eat anything because "I'll just run it off?" Maybe you know someone who eats a varied diet of vegetables, fruits, legumes and whole grains...maybe even a vegan like you... but when it comes to activity, this person is a real couch sweet potato. What we eat and how much we move are, to me, analogous to chopsticks. Without one, the other one doesn't work!

Yesterday (which will be weeks ago by the time you read this) experts in the field of nutrition and physical activity convened to share important information on "Childhood Obesity in Hawai'i." The conference was attended by physicians, health educators, physical educators, administrators and others. During one of the afternoon sessions one of the speakers offered the exact support I wanted for this article. Russ Pate, Ph.D., Professor in the Department of Exercise Science at the University of South Carolina, emphasized that so many times poor nutrition is identified as the causal agent of obesity but reminded us of the important part physical activity plays in weight control. And this certainly doesn't apply only to children – America has become a nation in which 60% of adults do not get physical activity on a regular basis and 25% get no physical activity at all. It's no surprise that obesity rates are on the rise nationwide.

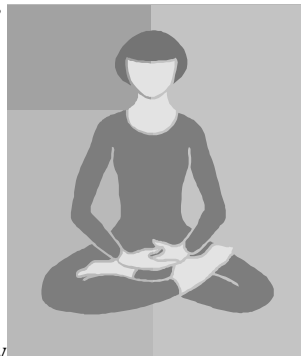
I wonder how many members of VSH, an organization in which good nutrition plays a central role, associate diet alone with maintaining a desired weight? Or controlling one's

cholesterol? Or helping to prevent osteoporosis? Or...? The questions could go on and on! If you have made dietary changes to improve your health, you are shortchanging yourself if you haven't incorporated physical activity into the picture as well. It's like trying to scoop up good health from your plate with only that one chopstick! If you *have* been physically active, maybe it's time to check out your "menu." Are you still choosing that same "entrée" of activity year after year? And if you *haven't* been physically active, do you even know what a delightful buffet of choices is out there? A few

years ago someone came up with the concept of the "activity pyramid." We're all familiar with the food pyramid after having seen it on food packages, in magazines, and in countless other places. The activity pyramid uses the same format and encourages us to have "servings" of different activities. Just as eating the same diet every day would get pretty boring in no time, physical activity is no different. And just as eating an array of different foods will fuel you with different nutrients, varying your physical activity will give you more benefits as well.

Recently "mind-body" exercise has drawn the attention of the media. Catch the exercise/health segments on the morning shows, tune into the afternoon talk shows, pick up magazines like *TIME*, and you'll hear and see forms of activity like yoga, tai chi, and Pilates. Just like trends in fashion, "what's old is new again" – at least in the case of tai chi and yoga, which have been practiced since ancient times. Not just the latest trends to join the health club lineup of classes, such activities are also attracting the interest of the medical community. The April 23 issue of *TIME* featuring yoga as its cover story not only described the many

types of yoga but looked at the Eastern v. Western perspectives as well. An article in *The Physician and Sportsmedicine* just over a year ago reviewed research to clarify the benefits of some of these "alternative and complementary" exercises. As a novice "yogini" who has been practicing yoga for less than a year, I was



particularly interested in their findings for that activity. The authors cite studies showing yoga can have a positive influence on flexibility, hypertension, and ventilation. In addition it can "improve mood states and lower stress." Of course, the authors in-

clude precautionary notes; the different styles of yoga "vary markedly in their physiologic intensity" and "results may not apply to all styles." Whether looking for yoga, tai chi, aerobics, or any other physical activity, the wise exercise consumer should shop around to find an appropriate type of class with qualified and experienced instructors. Consulting one's physician to determine what is appropriate and safe should also be done before starting an activity. For myself, it has been especially gratifying to achieve increases in flexibility over time while executing the asanas (postures) specified in the Bikram method (done in a hot room). My choice of this particular method of hatha yoga resulted from trying a variety of yoga classes to get the "best fit" for me.

Catherine Evans, Bikram's Yoga College of India – Kailua instructor, says that yoga offers "inner harmony and body awareness required to achieve a healthier approach to eating." She says "People too often use fast food to speed themselves through their fast lives, ignoring their bodies' needs for nutrition and exercise. Yoga slows us down to experience the body and commune with the

(See *Asanas and Asafoetida* on page 13)

Restaurant Reviews

Going All Around Town

by Helen Wells, MA

I couldn't settle on just one place to review this time, especially because I was contacted by members who wanted me to check out various places they liked. So, I'm giving some space to several different places where you might find some tasty vegetarian items.

SPICE UP YOUR FOOD

First, I checked out a hot pepper store at 2080 South King St. called "It's Chili in Hawaii." They have a huge selection of pepper sauces from around the world. They also have fresh-frozen peppers. For example, "Frozen Red Chile Puree," 14 oz. hot or mild, is \$3.95, 28 oz. is \$7.50, and 56 oz. is 9.95. "Frozen Green Chile," 13 oz. sells for \$4.75 (extra hot, \$4.95). "Whole Green Chile," 12 oz. sells for \$5.25. Hot or mild of the same but 28 oz. is \$8.95, 56 oz. \$12.95. You can get a 10 oz. bag of red chile pods for \$4.55. Seeds are available for growing your own peppers, and the store has free vegetarian recipes. They are also happy to make gift and holiday baskets. I'd like to make one up with the Hawaiian Kine Ono Drizzle, which tastes good on deep fried tofu, and Tasty Splash. Some of the sauce names are eye-catching: "Jump Up and Kiss Me Spicy Moroccan Date Sauce Cinnamon," for example. Passion Fruit Sauce contains fresh pineapple, onions, apple cider vinegar, passion fruit syrup, pure pineapple juice, garlic, and spices. Podinah Chatni makes "exotic dip for vegetables." Tell the owners that you are vegetarian or vegan and whether or not you accept honey, and they'll let you taste test the products that are suitable for you. You'll be pleased by the big se-

lection and they give a 5% VSH discount.

LOTS OF TOPPING CHOICES

Angelo Peitro's at 1585 Kapiolani Boulevard was recommended to me by VSH member Jocelyn Wong who particularly likes the Raw Potato Salad (\$6.75) and the Umeboshi Paste (pasta). You have to get them to doctor the pasta a bit, but the staff is eager to comply with "olive oil instead of butter, and leave off the fish flakes." You end up with an interesting Japanese pickled plum pasta with seaweed flakes. I will have to get used to that one, but I greatly enjoyed the Raw Potato Salad; finely machine cut potato threads make up most of this unique and tasty salad.

Pizza seems to be the biggest vegetarian attraction here because of the choice of toppings, which include onion, roasted garlic, bell pepper, fresh asparagus, eggplant, broccoli, enoki mushroom, spinach, mushroom, corn, tomato, and olive. You can tell them "no cheese and extra sauce." This restaurant is "fusing" Italian and Japanese, so always double check what that day's chef has put in the sauce.

INDIAN CUISINE

Zaffron downtown at 60 N. King St. and, probably by the time this article is published, also at a new location in Waikiki -- 470 Ena Rd. offers up a tasty Vegetarian Curry plate for \$7.00. It includes "Mixed Vegetable

Curry, Chole (Chic Peas curry), Aloo Sabzi, White Zaffroni Rice, and Naan." The bread has no egg ☺, but they cannot make the Zaffron Special Hot Indian Tea without the milk ☹. The selection here is small, but what vegetarian items they do have are *really* delicious. In fact, it was the most Indian-tasting food I've had outside of India. The downtown location has bouncy Indian music and a relaxing décor. There are numerous comfortable booths and tables. I'd go here for a romantic date, with a group of friends, or to just grab some lunch if I'm downtown. Tell the staff that you're vegan and they bend over backwards to answer your questions. I got the impression that they really want to make their customers happy, so let us all tell them to add more vegetarian items to their menu.

SOYBEANS

Finally, yep, boiled or steamed and sea-salted soybeans are my favorite "bar food," found at many local bars all over Honolulu (and beyond?). I just have to give these fresh, tasty, healthy snacks a plug in this article. If you haven't tried them, I hope you will because they're just great. It's the kind of item we want to see become popular with everyone.

CHECK IT OUT

If you want me to check out a particular restaurant or a particular vegan dish somewhere, please send me the details at ironrat@gte.net.

<p>An extraordinary experience</p> <p>Join us at the Conference Center at Pitt-Johnstown Johnstown, PA July 11 - 15, 2001</p> <p>Contact NAVS PO Box 72-55 Dolgeville, NY 13329 (518) 568-7970 navs@telenet.net www.navs-online.org</p>	 <p>VEGETARIAN SUMMER FEST</p>	<p>NOURISH YOUR MIND, BODY & SPIRIT</p> <p>Learn from experts in the fields of health, nutrition, exercise, animal rights and the environment... Meet, socialize and have fun with others who share similar interests... Learn how to prepare delicious vegetarian cuisine with renowned cooking instructors... Dine on great tasting total-vegetarian meals!</p>
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On the Menu... Recipes from our members

Four-Step Smoky Chili

by Adele Crooks

Served over corn bread or brown rice, this chili makes a complete meal. The seasoning in the Bush's Chili Magic Chili Starter is very tasty while not being overly hot, containing chipotle peppers for a rich, smoky flavor. If you prefer a hotter, spicier chili, use a can of Ro Tel's Diced Tomatoes and Green Chilies in place of the can of regular diced tomatoes. This recipe yields 6-7 cups.

Ingredients:

- 1/2 package Boca Crumbles (or 2 Original Vegan Boca Burgers)
- 1 medium onion
- 2 stalks celery with tops
- 1 red or green bell pepper
- 2 carrots
- 1 15 ounce can diced tomatoes
- 1 15 ounce can black beans, drained
- 1 cup frozen corn
- 1 can Bush's Chili Magic Chili Starter, Texas Recipe
- 1 bunch fresh cilantro (optional)

Step 1

Spray a large pot with non-stick cooking spray and brown the frozen Boca Crumbles for 5 minutes on low heat until heated through. If using Boca Burgers, break into small pieces with a spatula while browning. Put crumbles into a bowl and put aside.

Step 2

Chop the onion, the celery, the bell peppers, and the carrots. Put 2 tablespoons of water into the pot, add the chopped vegetables, and sauté over medium low heat for about 5 minutes.

Step 3

Add the tomatoes, black beans, corn, Bush's Chili Magic, and the browned Boca Crumbles to the pot. Bring to a low boil, then cover and simmer on low heat for 10 minutes, stirring occasionally.

Step 4

Add a cup, more or less, to taste, of chopped, fresh cilantro. Stir and cook for 1 or 2 minutes longer.

Basic Corn Bread Muffins

Preheat the oven to 375 degrees and spray a muffin tin (12 muffins) with non-stick cooking spray.

Ingredients:

- 1 cup whole wheat flour (pastry is preferred)
- 1 cup corn meal
- 3 teaspoons baking powder

- 1 teaspoon salt
- 1 tablespoon sweetener (maple syrup, raw sugar...)
- 1 1/2 cups warm water

Thoroughly mix the flour, corn meal, baking powder, and salt together. Combine the water and the sweetener. Stir the liquid ingredients into the dry with as few strokes as possible. Spoon the batter into the muffin tins. Bake at 375 degrees for 20 minutes or until the edges are slightly browned. Remove from the pan and let cool on a wire rack.

Tofu Sandwich Spread

by Nani Newman

This is a very simple recipe, but it has a fantastic flavor and is completely satisfying.

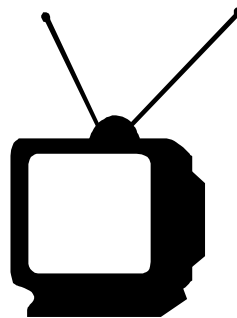
- 1 box tofu (chikara/country), drained and dried
- 1 bunch green onions, chopped
- 1 tablespoon tahini
- Bragg's Liquid Aminos to taste

After draining and drying the tofu, mash with a fork until smooth and creamy. Chop the green onions, add them all in. Their flavor will eventually permeate the mixture. (This is one recipe that will taste better the longer it sits). Add the tahini and Bragg's Liquid Aminos to taste. Keep in a container in refrigerator.

Spread the mixture on toasted 100% rye bread, eat with rice/sesame crackers as a chip, etc. All kinds of seasonings can be added for different flavors such as curry powder, garlic, and herbs.

This also can be used as a sandwich spread with sliced avocado or tomatoes, cukes, sprouts, etc. in place of mayonnaise.

What's on TV?



“Animal Rights”

on Olelo, Channel 52,
Tuesdays at 11:30 p.m.

“Vegetarian”

on Olelo, Channel 52,
Thursdays at 3 p.m.

“McDougall, M.D.”

on KHET, Cable Channel 11,
NEW TIME-Saturdays at 3 p.m.

Animal Rights Corner

Final Exits

by Elaine Johnson, MBA

Recently I lost a beloved family member to kidney disease. Hana was a brilliant, bull headed, lovable fox terrier mix who was the alpha dog in our small tribe. I never minded being second in rank, although a friend pointed out that when you are not the alpha dog in the pack, the view is always the same...

I was there to offer Hana whatever small miracles veterinary science had to offer, and when these no longer worked, I was also there to stop her suffering even while gently shielding her from the reality of her own euthanasia. While I miss her presence, I feel comfort that I was able to give her a life that lacked little in the way of "dogly" desires.

In sharp contrast to Hana's pampered life and gentle passing lie the agony-filled lives and the brutal deaths of millions of anonymous animals raised and killed for food that pass unnoticed in Hawaii and around the globe. No one comforts these creatures during their bleak existence; no one is there to witness their deaths save their executioners. All are sentient, trusting creatures, each as deserving of kindness and gentle death as was my Hana; none will find it.

Animal Rights Hawaii will make its presence known at the Farm Fair in July, the ultimate tribute to this process, as it has in many years past. The 4H, sponsors of the Farm Fair, teaches children to raise an animal from infancy, nurture it like a pet, and then sell it at auction to the highest bidder for slaughter. Each of these animals feels pain just as you and I do, and many will suffer painful deaths. All will die without their owners or anyone who will care. In past years the animals have been handed over at fair's end directly to a local slaughterhouse that has on record numerous violations of the Humane Slaughter Act. When we visit these creatures in their pens, they look up in bewilderment from their hot, crowded surroundings as if to ask if some horrible mistake has been made that brought them to this place.

We have seen children very upset by having to give their animals over to this slaughter process but who then return to the Fair year after year, hardened to the outcome. The Fair teaches them to turn a blind eye to pain and suffering, and it makes the raising and killing of animals for food normal and acceptable to them. It deadens their spirits and their sense of compassion. There is ample evidence that in many this disrespect for animal life spills over into a disre-

gard for all life. The criminal justice system speaks for this.

We hope that all who feel the way we do about this process will join us at the Fair in a peaceful protest. We will be the only voice to speak for these hapless creatures.

Please call us at (808)941-9476 or e-mail to: arh@pixi.com.



Source: PETA.com

What You Can Do

Check out wildlife groups

Before you support a "wildlife" or "conservation" group, ask if it supports hunting. Such groups as the National Wildlife Federation, the National Audubon Society, the Sierra Club, the Izaak Walton League, the Wilderness Society, the World Wildlife Fund, and many others are pro-hunting.

You Can Save the Animals: 251 Simple Ways to Stop Thoughtless Cruelty, 1998, by Ingrid Newkirk, President of People for the Ethical Treatment of Animals (PETA). Available on the PETA website (www.peta.com) for \$11.96.

What do you mean by "Animal Rights?"

To be in favor of animal rights is to acknowledge that animals feel pain and that we should avoid causing this. The animal rights movement asserts that animals are not mere commodities to be used by humans, but, rather, our moral equals who have the right to live free of abuse and exploitation. Hence, as it is unethical to exploit humans, regardless of what interest may be served by their exploitation, it is also unethical to harm or exploit animals for any purpose (whether it be for food, clothing, entertainment, or science). Discrimination based on species membership (speciesism) is no less of an injustice than discrimination based on other irrelevant characteristics (e.g., race, gender, class, or sexual orientation). All of these prejudices are based on perceived inferiority, thereby attempting to justify the ruthless domination of an entire group. Source: www.cok-online.org

Animal Rights Hawaii

P.O. Box 10845
Honolulu, HI 96816
(808)941-9476

www.AnimalRightsHawaii.org
Email: arh@pixi.com



The Zen of Juicing

by Helen Wells, MA.

I've been using my Japanese-style, non-electric juicer since December. It's more of a "press" than what I used to think of as a juicer (type of fancy blender), but it's called a juicer, and I use it for that. I bought it because it was one-fourth the cost of the electric juicers, but then I realized that using it with its great quietness (compared to the noise of the electric models) was relaxing. When I "juice," there's me, the bright citrus dripping into the glass, and the Uni-

verse. Maybe that sounds too expansive. Well, I want to encourage any of you who hasn't yet started making your own fresh juice -- no matter what your juicer of choice -- to start "juicing" right away. My juicer is only really practical for citrus. As a press, other fruits and vegetables would take too long, even for a Zen master. But, I get other juices from "Waikiki Fruits and Foods," the small juice store in the International Marketplace Food Court in Waikiki. There I can get a large paper cup of orange, sour-sop, honeydew melon, or watermelon juice, or a number of other fruits and combinations for \$2.95 large or \$3.95 extra large. Be sure to ask for juice, NOT a smoothie.

There are degrees of juice heaven. The lowest level is super-market juice with its many preservatives. Once you begin to walk the path of juice perfection, you will never be satisfied to loiter long at this lowest rung of juice heaven. But, let me back up to juice hell. Juice hell is the chalky, sludgy juice you get from the non-refrigerated shelf, and powdered, doctored ("fortified") interplanetary "juices." (Now of course this is all relative, and in a POW camp I'd be happy to have any of this stuff, but the point is that if

the Universe gives us the opportunity to do better for our health and we don't, well then, who's to blame for that?)

If you must buy grocery store juice, at least get the kind that is "not made from concentrate." Your taste buds will notice a difference and you'll be on your way to juice perfection, because then you're going to want to try a fancier grocery store brand of fresh-squeezed juice. You'll discover small fresh-squeezed "blends." You'll notice the effect of these on your overall health, disposition, and perkiness. You'll consider yourself a true connoisseur of small-



Waikiki Fruits & Foods in the International Marketplace Food Court in Waikiki. They do a lot of business, so their stock is always fresh. They also offer local seasonal fruits.

plastic-jug imported juice and all the combinations thereof. When you pop in to the store to pick up some lunch, you'll bypass the sodas, certainly bypass the milk, and bypass the little cartons of mystery "punches," and chalky, reconstituted "juice." (The only thing local about that juice is that they mix the water with it here.) You'll go to the section for the precious, fresh, flown-in juice, and you'll know contentment, until one day you decide to carry everything further.

The second level of juice heaven has been nice, but there must be one even better. Yes! You find the few juice shops and health food stores around town that will actually make

juice for you while you wait. You select the fruits and combine them like a painter combining paints. When you drink it, it is indeed a new level of heaven.

The Drinking of Fresh Juice

The cells in your body leap out to greet the fresh juice. Take sour-sop, for example. You discover that it's supposedly good for ovaries (but men can drink it too, of course). Or, you drink fresh grapefruit or pineapple juice. You know that these juices, as most all juices, are good for your skin. Just knowing that adds a dimension to the juice drinking activity. Maybe you think about that while the industrial juicer is grinding away. You watch the liquid channel of yellow juice glide into the cup. You pay, well, you pay as much as your brother-in-law pays for a beer. Think about it like that. Of course juice hell costs less!

There's only one higher level of juice heaven that I've experienced. It's making my own juice using local organic produce. Honestly, there *is* a difference between this local organic juice and juice made from imported fruits. By the time you get this far along in juice heaven, you'll be able to taste the difference. At this level of juicing,

it's the time factor that effects the taste of the juice. The closer that orange is to having been picked ripe off the tree, the more you're going to notice the incredible burst of flavor. I suppose the highest level of juice heaven is for those lucky folks who have fruit trees in their yards.

Well, I'm thankful to the many local people who share their organic produce with us city dwellers by selling their produce to the health food stores. Thank you for helping us reach such a high level of juice heaven!



Legislative Report

by William Harris, M.D.
VSH Legislative Liaison
Committee

It appears that the two legislative issues initiated by members of the Legislative Liaison Committee of the Vegetarian Society have gotten through all the hurdles and have been adopted. We sponsored a 5-A-Day resolution (HCR151) and an alternative vegetarian school lunch resolution (SCR151); both made it through their initial hearings. However, SCR151 was not heard by the House and was presumed dead. Then we went to the Senate Health and Human Services (HHS) hearing on 4/23/01 and found that it had been saved by being combined with HCR151 and by including a suggestion that soft drink machines in public schools should also carry milk and pure fruit and vegetable juices.

I would like to thank all who testified in favor of one or both resolutions:

- Bruce S. Anderson, Ph. D., M.P. H., Director of the Hawaii Department of Health (written)
- Carol Gabbard, member of the Board of Education but testifying as an individual (in person)
- Cathy Goeggel, Animal Rights Hawaii (written)
- Bill Harris, M.D., VSH Legislative Liaison Committee (in person)
- Mae Isonaga, R.D., Department of Health (in person)
- Elaine Johnson (written)
- Samuel Kam, Board of Agriculture, State of Hawaii (in person)
- Eugene Kaneshiro, director Hawaii School Food Services (in person)
- Paul G. LeMahieu, Ph.D., Superintendent of Education (written)
- Pat Moore (written)
- James Nakatani, Chairperson of the Board of Agriculture, State

- of Hawaii (written)
- Unidentified representative of HMSA (in person)
- Karl Seff, Ph.D., Chairman of the University of Hawaii Chemistry Department and VSH Board member
- Brian Tottori, HPC Foods (written)
- Laurie Veatch, M.A., VSH Vice President (in person)
- Barbara Yamashita R.N., Department of Health (in person)

The text of the resolution follows:

April 28, 2001

TWENTY-FIRST LEGISLATURE STATE OF HAWAII, 2001 H.C.R. NO. 151 H.D. 1 S.1

Report Title:

Promoting healthy eating; encouraging healthier drink options in vending machines. (SD1)

4/27/01 H House agrees to Senate amendment(s).

4/27/01 H Adopted as amended in SD1 with None voting no and Rep.(s) Arakaki, McDermott, Ontai, Pendleton, Rath, Yoshinaga excused.

URGING THE STATE DEPARTMENTS OF HEALTH, AGRICULTURE, AND EDUCATION TO PROMOTE HEALTHY eating and further urge the department of education to consider offering fruit juices, milk, and bottled water in softdrink vending machines on public school CAMPUSES.

WHEREAS, *na keiki o ka aina typically spend at least seven hours at public school during the weekday; and*

WHEREAS, *during the extensive time students are at public schools, they should be provided with nutritious food and drinks in order to mature in developmentally appropriate ways; and*

WHEREAS, *the American Academy of Pediatrics, the American Cancer Society, the American Dietetic Association, the American Heart Association, and the National Institutes of Health now recommend that there be greater emphasis in*

the American diet on fruits, vegetables, and whole grains; and

WHEREAS, *fruits and vegetables promote good health and a healthy lifestyle because, in most cases, they are low in fat and calories, contain no cholesterol, contain fiber, contain numerous essential nutrients, including vitamins and minerals, and contain phytochemicals which may provide additional protection against the risk of cancer and heart disease; and*

WHEREAS, *national health authorities recommend that Americans increase their consumption of fruits and vegetables to five to nine servings per day to promote good health and reduce the risk of cancer and heart disease; and*

WHEREAS, *research shows that people who eat five or more servings of fruits and vegetables per day have one-half the risk of developing cancer as those who eat fewer servings of fruits and vegetables; and*

WHEREAS, *less 40 percent of all American adults eat the recommended five or more servings of fruits and vegetables per day, and only 26 percent of children aged two to 19 eat the recommended five or more servings per day; and*

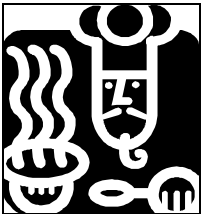
WHEREAS, *the Department of Health (DOH) is striving to increase public awareness of the importance of eating five or more servings of fruits and vegetables per day for better health; and*

WHEREAS, *increased consumption of locally grown fruits and vegetables promotes a sustainable environment; and*

WHEREAS, *all the essential organic nutrients in the human diet are synthesized by plants and microorganisms; and*

WHEREAS, *it is equally important to offer nutritional drinks, such as bottled water, milk, and 100% fruit juices to students, teachers, and staff on public school campuses; and*

(See Legislative Report on page 15)



What's Cooking?

Here are some vegan cooking classes that are being held this quarter.

Castle Center for Health Promotion

Various locations—263-5400

July 12: The Koku Sai Ka Diet with Dr. Ed and Karen Fujimoto.

August 5, 12, 19, & 26: "The Healthy Choice—Asian Vegetarian Cuisine."

September 13: "New Wave Chinese Vegetarian Cuisine" with Chef Raymond Siu.

September 20: "Healing Foods Forum" The healing power of herbs, with Dr. John Westerdahl

Kapi'olani Women's Center

535-7000

July 19: A Taste of Tomatoes

August 4: Burgers—Vegan Style

September 8: Cool Ideas for Hot Meals

Lyon Arboretum

988-0456

July 21: Greens from the Garden

August 18: All About Organic Foods

Windward School for Adults

(Kalaheo High School campus)
254-7955

September 15/22: Basics of Vegetarian Cooking

New VSH Hiking Group

by Robert Moses

As vegans we eat and enjoy nutritious potatoes, but there's nothing healthy about being a couch potato. So... at least one weekend out of three please join other vegans and vegan wannabes hiking on various



Robert and Genie Moses have been VSH members since 1995 and are responsible for venue administration and preparation for our monthly meetings.

trails in and around Honolulu.

It's very simple to get started: just email to me your full name, phone number, and email address, and I'll put you on my hike notification email list. An e-mail notice is sent the weekend before each hike.

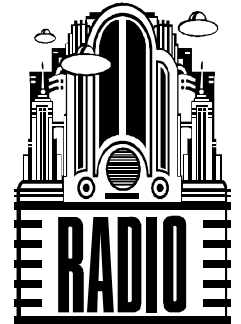
All the hikes are on established trails and are usually led by someone in the group who has personal experience of the trail.

Give it a try -- you'll probably feel better physically & psychologically, and you might make some nice friends as well.

See you on the trail!

robert@mosesrealty.com
office/cell/home: 941-0191

What's on the Radio?



"Nutrition and You"

Ruth Heidrich, PhD,
Terry Shintani, MD, and
John Westerdahl, PhD,
Sundays 8-9 p.m.
K108 (AM 1080)

"Health Talk"

Hosted by Hesh
Saturdays 8-9 a.m.
K108 (AM 1080)

"Go Vegan with Bob Linden"

Listen on the Internet
Sundays 7-8 a.m.
www.goveganradio.com/

Dates to Remember

July

14 - Isaac Bashevis Singer's Birthday
"We are all God's creatures – that we pray to God for mercy and justice while we continue to eat the flesh of animals that are slaughtered on our account is not consistent."

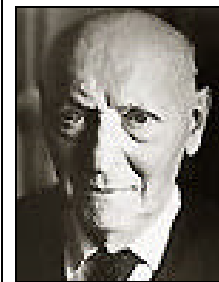
26 - George Bernard Shaw's Birthday
"Animals are my friends... and I don't eat my friends."

August

1-7 - World Breastfeeding Week
19 - Homeless Animals Day

September

Healthy Aging Month
National Food Safety Awareness Month
15 - International Coastal Cleanup Day
22 - International Fish Amnesty Day
29 - 30 - Family Health and Fitness Days



"As often as Herman had witnessed the slaughter of animals and fish, he always had the same thought: in their behaviour toward creatures,

all men were Nazis. The smugness with which man could do with other species as he pleased exemplified the most extreme racist theories, the principle that might is right."

Isaac Bashevis Singer (1904-1991)

Guava Meditations

by Nani Newman, VSH Member

I'm sitting on my cushion thinking about the guava I'm eating for breakfast. It's slightly green-skinned and smaller than normal guavas, but surprisingly sweet. It must have grown up near a stream or had some sort of constant source of water to be so sweet. I think how amazingly like us that is, for if we continually live near love, we are sweet, too.

Perhaps this guava came from a wild tree, or perhaps it was a cultivated tree in someone's large backyard.

Nobody waters guava trees; they either make it or they don't. But I can imagine its beginning: Did a bird eat from the mother tree and then leave some droppings in a yard by a stream? Then the seeds dried and waited for their time. Rain came, and one of the seeds sunk deeper into the dark earth. Soon it sprouted and the little guava tree was born. It felt the sun on its tiny shooting trunk and first branch and first leaf for the first time. Oh! That must have felt so good! I can just see the little tree smiling and wanting more, so he reached and reached for the sun. Without even being aware of it, he was growing and able to look around more at his surroundings. He saw the little babbling stream below him, down the little hillside. He saw all the big trees blowing in the wind, talking to each other; their leaves whispering and embracing each other. He watched as all the different kinds of birds hunted for food, drank from the stream, and warmed themselves in the sunshine. He sat there and was happy and thought, "What a good life I'm having."

The years went by, and the little guava tree grew and grew. He thought bigger thoughts than he did when he was little. He wanted to make friends with the birds, who flitted from branch to branch on the bigger trees beside him, but they never seemed that inter-

ested in him, and he wondered why. But the sun would come and the moon would come and the Little Guava Tree kept reaching higher, and soon he was fairly big, too. One day a little girl and her cat came strolling by and seeing Little Tree's smooth, light brown branches, the girl touched Little Tree and rubbed her hand up and down. Oh! It felt so good! He didn't know how to talk with the little girl, so he swayed in the wind and rustled all his leaves together, as if to say, "Come and play!"

The little girl looked up and understood. She put her foot in the bottom crook of the tree and pulled herself up. She climbed until she was right in the middle of Little Tree's heart, and then she sat and listened. Her cat looked up. Suddenly with a few big leaps and sharp claws he was on the branch next to her. And so they sat, the three of them, and Little Tree thought, "How wonderful this is, to not be alone." Just at that moment, as if she had heard Little Tree speaking to himself, the little girl put her arms around his body and put her sweet, clean cheek up against his skin. She sat for a long time, listening.

Little Tree wished it could go on forever like this. But the girl climbed down and the cat jumped down, and they ran away. But each sunny day the girl would visit Little Tree and sit without saying a word, hugging him with her cheek on his skin, and listening. One day Little Tree felt something new happening. He noticed that little buds were forming on the tips of his branches; little hard, green buds. As each day passed, they swelled up bigger and bigger, until they burst into tiny white blossoms. This seemed to please the little girl very much, because when she sat in the branches of Little Tree, she felt like a beautiful bride, bedecked with thousands of flowers. Then came the day when the whole ground underneath Little Tree was covered with petals. The girl loved to pick them up in her hands and throw them into the air; some would blow away in the wind, and some would

stick in her hair."

Little Tree was amazed at all these changes. He thought to himself, "Oh, my goodness, what next?" Well, he didn't have long to wait because soon he could feel a strong surge running



through him, and the place where the buds and flowers were was turning into something he knew was fruit. Nobody told him that, he just knew that to grow this fruit was what he was supposed to do, and he was glad. the little girl came, sometimes with her cat and sometimes alone. Because Little Tree felt so happy, the surge in him was very strong, and the little green guava fruits he was growing on his tips bent and blew in the wind and rain, basked in the sun, listened to the birds singing, and then began to turn yellow.

About that time a man started walking by, looking intently at Little Tree. This made Little Tree feel a little uncomfortable, because the man was not interested in Little Tree in the same way that the girl was. But since Little Tree couldn't go and hide, he just had to wait and see what would happen next. One day the man came with a long wooden pole and a net bag attached to the end of it, and he began pulling and tugging at Little Tree's fruits. Since this had never happened before, Little Tree was startled, but, as usual, he tried to be patient because he couldn't do anything about it anyway. Every day the man visited him and picked his sweet green-yellow fruits.

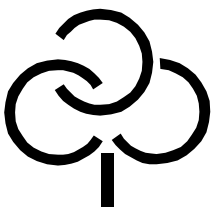
The birds became more interested in him too, for some reason. They liked to peck holes in his fruits and jump

(See Little Tree on page 13)

Little Tree

(continued from page 12)

from branch to branch and chatter to each other excitedly. Little Tree thought, "I am really becoming quite popular." Soon there were no fruits left, but even though the man no longer came and the birds had deserted him,



the little girl still came to visit every day.

Meantime, the man who picked the guava fruits carefully packed them in

brown boxes with brown paper all around so they wouldn't bruise. They went for a big ride on a big truck, down the road a long way, and then a nice man in a white apron unpacked them and carefully laid them on a clean shelf at a health food store. Then I came by, and I seemed to hear the voice of Little Tree calling out to me, "Remember when you were a little girl and you sat in my branches and you ate my yellow fruits?" So I put some of the guavas into my basket, and that is how I came to be having one of them for breakfast, and as I ate it slowly, the story of Little Tree came to me, and now I have told this story to you.

Big Meat

(continued from page 4)

case in the family farm days, and prion diseases such as Mad Cow may already be here in its early stages. Significant outbreaks could change the eating habits of millions overnight.

It is the mission of the VSH to bring topics such as this to the forefront of thinking in Hawaii and by doing so shave a few years off the time we'll have to wait before we see health warnings on meat and dairy products, and ultimately, a more healthful Hawaii.

*"BreakFree" is a smoking cessation program offered quarterly at Castle Medical Center in Kailua. Meat and dairy cessation classes are not available...yet.

Asanas and Asafoetida

(continued from page 5)

spirit." Catherine shares this recipe for her delicious *Red Lentils with Vegetables*. When I tested it, I found the dish was simple to make, yet rich in flavor and nutrition. Interestingly, components of this dish have significance other than their wonderful tastes. Catherine, a long-time vegan, explains that lentils are a good liver cleanser. This is according to ancient Ayurvedic medical texts, which also consider the spring season to be the best time of the year to focus on cleansing the system. Garlic and asafoetida added to the dish produce a "heating" effect on the system that helps to eliminate flatulence and also aids digestion. Although this may be a different perspective on how to choose foods, if you have espoused a vegetarian/vegan diet, you've no doubt done so at least partially as a way to cleanse your body of "junk" foods and replace them with more nutritious choices. Enjoy this dish to get some of those good things into the body:

- 1 cup red lentils (dry)
- 4 to 5 cups spring water
- 1 tsp sunflower oil
- 1 tsp each mustard seeds, cumin seeds, fenugreek seeds
- pinch of asafoetida (hing)
- 2 cloves garlic, chopped
- 1 tsp turmeric
- 1 tsp garam masala
- rock/Hawaiian salt, to taste
- 1 cup each of diced carrots, potatoes, zucchini
- 1 small onion, diced
- 1 cup chard, chopped (optional)
- freshly chopped cilantro leaves, for garnish
- lemon slices, for garnish

Wash lentils in plenty of water. Soak for 3-4 hours and drain.

Place lentils in large saucepan, cover with fresh water, and bring to a boil. Simmer, stirring occasionally until lentils are tender, about ½ hour. Add more water if needed.

Heat oil in a separate saucepan and add mustard, cumin, fenugreek, and asafoetida. As soon as you hear seeds pop, stir in garlic. Add turmeric and garam masala. Add the spice mix to lentils and add the salt. Bring to a boil. Add the vegetables, with a few minutes between additions. Start with carrots, then onions, followed by potatoes, then zucchini. Chard should be added last. Cook until vegetables are done. Add the garnish of chopped cilantro and lemon before serving.

(Note: Remember to use just a pinch of asafoetida! This very strong smelling spice calls for restraint when adding it to your recipe. Sulfur compounds cause the smell – fortunately they disappear with cooking. Ground asafoetida is the most convenient form in which to purchase and use the spice. It is frequently used in Indian vegetarian dishes. If you are wondering about garam masala, it is a spice mixture from Northern India. The most common ingredients are cumin, coriander seeds, cardamom, black peppercorns, cloves, mace, bay leaf, and cinnamon.

1. U.S. Department of Health and Human Services. *Physical Activity and Health: A Report of the Surgeon General*. U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion. 1996.
2. Corliss, Richard. The Power of Yoga. *TIME* April 23, 2001.
3. Ives, Jeffrey C. and Jacob Sosnoff. Beyond the Mind-Body Exercise Hype. *Physician and Sportsmed* 2000; 28 (3).
4. Lambert Ortiz, Elisabeth. *The Encyclopedia of Herbs, Spices & Flavorings*. New York: Dorling Kindersley, Inc. 1992.
5. Lambert Ortiz, Elisabeth.



Staying “Abreast”

by Mary Arakaki,
VSH Board Member

August 1st – 7th is World Breast-feeding Week. Breast-feeding is the universally recommended mode of feeding for early infancy. Breast milk is undoubtedly best for babies. It is free, does not need sterilizing or refrigeration, is the proper temperature, and for humans is nutritionally superior to milk from other animals, containing just the right amount of proteins, vitamins, and minerals a growing baby needs. In addition, breast milk contains important antibodies that provide the baby with a natural protection against viral illnesses, respiratory infection, and infections of the gastrointestinal tract.

There are many nutritional differences between mother’s milk and the alternatives, and we can’t go into all of them here. However, we will discuss several. For example, there’s lots of talk lately about omega-3 fatty acids in breast milk. Human milk contains more essential fatty acids and cholesterol than cow’s milk. Higher cholesterol levels are important in infancy for the development of the nervous system. In addition to the essential fatty acids (linoleic and linolenic acids), breast milk also contains the omega-3 fatty acids eicosapentanoic acid (EPA) and docosahexaenoic acid (DHA), which are thought to promote healthy brain function. In cow’s milk and infant formula, on the other hand, EPA and DHA are either absent or present at low levels. Recent studies suggest that the nutrition in breast milk can increase the IQ of babies by about five percent over babies who are not breastfed. It is not clear yet whether the consumption of DHA and increased IQ are directly linked, but research is being funded in this area, and approval for supplementing U.S.- made infant formulas is being sought. (Currently formulas sold in 60

countries contain DHA, but this has not yet been approved for use in the U.S.). Human milk contains only one-fourth the protein found in cow’s milk, putting less stress on the infant’s immature kidneys in excreting urea, the major end product of protein metabolism. Both soy and cow’s milk formulas are therefore diluted in order to reduce the percentage of protein, but then the resulting reduction in calories



has to be countered by the addition of a carbohydrate, usually in the form of corn syrup. I did some label checking and found that one of the popular soy formulas contained 50% corn syrup!

One more advantage of breast-feeding that is important to keep in mind is the very special bond that takes place between the mother and the infant during the nursing process. Having experienced this first hand, I would encourage every woman to cherish the quiet time spent nourishing her infant and reflecting on the miraculous creation in her arms.

In spite of the increasing recognition of the many benefits of breast feeding and public recommendations for this mode of feeding infants, the prevalence of breast-feeding has changed little. Recent statistics show that about 52% of middle class women nurse their babies in the hospital, and only about 29% of the poor do so.

Only about 3% of the entire female population is unable to produce enough milk to support their children, so why don’t more women breast feed? The major reasons are believed to be misinformation, lack of role models, fear of appearing immodest, and mothers working outside the home.

I encourage those who are soon to be parents and those who are mentors for expectant parents to consider breast-feeding to be the only logical choice. There are wonderful books and support groups for breast-feeding mothers. Also the Internet has plenty of information and on-line support for vegan mothers, offering nutritional information during pregnancy and lactation as well as information on raising vegan children. Interested readers may refer to the website below for more detailed information on studies that analyze the benefits of breastfeeding for the prevention of childhood obesity, insulin-dependent diabetes, leukemia, asthma, and allergies.

Women who are breastfeeding should also be encouraged to avoid potentially harmful substances such as alcohol, nicotine, drugs, some herbal medications, and caffeine.

For more information contact:

- Hawaii Mother’s Milk at 949-1723 for Consultation or Supplies,
- Nursing Matters at 261-8990 for a Certified Lactation Consultant,
- www.vegsource.com/parent/ for articles on breast-feeding research,
- Breast Feeding Support Board coordinated by a vegetarian Board-certified lactation consultant, and
- www.vrg.org for information on vegan pregnancies and raising vegan children.

References:

- Mitchell, M. Nutrition Across the Life Span. Philadelphia: W.B. Saunders Co., 1997. 251-219.
- Guthrie, H. Human Nutrition. St. Louis: Mosby, 1998. 509-540.

Legislature Report

(continued from page 10)

WHEREAS, a significant minority of Hawaii school children identify themselves as vegetarian, or come from vegetarian families; and

WHEREAS, these children are at a disadvantage if no vegetarian school lunch meals are offered in their respective schools; now, therefore,

BE IT RESOLVED by the House of Representatives of the Twenty-first Legislature of the State of Hawaii, Regular Session of 2001, the Senate concurring, that DOH and the Departments of Agriculture (DOA) and Education (DOE) are urged to promote increased awareness of the importance of eating five or more servings of fruits and vegetables per day; and

BE IT FURTHER RESOLVED that DOA, DOE, and DOH are encouraged to develop nutritionally sound menu plans that will provide alternate vegetarian school lunches in such a way that all students will be assured nutritionally balanced diets, regardless of their food preferences and avoidances; and

BE IT FURTHER RESOLVED that the DOE is urged to consider offering 100% fruit juices, milk, and bottled water, preferably from Hawaii, for softdrink vending machines on public school campuses; and

BE IT FURTHER RESOLVED that the DOE is requested to report to the Legislature by September 1, 2002, on programs made to offer alternate vegetarian school lunches; and

BE IT FURTHER RESOLVED that DOH, DOA, and DOE are requested to submit a report to the Legislature by September 1, 2002, on progress made in promoting increased awareness of the importance of eating five or more fruits and vegetables per day; and

BE IT FURTHER RESOLVED that certified copies of this Concurrent Resolution be transmitted to the Director of Health, the Chairperson of the Board of Agriculture, and the Superintendent and the Chairperson of the Board of Education.

HELP WANTED! Volunteer Director

Organized and dedicated individual needed to coordinate volunteer activities for the Vegetarian Society. Flexible schedule; short hours; telecommute or use the VSH office.

The candidate selected will be highly compensated with benefits such as the priceless knowledge that he or she has contributed to a better society through improved health for humans, fewer food animals subjected to suffering and death, and a better environment for both.

Other vital positions are also available.

You can make a difference! Please give it a try.

Contact a member of the Board of Directors or call 944-VEGI (8344).

BILL'S SMOOTHIES—NUTRIENT ANALYSIS

	RDA	Veg	Fruit	Milkshake*
Carbohydrate	40%-80%	53%	45%	70%
Fat	10%-30%	29%	45%	20%
Protein	10%-30%	17%	10%	10%
Calories in Recipe		139	770	356
		% RDA/Calorie		
Calcium (mg)	800	251%	214%	306%
Cholesterol (mg)	<300	0%	0%	198
Fiber (gm)	22	505%	184%	21%
Folate (ug)	400	1054%	0%	51%
Iron (mg)	18	465%	202%	38%
Magnesium (mg)	350	374%	310%	106%
Potassium (mg)	2000	672%	276%	207%
Phosphorus (mg)	1200	396%	205%	292%
Riboflavin (mg)	1.6	1504%	743%	317%
Thiamin (mg)	1.4	1916%	1090%	79%
Vitamin A (RE)	1000	1986%	121%	59%
Vitamin B12 (ug)	3	737%	360%	292%
Vitamin B6 (mg)	2.2	1237%	687%	29%
Vitamin E (mg)	10	640%	265%	39%
Vitamin C (mg)	60	3699%	1700%	0%
Zinc (mg)	15	166%	144%	74%

*for comparison only

References:

1. USDA Nutrient Database for Standard Reference, Release 13 is downloadable at: http://www.vegsource.com/harris/food_comp.htm
2. Modern nutrition in health and disease. Edited by Maurice E. Shils, James A. Olson, Moshe Shike-8th ed. ISBN 0-8121-1485-X (set). Library of Congress 92-49855. Lea & Febiger. P.O. Box 3024200 Chester Field Parkway Malvern, PA 19355-9725. U.S.A. Eighth Edition, 1994

Ask Dr. Klaper

(continued from page 1)

absorption than are high gluten grains such as wheat, oats, and barley.

Furthermore, beyond the phytic acid content of whole grains, the sheer bulk of the bowel movements that commonly result from high-fiber diets promotes a rapid passage of the fecal mass through the intestine. This decreased "intestinal transit" reduces the contact between the minerals and the intestinal lining, where the absorption takes place. Thus, essential minerals can be trapped in the high-fiber food mass and hurried through the intestinal tract and out of the body before they can be taken up by the bloodstream.

This effect is exaggerated when we do not take the time to chew our fresh foods well enough to break down the plant fibers and expose the minerals and other nutrients to our intestinal enzymes and absorptive membranes. In these ways a high fiber diet, although beneficial to colon health, may inhibit mineral absorption.

In addition to the "high-fiber, high-phytic acid double whammy" we must consider the issue of insufficient intake of mineral-rich foods. Most everyone agrees that eating "5-a-day" of fresh

fruits and vegetables is a good idea. Yet how many of us really meet that goal? Studies consistently show that even "health-conscious vegetarians" seldom consume the recommended quantities of fresh produce.

What to do? The solution begins with awareness of the problem. Do not overlook the importance of sufficient mineral intake. Mineral deficiencies can be significant causes of fatigue as well as diminished healing responses and immune functions. Do all that you can do to maximize your consumption and absorption of these essential elements in the following ways:

1. Emphasize the consumption of fresh fruits and vegetables at most every meal.
2. Take the time to "chew your food to a cream" before swallowing.
3. Fresh vegetable juices are especially rich sources of minerals - enjoy them as often as possible.
4. "Green super foods," containing mixtures of plant products like spirulina, chlorella, and sprouted barley, are also convenient, mineral-rich resources - try to include them often.
5. Minimize whole grains and other foods rich in mineral-inhibiting gluten and phytic acid. Consider changing to sourdough breads and low-gluten

grains.

6. Sea vegetables - nori, arame, wakame, and the like - are rich in minerals. Try to develop a taste for them and use them in salads, soups, main dishes, and snacks as often as possible.

7. If you consume a daily multivitamin, be sure it contains a full array of trace minerals, especially amounts equal to or exceeding the full Recommended Daily Intake of zinc, copper, manganese, boron, iodine, selenium, molybdenum, and chromium. Take this vitamin/mineral combination with breakfast and/or dinner. Consider taking a separate, full-spectrum multimineral supplement.

8. Calcium and magnesium (approximately 800-1000 mg. of each daily) are best taken in the evening, as absorption of these minerals is maximized while we sleep.

In conclusion, emphasizing mineral-rich foods in the diet while minimizing factors that conspire against mineral absorption and utilization are the keys to maintaining your body's "mineral rights."



Vegetarian Society of Hawaii

P.O. Box 23208
Honolulu, Hawaii USA
96823-3208

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