



**GUIDE TO A  
COMPASSIONATE LIFESTYLE**



# IF MILK IS VEGETARIAN, HOW ARE WE HARMING COWS?

Every glass of milk is a calf separated from their mother, starved of the milk it needs for nourishment.

Did you know that a male calf is considered a waste product of the dairy industry since he can't produce milk? Female calves will also be separated from their mothers and will later be used for milk production.

In order to produce profitable amounts of milk, a cow must be impregnated on a yearly basis. On modern-day dairy farms, including organic farms, cows are artificially inseminated.

Cows are treated like milk-making machines and often develop painful udder infections. They're slaughtered when their milk



production starts to decline. Milk and meat, in fact, are two sides of the same coin.

There is no such thing as humane or Ahimsa milk. Cows produce milk, as all mammals do, to feed their babies. Humans can get all the nutrition they need without consuming dairy products.

## FARMED ANIMALS SLAUGHTERED WORLDWIDE



**68 BILLION  
SLAUGHTERED  
EVERY YEAR**



**2 THOUSAND  
SLAUGHTERED  
EVERY SECOND**





## FISH HAVE FEELINGS

About half of the fish consumed by humans don't come from the wild. Fish farms are often crowded enclosures where stress and filthy water cause disease and death. The manure from fish farms drifts into neighboring rivers and oceans, creating areas that no longer sustain life. In the ocean, large driftnets catch everything in their path, including turtles, sharks, whales, and dolphins whose bodies are then discarded. Fish pulled from the water suffocate for up to ten minutes.

## LABELS CAN BE MISLEADING

The free range, cage-free, and humane certified labels are often deceptive. Mutilations—such as cutting off testicles, tails, teeth, toes, ears, and sensitive ends of beaks—are normally exempt from state anti-cruelty laws because they're considered "common farming practices." At the end of their short lives, these animals are typically sent to the same slaughterhouses as all other factory farmed animals.



# PLANT-BASED NUTRITION

BY JACK NORRIS, REGISTERED DIETITIAN

Generally, research on human populations has shown that the higher a percentage of plant foods an individual eats, the lower their risk is for obesity, high cholesterol, high blood pressure, type 2 diabetes, heart disease, and cancer.

While vegetarians and vegans have lower rates of many of the major chronic diseases, there are some nutrients they should make sure they are obtaining. Below are some general guidelines. You can find more specific amounts for different age groups at [VeganHealth.org](http://VeganHealth.org). The precise amounts are not important to reach each day—rather making sure you come close on most days is what's important.

**Protein.** It's easy to get enough protein on a plant-based diet when you include a few servings of legumes each day. Legumes include beans (garbanzo, kidney, pinto, hummus, refried, etc.), peas (green, split, black-eyed), lentils, peanuts, and soybeans (tempeh, tofu, soy milk, soy meats, edamame, etc.). Other plant foods high in protein are quinoa, seitan, nuts, and pumpkin seeds.

**Vitamin B12.** Vitamin B12 is the one nutrient not found in plant foods in any reliable amount. Eat fortified foods twice a day or take a 25-100 µg supplement daily.

**Calcium.** Adults need 1,000 mg per day. Good plant sources are kale, mustard greens, bok choy, turnip greens, collards, and watercress. Eat three servings (1½ cups cooked total) of these foods a day or drink a fortified beverage, eat tofu made with calcium salts (check label), or take a supplement of 250-300 mg/day.



An easy way to meet most of your needs described in this section is to include calcium-fortified, non-dairy milk and a multivitamin in your daily routine.

It is the position of the American Dietetic Association that appropriately planned vegetarian diets, including total vegetarian or vegan diets, are healthful, 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, and for athletes.

J Am Diet Assoc. 2009 Jul; 109(7): 1266-82.



**Iron.** Some women of child-bearing age, especially endurance runners, can become deficient. Plant foods contain iron, but it's harder to absorb without a source of vitamin C at the same time. If you are prone to iron deficiency, drinking a small glass of orange juice with high-iron foods (beans, greens, oatmeal, and fortified cereals) and avoiding coffee and tea at meals can maximize absorption.

**Zinc.** Found in tofu, beans, nuts, and oatmeal. Most vegans get about the RDA for zinc, but some fall short. Zinc plays a role in the building and repair of muscle tissue and preventing colds. A modest supplement of about 10 mg per day might benefit some vegans, especially strength athletes.

**Vitamin D.** Sunlight provides vitamin D if the upper body (or the equivalent amount of skin) is exposed a few times a week during mid-day—otherwise, a supplement of 600-1,000 IU per day is recommended. Deficiency results in fatigue.

**Iodine.** Vegans should eat seaweed, iodized salt, or take an iodine supplement of 75-150 µg two to three times per week.

**Vitamin A.** Made from beta-carotene. Eat carrots, kale, butternut squash, sweet potatoes, spinach, cantaloupe, or drink carrot juice each day.

**Omega-3.** Eat a serving of walnuts, canola oil, flaxseeds, hemp seeds, or chia seeds (or their oils) daily or take a vegan omega-3 supplement.

More vegan nutrition info: [VeganHealth.org](http://VeganHealth.org), [JackNorrisRD.com](http://JackNorrisRD.com) or [TheVeganRD.com](http://TheVeganRD.com).



## INTERVIEW WITH PAYAL BHANDARI, M.D.

Both my daughters experienced health issues (cysts, allergies) and we were having a hard time figuring out the cause. That's when I learned that hormones and antibiotics that are given to cows end up in our system. Once we realized the terrible cruelty that animal agriculture hides from us, we as a family chose a vegan lifestyle.

We changed the foods slowly over a couple of years. We all felt better, and so health was a big factor. It also helped that our whole family chose to go vegan at the same time, so we had each other for support and encouragement.



### DR. B'S EASY PROTEIN-PACKED HUNGER FIX

- 2-3 cups of cooked quinoa
- 1 can of black beans, rinsed
- 1 container salsa

Cook quinoa according to package instructions. Mix beans and quinoa with salsa, add salt and pepper to taste. Serve immediately. Serves 4.



"While researching factory farms, I was shocked to see how cows were treated in the dairy industry. At first, I simply reduced dairy by choosing alternatives like soymilk, which was a great starting point. Then at 16, I became vegan!"

**Devika**, College Freshman



"I substitute plant-based ingredients in all my recipes and even make my own soy yogurt at home. I feel my health has improved and my ailments have gotten better too!"

**Mrs. Kamala Gurunathan**,  
73 year-old vegan



# NOT A HIMALAYAN TASK!

I was always a vegetarian, but it was only when I moved to study in the United States that a roommate told me about the horrors of the dairy industry. I slowly gave up all dairy and felt a big positive change in me as a human and saw great improvement as an endurance trainer.

It has now been over 15 years and I feel great—this diet has done wonders for me. I recover much quicker even when I do excruciating workouts.

**Kuntal Joisher**, Vegan mountaineer, summited Mt. Everest 2016



## "YOU, TOO, CAN CLIMB MT. EVEREST" SMOOTHIE

- ½ cup oats
- 2 cups water or non-dairy milk
- 2 deseeded dates or 1 tbsp raisins, adjust to desired sweetness
- ¼ cup nuts
- 1 handful of greens (spinach, kale, etc.)
- Your choice of fruit, *optional*

Soak oats in liquid for at least an hour. Add dates or raisins, nuts, and greens then blend—adding more liquid as needed. Fruit—up to two varieties—can also be added. Serves 2.



# MEET VEGAN RICHA



## Q & A WITH VEGAN COOKBOOK AUTHOR AND BLOGGER RICHA HINGLE

### When did you go vegan, and how did you do it?

We adopted our dog, Chewie, in 2009 and started fostering dogs soon after. The deeper bonds we were making with the dogs helped us understand and make the connection to move to an animal-free diet. We soon got information on dairy and eggs and decided to go vegan. The transition was made over a period of months.

### How did you become a vegan food blogger?

Before VeganRicha, I was blogging my everyday recipes as a hobby. After deciding to go vegan, I changed my blog to showcase vegan and veganized food. The response has been great.

### What are the most popular recipes on your blog?

There are many, but some are Garlic Pasta with Cajun Roasted Cauliflower (pictured), Butter Tofu, Buffalo Chickpea Pizza, Chickpea Turmeric Peanut Butter Curry, and Lasagna Soup.



### People always wonder about proteins. What are your favorites?

My go-to proteins are beans, chickpeas, lentils, tofu, or tempeh.

### What homemade vegan treats do you recommend for dogs?

Carrots, blanched broccoli, sweet potatoes, pumpkins, and chickpea treats. A little nut butter is always popular!

"I watched a few documentaries in 2015 and decided to go vegan overnight. I did my research the next month and became even more convinced I was on the right path. Two months later, I was also able to help my wife transition to veganism!"

**Pranav & Teena Mehta**





# RECIPES TO TRY

## VEGAN RICHA'S TEMPEH-TIKKA MASALA

### Marinade

- 4 oz. tempeh, about  $\frac{3}{4}$  cup, cubed
- $\frac{1}{2}$  cup water
- $\frac{1}{2}$  tsp garam masala
- $\frac{1}{2}$  tsp salt
- $\frac{1}{4}$  tsp chili powder or cayenne
- $\frac{1}{2}$  tsp paprika
- 2 tsp non-dairy yogurt

### Tikka Masala Sauce

- 2 tsp canola oil
- $\frac{1}{2}$  medium onion
- 3 medium tomatoes
- 1 inch of ginger
- 5-6 cloves of garlic
- 1 green chili or to taste
- $\frac{1}{4}$  tsp turmeric powder
- 1 tsp coriander powder
- 1 generous pinch of asafoetida hing (*omit to make gluten-free*)
- $\frac{1}{2}$  tsp garam masala or to taste
- $\frac{1}{4}$  tsp paprika or kashmiri mirch
- 1 tsp dried fenugreek leaves (methi)
- 3 tbsp plain unsweetened non-dairy yogurt
- $\frac{1}{2}$  tsp salt
- $\frac{1}{2}$  tsp sugar/raw sugar
- $\frac{1}{4}$  cup plant milk

Mix marinade ingredients and add tempeh. Let sit for 5 minutes. Transfer to pan and cook partially covered until liquid is absorbed by tempeh—about 15 minutes. Add tablespoon of oil and toss over medium heat for 2-3 minutes.

For sauce, chop onion and set aside. In medium-size pan, add oil and heat on medium. Add onions and cook for 7-8 minutes. Blend tomatoes, ginger, garlic, and chilies into smooth puree. Add turmeric, coriander powder, hing, garam masala, paprika, and fenugreek leaves to onions and mix well. Add tomato puree to onion mixture and cook on low-medium heat 15-20 minutes. Stir occasionally until

mix thickens and leaves oil on sides. Add tempeh, yogurt, salt, sugar, and mix. Taste to adjust seasoning. Add milk to desired consistency and bring to boil on low-medium heat. Remove when heated and top with fresh chopped cilantro. Serve with Indian flatbreads (roti/naan), or basmati rice. Can use sauce with veggies, beans, or cooked chickpeas. Add yogurt and simmer until veggies are tender. Serves 2.



# SOME FAVORITES



## CORN CAPSICUM TIKKIS *by @tarladalal*

- 1 cup sweet corn kernels
- 4 tbsp rice flour
- ½ cup finely chopped green bell pepper
- Salt to taste
- 2 tsp finely chopped green chilies, deseeded, *optional*
- Oil for deep-frying

Blend corn in mixer to coarse paste—do not add water. In deep bowl, add corn and remaining ingredients. Mix well. Divide into 8 equal portions. Roll each portion into flat tikki/patty. Heat oil in deep wok or pan. Deep-fry few patties at a time until golden brown on all sides. Drain on absorbent paper and serve with mint chutney or tomato sauce. Makes 8 patties.



## BASIL KALE PESTO *by Roopa Rao*

- 1 large bunch of basil
- ¼ cup of extra virgin olive oil
- 1 small bunch of tender/baby kale leaves
- Juice of ½ lemon
- 1 tsp pepper, salt to taste
- ¼ heaped cup of cashews
- ¼ heaping cup of nutritional yeast
- 3 large cloves of garlic

Rinse basil and kale leaves. Remove stems and lay on kitchen towel to dry. Blend cashews, garlic, oil, and lemon juice until coarse. Add salt, pepper, and nutritional yeast. Blend again, scrape down sides as needed. Add basil and kale in small batches until blended smooth. Add lemon juice, salt, and/or pepper if desired. If too thick, add water or vegetable broth, 1 tbsp at a time. Refrigerate in airtight jar. Keeps for up to 2 weeks. Serves 4.



## CHAI TEA

- 1 cup of water
- 2 crushed cardamoms
- 1 tbsp of tea powder
- 2 inches of crushed lemongrass
- 1½ to 2 tbsp sugar
- 2 strands of saffron, *optional*
- ½ inch ginger, grated
- 1 cup of plant milk

Bring ingredients, except milk, to boil. Simmer for 3 minutes. Turn off heat, add milk, and stir. Cover and let sit for 3 minutes. Strain and serve. Ripple Plain Unsweetened and Oatly non-

dairy milk brands work well. Serves 2.

# YUMMY DESSERTS

## KAJU KATLI/CASHEW BITES *by Vaish Vijay*

- 1 cup cashews
- ½ cup water
- ½ cup sugar
- 2 tsp canola oil

Grind cashews to fine powder in food processor. In saucepan, combine sugar and water. Stir on medium heat until sugar dissolves. Lower heat, add cashews. Mix until soft dough forms. Grease cookie sheet with oil. Knead warm dough on sheet until smooth. Flatten dough to ¼" thick sheet. Cut into squares when warm. Store in airtight container. Makes 8 pieces.



## SHEER KHURMA/KHEER/PAYASAM *by @nausheenthevegan*

- ½ cup of vermicelli
- 2 tbsp raisins, *optional*
- ½ cup nuts of choice (almonds, walnuts, cashews, or pistachios)
- A good pinch of cardamom powder
- 5 cups of non-dairy milk
- Saffron strands
- ¼ cup of finely chopped dates
- 1 tsp rosewater, *optional*

Dry roast vermicelli in pan on low-medium heat until golden brown. Remove and dry roast nuts until brown. In saucepan, bring milk to boil and reduce heat. Stir in toasted vermicelli, dates, raisins, cardamom powder, and saffron. When vermicelli has absorbed most of milk—10-12 minutes—turn off heat. Stir in rosewater. Sprinkle with toasted nuts. Serves 4.



## CASHEW/ALMOND MILK

- ½ cup whole cashews or almonds, soaked overnight
- 2-3 seedless dates
- 2 cups water (more for thin milk)
- Cinnamon, vanilla bean or extract, salt, *optional*

Drain soaking water and peel almonds, if desired. Blend nuts to form smooth paste—add water as needed. Add dates and blend. Add more water and optional ingredients. Strain mixture with fine cloth. Refrigerate immediately. Keeps up to four days. Serves 2-3.



# TRY THIS AT HOME



## PLUM CAKE by [vegrecipessofindia.com](http://vegrecipessofindia.com)

- 1 cup all-purpose flour
- ½ cup whole wheat flour
- ½ tsp cinnamon powder
- ¼ pinch of grated or powdered nutmeg
- 1 tsp baking powder
- ⅔ cup oil
- ¾-1 cup sugar, golden sugar or powdered sugar
- 5 - 6 finely chopped plums
- ⅓ cup chopped cashews
- ½ cup soy, almond, or thin coconut milk
- 2 tbsp apple cider vinegar or white vinegar
- ½ tsp baking soda
- 1 tsp vanilla extract

Preheat oven to 340°F. Grease pan. Sieve all-purpose flour, whole wheat flour, cinnamon, and nutmeg with baking powder. Add oil and mix gently. Add sugar and stir. Gently fold in chopped plums and cashews. In separate bowl, combine soy milk and vinegar. Let sit for few minutes and add baking soda—will yield frothy, bubbly mixture. Add frothy mixture to cake batter. Add vanilla extract and fold in quickly. Pour batter in cake pan and bake 35-40 minutes. If top of cake browns too quickly, cover pan with baking paper or aluminum foil. Serves 4.



## CURD RICE by [@nirusrini](https://www.instagram.com/nirusrini)

- 1 ½ cups cooked white rice
- 1 cup plain non-dairy yogurt
- ¼ cup plant milk or water
- ½ tsp salt
- ½ cup chopped cilantro
- Juice from ½ lemon, *optional*
- 1 tbsp grated ginger
- Seedless grapes, halved
- Seasoning**
- 1 tsp oil
- 1 tsp mustard seeds
- 1 tsp chana dal
- 5-6 curry leaves
- 1 green chili, slit horizontally

Cook rice according to package instructions, let cool. In large bowl, mix cooked rice, yogurt, milk, salt, cilantro, lemon juice, ginger, and grapes. For the seasoning, in pan, heat oil and add mustard seeds. When seeds splutter, add remaining seasonings. Remove from heat after 1 minute. Add to rice mixture and serve. Serves 2.

# FOR YOGURT LOVERS

## NON-DAIRY YOGURT *by Vegan Richa*

- 2 cups unsweetened almond milk, divided
- ½ tsp sugar or maple syrup, *optional*
- 2 tbsp cornstarch or arrowroot, *if needed*
- ¼ cup store-bought non-dairy yogurt or yogurt starter (see green box below), brought to room temperature



Warm one cup almond milk in saucepan over medium heat, add sugar to milk if using. In separate cup, mix ¼ cup of warm milk with the starch. Continue to warm remaining ¾ cup milk and slowly pour starch mixture into pan. Whisk well. Cook until milk thickens slightly, about 1 minute. Take off heat and whisk in remaining one cup milk and starter. Transfer to glass bowl or jar and lightly cover. Let sit 6 to 8 hours in a warm place (in oven with light on or in sun, covered with a towel). Before serving, reserve ¼ cup to be starter for next batch. Serves 4.

**COCONUT MILK YOGURT:** Follow procedure above using lite or full-fat canned coconut milk instead of almond milk. This yogurt can be used in recipes when yogurt is cooked into the sauce, such as Kadhi, Tikka Masala, Rogan Josh.

**SOYMILK YOGURT:** Bring soymilk to boil and remove from heat. Let cool till warm to touch. Whisk in starter. Transfer to glass bowl or jar and lightly cover. Let sit 6 to 8 hours in a warm place (in oven with light on or in sun, covered with a towel).

**CASHEW YOGURT:** Blend 1 cup overnight soaked cashews with 3 to 4 cups water to make cashew milk. Follow procedure above using homemade cashew milk instead of almond milk.

## YOGURT STARTER OPTIONS

- ¼ cup store-bought or homemade yogurt
- Probiotic Starter:
  - ½ cup warm soy or cashew milk
  - ½ teaspoon non-dairy probiotic powder or powder from 1 vegan probiotic capsuleMix ingredients, transfer to a glass bowl or jar and cover. Let sit in a warm place for 6 hours. Refrigerate and use to make fresh batch of yogurt within 3 days.



# GETTING GROCERIES

## PANTRY



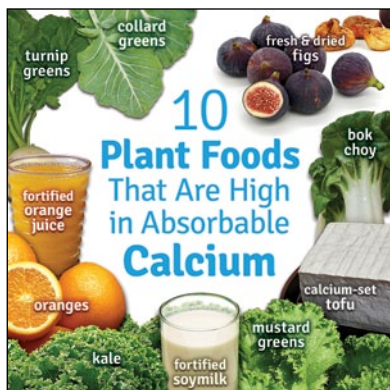
## FRIDGE



## FREEZER



# EASY SUBSTITUTIONS



PO Box 1916, Davis, CA 95617 • [VeganOutreach.org](http://VeganOutreach.org)

PHOTOS: Shilpa Shah (cover upper); Richa Hingle (cover lower); Jo-Anne McArthur/We Animals (p2 upper); © Can Stock Photo Inc./Johannesk (p3 upper); Direct Action Everywhere (p3 middle); Tacar/Shutterstock.com (p4); Shilpa Shah (p5 upper); Chloe Jackman (p6 Dr. Bhandari); Delirium Trigger/Shutterstock.com (p6 quinoa salad); Rachel Davis (p6 teen); Mohan Gurunathan (p6 senior); Mingma Tenzi Sherpa (p7 middle); Richa Hingle (p8 upper and middle); Prati Mehta (p8 lower); Richa Hingle (p9); Kacy Franzen/lazygirliving.com (p10 upper); Anipixels.org (p10 lower); Tarladalal.com (p11 upper and middle); Brownble.com (p11 lower); vm2002/Shutterstock.com (p12 lower); Richa Hingle (p13 upper); Kathy Hutchins/Shutterstock.com (back cover upper).

"Be the voice of those who can't say 'stop,' who can't say 'that hurts,' who can't say 'I'm so afraid to die.'"

Miley Cyrus



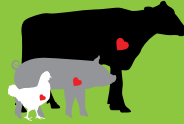
## Per year, switching to a vegan diet:



SAVES  
219,000  
GALLONS  
OF WATER



PREVENTS  
THE RELEASE  
OF 1,533 LBS  
OF CO2



SPARES THE  
SUFFERING  
OF 35  
ANIMALS

## READY TO TRY VEGAN EATING?

Our weekly email series will help you replace one food per week with a delicious vegan version. After 10 weeks, you'll have all the food recommendations, nutrition info, and recipes you need to make a big difference for animals!

[VeganOutreach.org/Guide-IAC](https://VeganOutreach.org/Guide-IAC) • [10 weeks to \*\*vegan\*\*](https://VeganOutreach.org/VMP)

## MENTOR PROGRAM

Get free individual help in going vegan: [VeganOutreach.org/VMP](https://VeganOutreach.org/VMP)



Follow us on Facebook, Instagram & Twitter