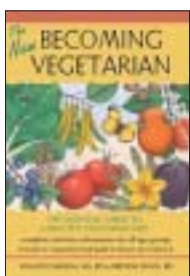


Book Reviews by Brian Longstaff

In this issue, we're recapping on some key books for newcomers to vegetarianism.

■ The New Becoming Vegetarian

Vesanto Melina RD, Brenda Davis RD, Victoria Harrison RD
Book Publishing Company
ISBN: 1-57067-144-3. £16.99.



It is often said that the two hardest steps to take in following a vegetarian lifestyle are becoming vegetarian, and staying vegetarian. The pitfalls can be many and varied, from hidden ingredients through to getting the balance of foods right for you. Here is the very book for anyone who needs help with either of those two steps, and recently updated, too. Helpful info includes a section that looks at the common myths surrounding a vegetarian diet; a section on putting all the food groups together; basic shopping tips; and even vegetarian diplomacy! All-in-all, this US book contains lots of pertinent advice on both becoming and staying vegetarian.

■ Becoming Vegan

Brenda Davis RD, Vesanto Melina RD
Book Publishing Company
ISBN: 1-57067-103-6. £14.99.



From vegetarian to vegan sounds like an easier step than becoming a vegetarian, but it isn't, as there are almost as many pitfalls to avoid and problems to overcome. This guide, however, does a lot to help. Answering questions about topics such as vitamin B12, looking at calcium without dairy products, and even touching on being a vegan athlete, this is certainly a step in the right direction for those who would like to give up all animal products.



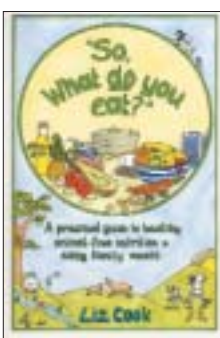
■ Nutrition Chart

Liz Cook
Tel 01273-388 864 for details.
£3.45 for Vegetarian Society members; £3.95 for non-members.

A wonderful guide for the wall of your kitchen, this cheerful laminated chart is divided into sections on proteins, essential fatty acids, vitamins, minerals, carbohydrates and fibre, and shows exactly which foods offer which nutrients. Nicely illustrated and suitable for both vegetarians and vegans.

■ So What Do You Eat?

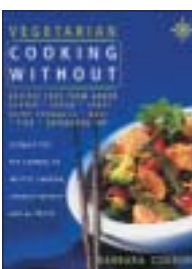
Liz Cook
Tel 01273-388 864 for details.
ISBN: 0-9536222-0-7.
£10.95 with free wall chart for Vegetarian Society members; £12.95 book only for non-members.



A nice companion to the nutrition chart shown above, by the same author, but good on its own too, this handy book gives a run down on all the various vitamins and minerals essential for a balanced vegetarian diet, explaining what they do for us and what a lack of them can cause. Also included are some nice basic recipes that, in the main, are not going to break the budget or have you looking for obscure ingredients - and there's a yummy chocolate cake recipe, too!

■ Vegetarian Cooking Without

Barbara Cousins. Thorsons
ISBN: 0-7225-3897-9. £10.99.



Allergies can be a bane for those who are vegetarian or wanting to go vegetarian: all the dishes you like seem to contain things you can't eat. This book is a real find, as the recipes are free from gluten, sugar, yeast, dairy products or saturated fat! After a lengthy introduction, (which admittedly, does contain sections on allergies and intolerances, and on balancing vegetarian and vegan diets), it's down to the recipes and such delights as Fresh Herb Risotto with Sun-Dried Tomatoes and Olives, Leek and Potato Pie and even a Feel Good Cake! A couple of handy appendices with useful addresses round out the book.

■ Simple Treats

Ellen Abraham
Book Publishing Company
ISBN: 1-57067-137-0. £10.99.

A book for the sweet toothed, with the added bonus that the recipes are both wheat and dairy free! 'Simple Treats' is a bakery run by the author and her sister, and the recipes are not just for basic cakes, cookies, muffins etc.

Just skimming through the book is enough to start the taste buds tingling - there's even a section of glazes and frostings - so if you are in a chocolate mood, you could enhance the basic chocolate cake recipe with a chocolate or carob mousse filling, and a carob or chocolate ganache topping. Talk about decadent!



Books are not available from the Society, but buying them via the internet can help boost our funds.

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