



How to be a Healthy Vegetarian/Vegan!



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Sources of Information:

The Supreme Master Ching Hai International Association


and

www.PCRM.org

PHYSICIANS COMMITTEE FOR
RESPONSIBLE MEDICINE

Susan Levin, MS RD
Staff Dietitian

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AGENDA

- ❖ What is a vegetarian?
- ❖ Fears of becoming one!
- ❖ Alkaline vs Acid Diets
- ❖ 5 Essential Nutrients
- ❖ Greens
- ❖ 30+ Tips incl. Veggie Children

This information sharing is a compilation of information from various experts in the field of nutrition plus our own valuable experience. But YOU are your own best expert.

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What's a vegetarian?

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Two Types of Vegetarians that we recommend



- **Lacto Vegetarian:** A lacto veggie diet excludes meat, fish, poultry and eggs but includes dairy (cheese, milk, yogourt ...).
- **Vegan:** A vegan diet excludes all animal products including meat, fish, poultry, eggs, dairy products, honey, and any foods containing by-products of these ingredients.

A Vegetarian/Vegan does not eat flesh from animals, fish and birds.

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If you don't eat meat . . . what's left to eat?



Many of us were raised with a big piece of meat on our plates and we pushed the healthy side dishes to the ends of the plate where they played a minor role . . . the salads and veggies.

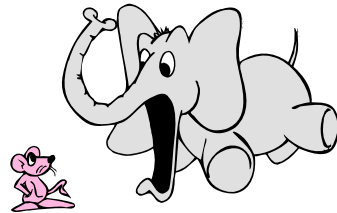


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OKAY, be honest now ...

What fears



do you have about being a Vegetarian/Vegan?



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- Fear of not getting enough protein
- Fear of getting sick from lack of nutrients
- Fear my partner will think I'm weird!
- Fear my kids will leave home!
- Fear I'll give up because I don't know how to do it properly
- Fear that I'll get too healthy
- How do I replace turkey at holiday time?
- My friends won't invite me over any more.



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In 1931
Otto Warburg won
the Nobel Prize
for showing that
cancer thrives
in acidic conditions.




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High acid diet



Inflammation





Disease



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How often do doctors
check our pH along with
our blood pressure
and temperature?



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All meats and eggs
are highly acidic

Most fruits, greens
and vegetables
are alkaline forming.

**Recommended daily: 70% alkaline
and 30% acid forming foods**



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Source: "Acid Alkaline Diet Simplified" by Michael Murray



Highly Acidic	Highly Alkaline
Most Breads	Avocado, tomato, cucumber
Beer, wine, coffee, black tea	Granulated soy (cooked, ground)
Eggs	Lima beans
Milk	Soy lecithin (pure)
Cheese	Soy nuts (soaked then dried)
Meats: Beef, chicken, pork, fish	Beans: soybeans fresh, white navy, green
Fruits: banana, mandarin orange, pineapple, raspberry,	Fresh red beet
Wheat	Red radish and black radish
Canned foods	Grasses: alfafa, barley, kamut
Nuts: peanuts, pistachios	Dandelion
Mushrooms	Cabbage, lettuce, kale, celery, garlic, cilantro, ginger
Artificial sweeteners	

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What we think, we become.



I, _____, am now a happy and healthy vegetarian/vegan because I eat the right foods for my needs.

My heart is happy knowing that I care deeply for the welfare of my animal and bird friends.

I am green and I help save the planet.

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What we think, we become.



In order to believe these belief systems, our conscious mind beliefs must be congruent with our subconscious beliefs. They must shake hands in agreement. If you would like to achieve this congruency, think of the number "10".

What image or word comes to mind?

What does it mean to you? How will it help you in this new journey?

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What is food?



What is dead (ie animals) cannot create life.

Life (live food) creates another life.

Animals are not food.



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Become a Veggie in Stages

- Avoid eating all beef immediately.
- Avoid eating all meat and eat just fish.
- Cut back eating meat or fish to 1 day a week.
- Cut back eating meat or fish to 10 days/month.
- Don't eat meat, fish, or eggs at all.
- Don't eat meat, fish, eggs, or dairy at all.



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And be a Hero!

We treat all living creatures as our dearest friends.



We love them – not eat them.

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Be Veg! Go Green!
Save The Planet

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RDA: Five Essential Nutrients

- Iron** 8 mg for adults & postmenopausal women
18 mg for pre-menopausal women
- Protein** 40-60 grams (see formula)
- Calcium** Women and Men: 1,000 milligrams (mg)
- Vitamin B₁₂** Women and Men: 2.4 micrograms (mcg)
- Vitamin D** RDA women: 400 I.U. Men: 200 I.U.

Sources: Nutritionist Cynthia Sass, RD, works for the American Dietetic Association and is a vegan. Susan Levin, Staff Dietician, PCRM.org

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How do I get iron if I don't eat red meat?

(RDA = 8 mg, 18 for pre-menopausal women)

Food	Iron Content
Oatmeal, 1 cup cooked	1.6 mg
Black beans, 1 cup cooked	3.6 mg
Garbanzo beans, 1 cup cooked	4.7 mg
Soybeans, 1 cup cooked	8.8 mg
Peanut butter, 2 tablespoons	0.6 mg

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How do I get iron if I don't eat red meat?

Food	Iron Content
Apricots, dried, ¼ cup	1.5 mg
Broccoli, chopped, 1 cup cooked	1.3 mg
Swiss chard, 1 cup cooked	4.0 mg
Blackstrap molasses, 2 tablespoons	7.0 mg

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More Iron sources

peas spinach
 lentils fortified cereals
 soy milk dried fruits
 tofu dandelion greens
 pumpkin seeds potatoes baked with the
 cashews skin on
 sunflower seeds

As a Veggie Elite you begin to have fun experimenting with more and more good-for-you food!

Tip: eating foods that contain Vitamin C improves the absorption of iron.

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Protein

- You can get all the protein you need without eating meat.
- No combining necessary!
 - You don't need to worry about combining your proteins.
 - As long as you get varied amino acids throughout the day (or even week), you will be fine.



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How much protein do you need?

Standard American recommendation calculation:

$$0.36 \times \text{lbs} = \text{ ____ } \text{ grams protein}$$

example: $0.36 \times 125 \text{ lbs} = \underline{45} \text{ grams}$

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Too much protein

Consuming too much protein for a few weeks may not result in any long-term ill effects.

However, women who ate more than 95 grams of protein a day were 20 percent more likely to have broken a wrist over a 12-year period when compared to those who ate an average amount of protein.



Feskanich D, Willett WC, Stampfer MJ, Colditz GA. Protein consumption and bone fractures in women. *Am J Epidemiol.*1996;143:472-9.

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Protein

60 grams of protein (RDA = 40-60):

• Breakfast

- Cereal with soymilk: 9 grams
- Toast with almond butter: 5 grams



• Lunch

- 1 cup black bean soup: 11 grams
- 1 veggie burger on whole-wheat bun: 17 grams

• Dinner

- Tofu stir-fry over brown rice: 18 grams



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More Protein Sources

- | | | |
|-----------------|-----------|--------------------------|
| lentils | rice | kamut |
| beans | potatoes | spelt |
| peas | kale | buckwheat |
| soy milk | carrots | amaranth |
| tofu | oatmeal | soy protein powder |
| almonds | salba | brown rice protein . . . |
| walnuts | spirulina | |
| sunflower seeds | quinoa | |
| brazil nuts | | |

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1.5 pounds a week of almonds and a pint a day of a combination of 10 oz. of carrot juice and 6 oz. of spinach juice provides enough protein for an entire week. WOW!

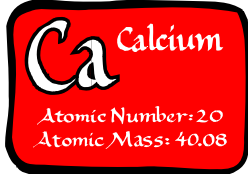



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Calcium



- Plants do contain calcium.
- Most of the world doesn't drink milk because they are lactose intolerant. This is a normal development for mammals.




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No shortage of calcium here.

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Calcium



- Most people of Asian, African, Mediterranean, Native American, South American decent, and some Hispanics and Jews are lactose intolerant.
- Who isn't? Those of Northern European decent. Their ability to digest lactose is thought to be due to a genetic mutation.
 - Lactose Persistent

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Prevalence of lactose intolerance

Lactase deficiency is present in up to 15 percent of persons of northern European descent, up to 80 percent of blacks and Latinos, and up to 100 percent of American Indians and Asians.

Swagerty DL, Walling AD, Klein RM. *Am Fam Physician*. 2002;65(9):1845-50.

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Calcium

What about your bones?

- Vegetarians around the world have rates of osteoporosis that are lower or similar to non-vegetarians.
- Many factors play a role in determining how healthy our bones are: physical activity, protein intake, sodium intake, smoking habits, alcohol intake, sunlight exposure, etc.

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Research shows

Vegetarians have normal bone mass as compared to non-vegetarians.¹

In fact, consuming fruits and vegetables shows a protective effect on bone mass.²

¹ New SA. Do vegetarians have a normal bone mass? *Osteoporos Int*. 2004(9):679-88.

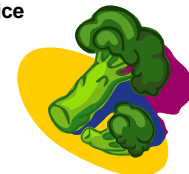
² Larsson CL, Johansson GK. Young Swedish vegans have different sources of nutrients than young omnivores. *J Am Diet Assoc*. 2005;105:1438-1441.

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Calcium - Where do you get calcium from if not from a cow?

- Dark green leafy vegetables: kale, Swiss chard, collards, etc.
- Broccoli
- Chinese cabbage
- Tofu processed with calcium
- Dried figs
- Kiwi
- Legumes such as pinto beans, black beans, garbanzo beans
- Almonds and sesame seeds
- Calcium-fortified orange juice or soymilk



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Calcium - LOSS



Protein:

The more animal protein we eat, the more calcium our bodies have to pull from our bones to neutralize the acidity of our blood.

Sodium:

- The more sodium we eat, the more calcium we excrete.
- So, the less processed foods we eat, the more calcium we retain.

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Calcium – LOSS



Caffeine:

In soft drinks, coffee, etc. – caffeine causes calcium loss.

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Calcium – GAIN



• Sun exposure

More sunlight = more Vitamin D = more calcium absorption

• Your body adjusts to the amount of calcium it needs

When it needs more, it absorbs more.

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Calcium – GAIN



• Exercise

The more exercise you do, the more calcium you hang onto.

• Bone health note

Fruits and vegetables provide **vitamin C** to build collagen, which forms the basic network of tissue within your bones.

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How can I get enough calcium from non-dairy sources?

Food	Calcium Content
Dairy Sources	
Milk, skim, 1 cup	300 mg
Mozzarella cheese, 1 ounce	183 mg
Non-Dairy Sources RDA = 1000 mg	
Blackstrap molasses, 1 tablespoon	172 mg
Bok choy, 1 cup	160 mg
Navy beans, 1 cup	123 mg

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How can I get enough calcium from non-dairy sources? (RDA = 1,000 mg)

Food	Calcium Content
Orange juice, calcium-fortified, 1 cup	300 mg
Tofu, processed with calcium, ½ cup	200 mg
Soymilk, fortified, 1 cup	300 mg
Collard greens, 1 cup	360 mg

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Salba – Ancient Seeds



The brilliant Aztecs, reknown for their extraordinary health, used Chia (Salba) to sustain themselves on long arduous trading expeditions relying on Salba for their only source of nourishment! In a 12 gram serving – 2 Tbsp:

Fibre	4.2 g
Protein (all essential amino acids)	2.6 g
Omega 3	2.5 g
Omega 6	.76 g
Omega 9	.25 g
Calcium	93 mg
Magnesium	46 mg
Iron	1.56 mg
Niacin	9 mg
Vitamin A	25 mg

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Salba



100 grams of salba provides:

70% of RDA of Calcium and 50% of Iron!

WOW!

Salba contains more Omega 3 fibre and antioxidants than flax seeds. And more calcium than sesame seeds. Vitamin C!

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Nature is Totally Brilliant

**“Let your food
be your medicine and
your medicine your food.”**

- Hippocrates

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Vitamin B₁₂

- **Vitamin B₁₂** (also called cobalamin) is difficult to consume from plants as our agricultural practices have depleted the top soil of this naturally occurring nutrient.
- **What can vegans do?**
 - Fortified soymilks and breakfast cereals
 - Vitamin pills

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Good vegetarian sources of vitamin B₁₂

Food	Vitamin B ₁₂ Content
Wheat Chex [®] , 1 cup	2.4 mcg
Veggie burger, 1 patty	1.5 mcg
Veggie breakfast links, 2 links	3.6 mcg
Soymilk, fortified, 1 cup	3.0 mcg

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More Sources of B12

blue-green algae
 non-dairy milks
 tempeh
 veggie “meats”
 maca
 aloe vera
 brewers yeast
 barley grass
 dong quai
 fortified foods including cereals . . .

Take a sublingual supplement . . .

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Essential Fatty Acids

(for a healthy brain, organs, skin ...)

Omega 3: salba, flax oil, hemp oil, soya, dark green leafy veggies . . .

Omega 6: salba, oils (borage, evening primrose, hemp, safflower, sunflower, corn), nuts, sesame seeds, legumes . . .

Omega 9: salba, olive oil, avocados, almonds, peanuts, cashews . . .

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So what should a vegetarian diet look like?



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The New Four Food Groups

Grains

Vegetables

Fruit

Legumes

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The New Four Food Groups

Grains: 5 or more servings per day

- Whole wheat bread
- Pita
- Tortillas
- Rice
- Barley
- Oats
- Pasta
- Cereal



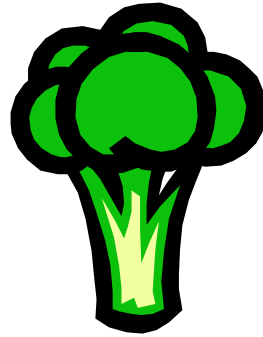
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The New Four Food Groups

Vegetables: 3 or more servings per day

- Kale
- Collard greens
- Squash
- Carrots
- Peppers
- Broccoli
- Sweet potatoes



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The New Four Food Groups

Fruit: 3 or more servings per day

- Apples
- Bananas
- Grapes
- Kiwis
- Oranges
- Cantaloupes
- Grapefruit



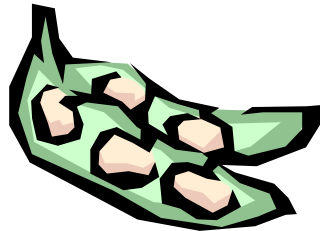
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The New Four Food Groups

Legumes: 3 or more servings per day

- Lentils
- Peas
- Black beans
- Hummus
- Tofu
- Soy milk
- Veggie "meats"



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Now, let's talk SMOOTHIES!


With high oxygen content in chlorophyll and high mineral content in green plants, **greens** are **THE** most alkalizing food that exist on our planet.

By including green smoothies in our diet we can keep our bodies alkaline and healthy. Smoothies are **easily absorbed**.


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Strawberry Field 

1 cup strawberries
2 bananas
½ bunch romaine
2 cups water

Igor's Favorite 

½ bunch spinach
4 apples
½ whole lime with peel
1 banana
2 cups water 

"Green for Life" by Valerie Boutenko

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It's so Easy!


Use a good blender.
Add your ingredients.
Blend and drink.



It literally takes 2 minutes.




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Children LOVE Smoothies!

Make your **GREEN** smoothies every morning and add, if you like, salba, flax or hemp oil, brown rice powder, kelp, and whatever tickles your fancy.

No more worries about your children receiving all their nutrients ...



One pound of kale has even more protein than the RDA.

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The Fastest Way to Alkalize Your Body is with Greens and Sprouts.

Add Sprouts to your Green Smoothies ...

Add salba!

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Organic Produce vs Conventional Produce

Vegetable	Calcium*	Magnesium*	Iron**
Spinach			
Organic	96	203.9	1584
Commercial	47.5	46.9	49
Tomatoes			
Organic	23	59.2	1938
Commercial	4.5	4.5	1.0

* = millequivalents per 100 grams dry weight Source: "Green for Life"
 ** = trace amounts parts per million dry matter

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FYI

Kale and cilantro are the strongest vehicles to remove heavy metals from your body.

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30 Tips!

Are you ready?

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TIP #1

Avoid the soda and French fry trap



- None of us is immune to junk food.
- It can be hard to avoid these foods because of social pressure.

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TIP #2

Stocking the vegetarian pantry



Convenience Foods:

- Frozen vegetable stir-fries
- Frozen vegetarian meal kits
- Soup in a cup
- Boxed rice pilaf



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TIP #3

Top ten vegetarian convenience foods



1. Soymilk
2. Powdered vegetarian egg replacer
3. Vegetarian burger patties and hot dogs
4. Whole grain breakfast cereals
5. Tempeh and tofu
6. Canned beans
7. Frozen entrées
8. Hummus, nut butters
9. Instant soups
10. Marinara sauce



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Fact:

The average family eats only 8-9 different dinners repeatedly!

Therefore, thinking of 8-9 different vegetarian/vegan dinner menus seems doable right?

Here's how we can do that . . .



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TIP #4

Celebrate three vegetarian meals that you already enjoy!



- Stir fries
- Three bean chili
- Pasta primavera
- Veggie soups
- Other? _____



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TIP #5



Think of three regular dishes and substitute the meat with natural protein

- shepherd's pie with peas, edamame, lentils
- cabbage rolls with lentils
- stir fries with teriyaki tofu
- beef stew with veggie mutton

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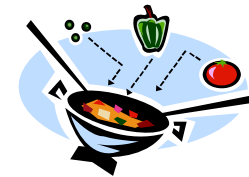
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TIP #6



Check out veggie cookbooks and find three new recipes!

Guess what?



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It's that easy!

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TIP #7



Breakfast and Lunch options

- ✓ Protein shake or Yummy Green Smoothies
- ✓ Hot Oatmeal
- ✓ Amazing Vegan French Toast
- ✓ Scrambled tofu with turmeric
- ✓ Sandwiches with hummus or white bean pate
- ✓ Pasta salads
- ✓ Bean or Lentil soups
- ✓ Nachos and salsa maybe soycheese



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TIP #8



Start Your Day with a Delicious Powdered Protein Shake

Or, better yet, a REAL smoothie!



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TIP #9



Eat Simply

- ✓ Baked potato with steamed edamame & salad with fresh sprouts
- ✓ Falafels with green salad or coleslaw
- ✓ Brown rice with peas topped with sunflower seeds
- ✓ BBQ thick slices of marinated veggies + marinated tofu
- ✓ Soups – make 2 gallons and freeze
- ✓ Veggie burgers . . .
- ✓ Tortilla filled with black beans, green onions, tomatoes ... fry lightly. Yummy . . .

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TIP #10



Ethnic grocers offer valuable choices

- ✓ Stuffed grape leaves
- ✓ Falafels
- ✓ Eggplant spreads
- ✓ Curries
- ✓ Stir fries



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TIP #11



Keep Nuts and Seeds Around

Almonds, sunflower seeds, pumpkin seeds. Grind up the harder nuts and seeds. Eating walnuts at noon will keep you awake all afternoon.

TIP #12

Study the Protein Content of Vegetables

A variety of greens can supply all the protein we need to sustain each of our unique bodies.

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TIP #13



Take enzymes and probiotics daily . . . If you are over 40.

The body slows down its production of enzymes after the age of 40. Take enzymes to assist the digestive process.

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TIP #14



Think Positive Thoughts

Factors that potentially make us more acidic include hearing or saying harsh or bitter words, loud music and noise, traffic jams!, feeling jealous or wanting revenge, overworking and over-exercising, watching scary or stressful movies, listening to negative news on the TV, taking on a mortgage, paying bills . . .

See the positive side of everything in life!

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TIP #15



Egg Substitutes

- ✓ Add extra water
- ✓ Use powdered egg replacer
- ✓ 1 heaping Tablespoon of soy flour or cornstarch plus 2 tablespoons of water to replace each egg
- ✓ One ounce of mashed tofu for each egg
- ✓ Half a banana replaces one egg in muffins etc.
- ✓ For veggie loaves and burgers, bind with tomato paste, mashed potato, bread crumbs, rolled oats.
- ✓ Salba gel.

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TIP #16



Minimize Fatty Fried Foods

TIP #17

Get plenty of Rest and Sleep

TIP #18



Meditate Daily

With a fully enlightened living Master. Your package include application forms to learn our meditation methods . . . Service is free of charge . Fill it out and give it to me.

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TIP #19

Regular Exercise – Fresh Air

TIP #20

Drink lots of water ... 8 glasses

TIP #21

Reduce stimulants such as caffeine, alcohol, nicotine. None is preferable.

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TIP #22

Hang out with Positive People

TIP #23

Cleanse liver/kidneys add lemon to warm water in the morning

TIP #24

Detox Bath in sea salt or Epsom salts regularly. To keep negativity away add sandalwood essential oil to simple body cream.

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TIP #25

Give Gratitude Every Day and more goodness will come your way

TIP #26

Study Ways to Build Your Immune System

TIP #27

Study Natural Medicine.

Learn more about essential oils, homeopathy, healing teas . . .

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TIP #28

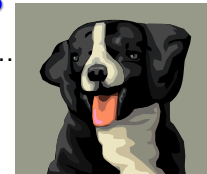
Listen to Your Body

TIP #29

Feed Vegetarian Food to Your Beloved Pets

... they need greens, raw veggies ...

They give us so much love ... they deserve to be healthy too.



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TIP #30



Educate your family and friends on:

1. Why be a veggie and
2. How to be a Healthy one!



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Where To Buy Veggie Food



- On-line
- Supermarkets
- Health Shops
- Vegetarian Food Suppliers
- Vegetarian Restaurants

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Change Your Life

Change Your Heart



Change Your Diet



No more killing
Be healthy and loving



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“We deserve to live too.”

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For more information

- **Food for Life** by Neal D. Barnard, M.D.
- **To order books on vegetarian diets**, please call the PCRM Marketplace toll-free at 1-888-260-8458 or visit <http://pcrm.safeshopper.com>
- **To order your very own FREE Vegetarian Starter Kit** www.pcrm.org
- www.NutritionMD.org for recipes!

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Would you be kind enough to email this slide presentation to 5+ friends and family members? They will also want to help save the planet.

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