COOKBOOKS/NUTRITION/VEGAN SHOES

Becoming Vegan by Brenda Davis, et al. (Book Publishing Co., $17)
Lorna Sams’ Short-Cut Vegetarian (Gilt, $16)
The Millennium Cookbook, by Eric Tucker (Ten Speed Press, $20)
The Peaceful Palate: Fine Vegetarian Cuisine, by Jennifer Raymond (Book Publishing Co., $15)
Vegan Handbook, by Debra Wasserman (Vegetarian Resource Group, $20)
The Vegetarian Way by Virginia and Mark Messina (Three Rivers Press, $24)
The Whole Soy Cookbook by Patricia Greenberg (Random House, $16)
Instead of Chicken, Instead of Turkey: A Poutryless “Poultry” Potpourri by Karen Davis (Book Publishing Co., $9.95)

All the above are available through www.amazon.com.

MOOSHOES (alternatives to leather) 152 Allen (Stanton/Rivington) 254-6512. 866-59-VEGAN. M-Sat 11-30; Sun 12-6. www.mooshoes.com

99x (vegan shoes) 84 E 10th (Third/Fourth). 460-8599. M-Sat 12-8, Sun 12-7

COOKING CLASSES/FOOD SERVICES

Healthy Gourmet to Go 561-0854. FS
High Vibe Health & Healing 83 E 3rd (1st/2nd). 777-6645. CD

IN CLU ING

A selective listing of health food stores and veg-friendly restaurants

A 3-step dietary transition plan

Cookbooks, classes, Web sites and social groups

Where to call for help

VivaVegie’s January 2005

VEGETARIAN GUIDE TO NEW YORK CITY

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VivaVegie's January 2005

VENGAN SHOES

Indicates where “101 Reasons Why I’m a Vegetarian” is available

DONATIONS ARE APPRECIATED

VivaVegie Society
P.O. Box 294 • Prince St. Sta.
New York, NY 10012
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RESTAURANTS/HEALTH FOOD STORES

The following restaurants are fully or mostly vegetarian or vegan (a few serve fish). Most health food stores sell meat, though much less so than ordinary supermarkets. Please call ahead to check hours and menus.

HF=health food store; R=restaurant (full-service); TO=takeout (seating available in some cases)

CHINATOWN/CITY HALL AREA/REIBECA

18 Arans 227 Centre (Grand/Bowery). 941-8986. M-Sat 10:30-7:30; Sun 11-6. TO


Health King 65 Nassau (John). 619-8030. M-F 7-7; Sat-Sun 11-6. TO

House of Vegetarian 66 Mott (Bayard/Canal). 266-6572. Daily 10:30-10. R, TO

M-F 9-7; Sat 10-6; closed Sun. HF, TO

TO

Organic Market 275 Seventh (26th). 243-9927. M-F 8-9; Sat 10-7; Sun 12-7. HF, TO

TO

TO

UVAYHEALTHY VEGETARIAN FOOD


THE BOTTOM LINE

HOW TO BECOME A VEGETARIAN

REDUCE. The easiest way to reduce animal products in your diet is to add fruits and vegetables, a step that nearly every health-advisory body urges these days. Five servings a day is the recommended minimum. More is better.

REPLACE. Many of the dishes you like may already be vegetarian; others can be made that way with a few minor changes (such as vegetable stock instead of chicken broth, or textured soy instead of chopped meat). Health food stores and even supermarkets offer a growing array of easy-to-prepare meat analogs, which re-create everything from hot dogs to chicken nuggets. Eat out a lot? Go with a vegetarian dish—a bean burrito, pasta e fagioli, moo shu vegetable. Most national cuisines have at least one vegetarian classic. If necessary, ask for a veggie platter—restaurants are usually happy to prepare one.

REFINE. Which is to say, “unrefine.” Cut down on empty calories—soda, doughnuts, potato chips. Switch from highly processed “refined” foods to “whole” foods—for example, whole grains, such as brown rice instead of white. Explore some of the less-familiar grains such as quinoa, kamut, millet and teff. As you gain confidence, consider moving on to veganism. Soy yogurt and fortified soy milk stand in nicely for their cow-based counterparts. Try different brands to see which ones you like best. Energizer, an economical substitute for eggs in baked goods, allows you to safely taste raw batter, just like in the old days; Tofurky Scramble, a mixture of spices, can be added to vegetables and mashed tofu for a quick alternative to scrambled eggs. But soy is just one of many legumes—chickpeas, pinto beans, lentils and countless others are low in fat, high in protein and good in soups, salads and stews. Leafy greens, such as collards and kale, steamed and sautéed with garlic, can be delicious, calcium-rich side dishes. Sea vegetables—hijiki, wakame, laver—are also rich in nutrients (if you've ever had sushi, you've already tasted one kind—nori, the green wrapping). Crave something heavy? Nut and seed butters, such as tahini, are creamy and satisfying on whole-grain bread. For dessert, there are soy- and rice-based ice cream, as well as sorbet. THE BOTTOM LINE is that if you eat a variety of wholesome foods from the categories above, you will have no problem obtaining enough protein and other nutrients—even as you dramatically reduce the saturated fat and cholesterol in your diet. (Vegans are advised to take a B-12 supplement.) For more ideas, pick up a cookbook; take a few classes; explore the many vegetarian sites on the Internet. Above all, keep an open mind and think of all the great new foods you'll be enjoying.