Top tips as a veggie

- If you are not a member, join the Vegetarian Society today! Call us on 0161 925 2000. Benefits include a quarterly magazine, newsletters, membership gift and free poster. Members also support education programmes, campaigns and our work with the media.

- Eat a wide range of foods. Savour the flavour!

- Borrow or buy a large veggie cookbook for plenty of inspiration.

- Visit your local health food store and discover all of the veggie treats on offer.

- Adapt your old favourite meat dishes into veggie ones. Cottage pie, chilli and lasagne are all well established as veggie favourites.

- If you like pies, sausages and burgers the veggie range is always increasing – get stuck in!

- Look out for our Seedling Symbol. This stamp of approval means that four strict criteria have been met: Suitable for vegetarians, GM-free, cruelty-free, and if eggs are used they must be free-range.

- Have a look at our websites: www.youngveggie.org and www.vegsoc.org

- Email the Society with any questions on info@vegsoc.org

- Enjoy vegetarian food!
Welcome to the parent and teenager guide. The purpose of the guide is to support the whole family, vegetarians and non-vegetarians alike. The guide has sections that are specific to teenagers, and others for parents. This is a general guide and you may find the whole booklet worth a read.

Choosing a vegetarian diet will affect not just the vegetarian. Working together as a family will allow everybody to enjoy all of the new adventures ahead. The Vegetarian Society is here to support you every step of the way.

Special Thanks
This booklet was originally made possible by the generous support of the Cyril Corden Trust. The Cyril Corden Trust encourages vegetarian and humanitarian education.

For more information on any vegetarian issue, please do not hesitate to contact:

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Registered Charity Number 259358
Registered Company Number 959115

Contents

4 / Introductions
6 / What is a vegetarian?
7 / Top tips for a happy kitchen
8 / How will your friends react?
10 / Why do young people go vegetarian?
12 / Vegetarianism for health
13 / Eating disorders
14 / Nutrition: Get the balance right
16 / Nutrition: Frequently asked questions
18 / Nutrition: Stumbling blocks
20 / Recipes: Quick fixes
22 / Eating out
23 / For those who like to cook
30 / Taking it further
32 / The Vegetarian Society
34 / Quick reference guide
Welcome to the guide. You are probably reading this because your son or daughter has recently announced that he/she wants to be a vegetarian. You may be totally supportive, or even a vegetarian yourself, however you may have your doubts. What will they eat? Is it a phase of teenage rebellion? Will they get ill? All of these questions and more are quite normal reactions from caring parents.

Your child has made an important decision that may seem annoying now but very soon you will not think twice about it. They are expressing a standpoint, which if followed sensibly, may result in many health benefits including:

**A reduction in one’s chance of suffering from heart disease by over 30%. This is thought to be the result of lower blood cholesterol amongst vegetarians.**


**Reduction of the risk of suffering certain cancers by 40%. Meat eating has been identified as a possible dietary risk factor in prostate, pancreas, colorectal and lung cancers.**


**Lower blood pressure. Vegetarians suffer notably less from hypertension or high blood pressure.**


**Less chance of becoming overweight or obese. Vegetarians gain a lower proportion of their energy from fat and suffer less from obesity. 15% of men and 16.5% of women are obese, while almost 50% of men in the UK are overweight.**


The Strategy Unit in the Cabinet Office report into UK Food Policy (January 2008) states that the biggest impact on the nation’s health would be to boost fruit and vegetable consumption, potentially cutting 42,000 premature deaths each year.

Vegetarians are also less likely to suffer from gallstones, appendicitis and food poisoning.

As you can see, medical evidence supports choosing a vegetarian diet for health.
Welcome to your veggie guide. If you are reading this it is likely you have recently become a vegetarian or are thinking about taking the first steps to cutting meat and fish out of your diet. In doing so you will join the millions of other veggies in the UK. Choosing a vegetarian diet can provide all sorts of health benefits, as long as your diet is balanced. More on what this means later. Chips and chocolate are vegetarian, but if you just eat these you won’t be healthy for long. As a new vegetarian you will have to think about meals in a slightly different way. The good news is that restaurants, cafes, take-aways, school/college canteens and supermarkets all provide veggie meals so you definitely won’t go hungry or be stuck for choice.

REASSURING YOUR PARENTS
If you want your new diet to be taken seriously, it is important to get your parents to understand why you have gone veggie. Your choice to go vegetarian will affect them in many ways, including shopping, planning meals, cooking and washing up! They may also have concerns about your health. Initially parents may think that you have gone veggie to be awkward or that you are just going through a “teenage phase”. The following tips will help towards calming the waters and allow you to get the best out of your new diet:

- Reassure your parents that every essential vitamin, mineral and protein is available in a balanced vegetarian diet.
- Be clear as to the reasons why you have turned vegetarian. Perhaps it is health, the environment or concerns over animal welfare?
- When it comes to the preparation of food and washing up, always help out. Making extra work is a recipe for disaster!
- Buying a good cookbook will provide interesting recipe suggestions.
- Talk to your parents about the sort of food you would like to eat.

There is a section on the Young Veggie website dedicated to talking to your parents but if you or your parents want to call the Vegetarian Society, we will be happy to answer any of your questions. If you would like information on how to go veggie, please do not hesitate to contact the Vegetarian Society. That is what we are here for.
What is a vegetarian?
The answer to this question seems obvious, right? Ask anyone on the street and they are likely to tell you it’s “a person who doesn’t eat meat.” But this is only partly true. The Oxford English Dictionary defines “vegetarian” as “a person who does not eat meat or fish”, the Vegetarian Society says that:

‘A vegetarian is someone who does not eat any meat, poultry (that’s chickens, turkeys, ducks and geese to you and me), game (any wild animal that is often caught by hunters for food such as rabbit, deer or grouse), fish, shellfish, or crustacea (like lobsters), or any kind of slaughterhouse by-products (such as gelatine or animal rennet).’

A vegetarian is someone living on a diet of grains, pulses, nuts, seeds, vegetables and fruits, with or without the use of dairy products and eggs (preferably free-range).

A vegan avoids all animal products including honey. Although the Society does have information on vegan diets you may wish to contact the Vegan Society. Tel: 0845 458 8244 or www.vegansociety.com

When you decide that you want to go vegetarian you may to do it over a number of weeks, gradually replacing meat and fish with other foods. Some people are very strict and give up all meat and meat products in one go. It is important that you go at your own pace.
When your son or daughter makes a move towards a vegetarian diet it will clearly impact on whoever does the cooking and shopping. If your son or daughter wants to take vegetarianism seriously they need to accept some of the responsibility to plan meals. Go shopping together, look through cookery books together. Work out a few ground rules from the start. Allow them to take part in cooking. This will not only help you but also enable them to develop valuable life skills.

10 top tips for a happy kitchen

With your new veggie in the house, good communication is all important. Some patterns will be changed, but with a little thought, these can be kept to a minimum.

1. If any extra work is created, the new veggie should make sure that they are there to help out!

2. Try soya mince or Quorn mince in place of minced meat, perfect for curry, bolognaise, or stew.

3. Buy or borrow a large veggie cookbook with loads of pictures.

4. Talk about the implications of becoming a veggie as a family, such as shopping, cooking etc.

5. If you have any questions about vegetarianism, please feel free to contact the Vegetarian Society or visit our websites: www.youngveggie.org and www.vegsoc.org

6. Only use vegetable stock or cubes.

7. When shopping always look out for the Vegetarian Society’s Seedling Symbol.

8. Have a couple of nights totally veggie for the whole family and perhaps get the veggie to help with the planning or cooking!

9. Spend some time in the local supermarket checking out the veggie ready meals, sausages, burgers, pies etc.

10. Even though initially having a veggie in the family may cause a change in the kitchen routines, you will quickly see that being a veggie is healthy, the food is tasty and not expensive either!
How Will Your Friends React?

Social pressure from friends and people you spend a lot of time with should not be under-estimated. The approval of your social group can make a tremendous difference to the way you think and act. Eating habits are no different. You may even have been encouraged to go veggie by one of your friends. The reaction of your friends will largely depend on what your attitude is. If you scowl over the dinner table and say things like "do you know that you are eating dead flesh?" you will soon get on people’s nerves. On the other hand if you quietly get on with it, your friends may take an interest and even follow suit.

Some of your friends may tease you – this is quite common but if you think it is beyond being good-natured you should report it to your teacher or parent as this is bullying. The most common reaction is a genuine interest. Here are some commonly asked questions.

Why have you gone veggie?

Only you will know the answer to this. Stick to your guns though as animal rights, the environment and your health are all important issues.

If we all went vegetarian, what would happen to all of the animals?

Animal numbers are kept high because they are bred deliberately for meat, milk and leather. As more and more people become vegetarian, farmers will not raise as many animals, therefore less space will be given over to animals and more to vegetable crops.
If you are asked a question but don’t know the answer please do not hesitate to give the Vegetarian Society a call.
Why do young people go vegetarian?

As young people start to question the world around them, they may make the connection between the food on their plate and the animals in the field. Friends, the media or a discussion group may have sparked this idea. It may have been bubbling at the back of their minds for a number of years.

Ethics

Many vegetarians believe that it is unnecessary to kill an animal for food. Every vitamin, mineral and protein needed for a healthy body is available in a vegetarian diet. This, therefore, eliminates the need to kill an animal for food. Laws are in place to protect the welfare of farm animals and controls are in place to regulate slaughter practice. For many, these do not go far enough. Animals have complicated nervous systems and will therefore be able to experience pain. In the wild they display behaviour such as migration, nest building and group ordering, all of these are prevented when they are raised in captivity. Animals have natural instincts to reproduce and to protect their young. These instinctive behaviours are frustrated as a result of captivity.

Can animals think? Philosophical debate rages over what thought really is, even in humans. However, as animals can display quite complicated behaviour patterns it would not seem too unreasonable to assume that they have some capacity for thought. This is still a matter of debate for many though. Conclusions drawn from these ideas are that animals should be treated with respect and not used as a food source.
The environment
What we choose to eat is one of the biggest factors in the personal impact we have on the environment. A recent study, examining the impact of a typical week’s eating, showed that plant-based diets are better for the environment than those based on meat. A vegan, organic diet had the smallest environmental impact, but the single most damaging foodstuff was beef and all non-vegetarian diets required significantly greater amounts of environmental resources, such as land and water. By feeding grain and vegetables directly to people (rather than to animals reared for food production) we can increase the amount of food available to everyone.

Livestock farming contributes significantly to climate change. Stop eating meat and your “carbon footprint” will be smaller. Farmed animals produce more greenhouse gas emissions (18%) than the world’s entire transport system (13.5%). (United Nations Food and Agriculture Organisation, 2006)

Food manufacture is one of the most water intensive activities in the world and it takes far less water to produce plants than meat. A vegetarian diet helps to decrease water consumption and pollution.

Over-fishing is depleting the oceans; fishing practices cause untold damage to both wildlife and the sea itself; and industrial-scale fish-farming is polluting our rivers and streams. The existence of many species is threatened by society’s appetite for fish flesh.

The vast amount of land used to raise animals is causing environmental problems such as habitat destruction and deforestation. Going vegetarian will halve the land-use of your diet.

For more information contact us for a copy our “Why It’s Green to Go Vegetarian” guide.

Economics
A vegetarian diet can be a very cheap way to live. Although this may not be a primary concern for a young teenager living at home, when budgets are tight, all savings will be appreciated by whoever pays the bills!

Religion
Nearly a quarter of the world’s population enjoys a vegetarian diet and you will find vegetarians amongst the followers of all the major religions, including christianity, islam, buddhism, judaism and hinduism. Many religions demand specific practices in the preparation and eating of different foods and it is possible to observe any of these requirements whilst following a vegetarian diet.
Vegetarianism for health

Research has found that a balanced vegetarian diet can provide many health benefits:

- Reduce risks of certain cancers by up to 40%
- Decrease the possibility of heart disease by up to 30%
- Restrict your chances of suffering kidney and gallstones, diet related diabetes and high blood pressure
- Lower cholesterol levels


This study adds to the growing consensus that a diet based around plant foods can have wide ranging benefits for humankind. A healthy diet is, of course, achievable without eating any meat. A varied and balanced vegetarian diet meets the government’s recommended balance of good health, particularly in helping both adults and children to consume at least five portions of fruit and vegetables a day, together with plenty of complex carbohydrates, fibre and other essential nutrients.

The report’s recommendations for cancer prevention emphasise the avoidance of weight gain and previous studies have shown that vegetarians suffer less from obesity than the general population.

“There is strong evidence that red and processed meats are causes of bowel cancer, and that there is no amount of processed meat that can be confidently shown not to increase risk…” (World Cancer Research Fund, 2007)

The Vegetarian Society would not claim that a veggie diet is the answer for all diet related problems, but it certainly ticks a lot of the right boxes for anyone with real concern.
Vegetarianism and eating disorders

From time to time stories appear in the press describing the plight of a young person with anorexia nervosa, bulimia nervosa or other eating disorder. Eating disorders are complicated medical conditions. They may develop as an outward sign of inner emotional or psychological distress. Disturbed eating patterns as well as the psychological aspects need to be treated. A vegetarian diet is in no way linked to any eating disorder. If you are worried that your child may be developing an eating disorder and using vegetarianism or veganism as a mask, seek professional help. For more information contact The Eating Disorders Association (details below).

What is anorexia nervosa?
Anorexia nervosa means loss of appetite due to nervous reasons. More accurately, the person has lost the ability to allow themselves to satisfy their appetite. The physical signs of anorexia include extreme weight loss, constipation, dizzy spells and poor blood circulation. Psychological signs include intense fear of gaining weight, distorted perception of body shape or weight, denial of the existence of a problem, changes in personality and mood swings. Behavioural signs include rituals attached to eating, secrecy or vomiting/taking laxatives.

What is bulimia nervosa?
Bulimia nervosa literally means ‘the hunger of an ox’. After binge eating a large quantity of food, the person will immediately rid themselves of the food by either vomiting, laxatives or exercise. This is an attempt to prevent gaining weight. Some of the physical signs of bulimia include frequent weight changes, visiting the toilet in order to vomit, sore throat, tooth decay, poor skin condition, lethargy, tiredness and irregular periods. Psychological signs include uncontrollable urges to eat vast amounts of food, an obsession with food, distorted perception of body weight and shape, mood swings, anxiety, depression, low self-esteem, shame and guilt, isolation. Behavioural signs include bingeing and vomiting, periods of fasting, excessive exercise, secrecy and reluctance to socialise, shoplifting for food, and food disappearing unexpectedly.

Vegetarianism is not linked in any way to these conditions.
If your son or daughter displays any of these symptoms, it does not necessarily mean they are ill. Teenagers can have mood swings, and may want to change the way they look with dieting. However, if you suspect that your child is moving beyond ‘normal behaviour’ patterns speak to your local GP.

For more information contact:
The Eating Disorders Association,
103 Prince of Wales Road,
Norwich NR1 1DW
email help@b-eat.co.uk
www.b-eat.co.uk
Help line 08456 341414
Youth line 08456 347650
Going veggie is a healthy choice as long as you enjoy a balanced diet. However the issue of balance is not specific to vegetarians. Balance is important for everyone. Dieticians recommend that we should all follow the Balance of Good Health. This is general advice for the whole population, including vegetarians.

Nutrition: Get the balance right

FRUIT AND VEGETABLES
5 portions daily. Fresh is best although this group also includes tinned and frozen fruit and veg, dried fruit, salad and juice. Fruit and veg contain vitamins, minerals and fibre. Potatoes do not count in this group, as they are predominantly a starchy food.

PROTEIN RICH FOODS – ALTERNATIVES TO MEAT
2-3 portions daily. This group would be traditionally thought of as the meat section. Vegetarians get a plentiful supply of protein and iron from beans, peas, lentils, nuts, seeds, eggs, tofu, soya, mycoprotein and wheat protein.
BREAD, CEREALS AND POTATOES
5 portions daily. These starchy foods make up the basis of most meals. This group supplies carbohydrates, fibre, protein and some vitamins and minerals. Remember that whole unrefined cereals are best!

MILK, DAIRY AND ALTERNATIVES
2-3 portions daily. This group provides a good source of calcium, protein and vitamins.

SUGAR AND FAT
Although some fat is needed in the diet, too much can lead to health problems. Fat and sugar occur naturally in foods, so we don’t really need to add any extra to our diet.
Vegetarianism is sometimes associated with a set of pre-conceptions but anyone with a modicum of common sense knows that all vegetarians aren’t hippies wearing open toed sandals, and that a veggie diet can be healthy! However, the following information might still be useful...

**Protein**

*Where do vegetarians get protein from, and is it the right sort of protein?*

Protein is supplied from many sources such as beans, nuts, seeds, soya, cheese and rice.

Dieticians once believed that meat was a complete or ‘first class’ protein. This is because vegetable sources of protein do not contain the 8 essential amino acids in the right proportion. As a result advice given was that we should combine certain proteins in the same meal e.g. beans and grains. It is now known that this is unnecessary, because the body has a short-term pool of amino acids – so long as a variety of protein sources are eaten over the course of a couple of days there is no need to worry.

<table>
<thead>
<tr>
<th>GOOD SOURCES</th>
<th>SINGLE SERVING</th>
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<tbody>
<tr>
<td>Chick peas (200g or 7oz)</td>
<td>16.0g</td>
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<tr>
<td>Baked beans (225g or 8oz)</td>
<td>11.5g</td>
</tr>
<tr>
<td>Tofu (140g or 5oz)</td>
<td>10.3g</td>
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<tr>
<td>Cow’s milk (½ pint)</td>
<td>9.2g</td>
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<tr>
<td>Lentils (120g or 4¾oz)</td>
<td>9.1g</td>
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<tr>
<td>Soya milk (½ pint)</td>
<td>8.2g</td>
</tr>
<tr>
<td>Muesli (60g or 2¾oz)</td>
<td>7.7g</td>
</tr>
<tr>
<td>Egg, boiled</td>
<td>7.5g</td>
</tr>
<tr>
<td>Peanuts (30g or 1oz)</td>
<td>7.3g</td>
</tr>
<tr>
<td>Bread (2 slices)</td>
<td>7.0g</td>
</tr>
<tr>
<td>Hard cheese (30g or 1oz)</td>
<td>6.8g</td>
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**Calcium**

*Where do vegetarians get calcium?*

Calcium is in plentiful supply in a vegetarian diet, mainly from milk and milk products but also from green leafy vegetables, tofu, chick peas. Meat is a very poor source of calcium.

The main function of calcium is structural. The skeleton of an adult male contains about 1.2kg of calcium. There is a continuous movement of calcium between the skeleton and blood and other parts of the body. As we age a lack of calcium can lead to osteomalacia (softening of the bones) or osteoporosis leading to reduced bone density.

Vitamin D is needed for absorption of dietary calcium. Vitamin D is not found in plant foods. However it is available from vegetable margarines, some soya milks, breakfast cereals and certain other foods that have been fortified with it. Vitamin D is also synthesised by the skin when exposed to sunlight. Synthesis of vitamin D in this way is usually adequate to supply all the body’s requirements.

<table>
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<th>REQUIRED INTAKES OF CALCIUM</th>
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<tr>
<td>0 to 12 months</td>
</tr>
<tr>
<td>1 to 3 yrs</td>
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<tr>
<td>4 to 6 yrs</td>
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<tr>
<td>7 to 10 yrs</td>
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<tr>
<td>Male 11 to 18 years</td>
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<tr>
<td>Female 11 to 18 years</td>
</tr>
<tr>
<td>Adult 19 yrs +</td>
</tr>
<tr>
<td>Breastfeeding women</td>
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</table>
B12 is often raised as a vitamin that is only available from meat. This is not true. B12 is found in eggs, milk, cheese and fortified products such as Marmite, breakfast cereal and margarine, therefore easily available for veggies and vegans alike.

Iron
Iron is essential for a healthy body. Research has shown that vegetarians are no more prone to iron deficiency than meat eaters. In fact only 14% of iron in the household food supply is obtained from meat and meat products. Iron is available from pulses, eggs, green leafy vegetables, wholemeal bread and dried fruit. Vitamin C increases the level of iron absorbed, so drinking a glass of orange juice with your meal is beneficial.

Is it necessary to use vitamin supplements?
As long as a balanced diet is followed, all of the vitamins and minerals needed for a healthy body will be in plentiful supply.
This does have some truth in it. However, you will soon learn to tell veggie friendly from non-veggie friendly. For a quick guide though, just look out for the Vegetarian Society Seedling Symbol. Every product or service that displays this symbol is guaranteed to be 100% veggie!

Some products may seem to be vegetarian, however, they may contain "hidden meat", those bits of an animal that don't always come to mind. The following are the most common stumbling blocks.

**Cheese**
Some cheese contains animal rennet, which is obtained from the stomachs of slaughtered calves. Most cheeses are, in fact, vegetarian and are marked as such on the packet. However some ready meals containing cheese may not contain the vegetarian option. Again look for the Vegetarian Society’s Seedling Symbol or the words ‘suitable for vegetarians’. If in doubt, call the manufacturer's customer care line.

**Worcestershire style sauce**
May contain anchovies, which are fish. Alternatives such as "Hendersons Relish" are available in most supermarkets.

**Gelatine**
Gelatine is made from animal skin and tendons and is used in some jellies, puddings and sweets.

**Stock**
Beef, chicken and fish stocks all contain meat. Vegetarian stock cubes and gravy mix are suitable alternatives.

**Animal fat**
Not to be confused with vegetable fat or butter. Animal fat is carcass fat (extracted from the body of a slaughtered animal) and is sometimes found in cakes, biscuits and some puddings. If a recipe lists beef suet as an ingredient, replace this with vegetable suet.

**E numbers**
Only E120 is never vegetarian – over 40 of the rest may or may not be suitable. This can be both confusing and annoying. If you want more information on a specific product, contact either the manufacturer's customer care line or the Vegetarian Society. Alternatively, look to see whether it is approved by the Vegetarian Society.
SWEETS AND CHOCOLATE
Manufacturers regularly change ingredients so it is difficult to produce an accurate, up-to-date list. However, the good news is that most chocolate and chocolate bars are vegetarian. Many jelly type sweets and most marshmallows tend to contain gelatine, making them unsuitable for veggies (although it's always worth checking).
Recipes: quick fixes

So one of your children has decided to go veggie. What will you feed them?

Vegetarian food is available in all shapes and sizes. Some of the popular dishes you already cook are vegetarian or could easily be changed to make them veggie without a lentil in sight. Simple snacks such as beans or cheese on toast serve as a good standby for lunch. Try not to over-rely on cheese, as although it does contain protein and calcium, it is high in fat. When in a rush these recipe suggestions will keep you going.

- **Jacket potatoes** done in the microwave. Serve with beans, cheese, olive oil...
- **Scrambled eggs**, add finely chopped pepper and English mustard.
- **Cheese on toast**, add sliced tomatoes and mushrooms.
- **Soup**: Tomato, mushroom, vegetable, carrot and coriander, the list goes on...
- **Sandwiches** filled with egg, cheese, salad, avocado, tomatoes, a variety of spreads or humous...
- **Pasta** with pesto or tomato sauce.
- **Noodles** with peas, mushrooms and a good splash of soy sauce.
- **Quick stir-fry**. Finely sliced vegetables and a splash of soy sauce never fails!
- **Beans on toast** with a little grated cheese on the top.

- **Salad**: add olives, cooked rice, sun-blushed tomatoes to give an ordinary salad a real zing.
- **Mushroom omelette**: try using different types of mushrooms, oyster mushrooms are particularly delicious.
- **Veggie burger** in a whole grain bun with loads of ketchup!
- **Toasted sandwiches**: let your imagination run wild with all sorts of fillings.
- **Veggie sausages** in a bread roll with fried onions.

And to finish off...

- **Fresh fruit salad**
- **Grilled banana**
- **Rice pudding**
- **Yoghurt**
- **Apple pie**

And if you visit the shops... ice cream, cheesecake, gateaux, and cream buns are usually veggie and quite naughty, but nice!

*Note: some desserts may contain gelatine or animal fat. To be on the safe side, always check the ingredients.*
**Ready meals**
Even though they are usually more expensive and less nutritious than cooking meals from scratch, ready meals are, for many of us, becoming the mainstay of British meal times. For veggies the options are very wide including curry, shepherd's pie, even toad in the hole! The size of the portion does vary but they are no smaller than meat-based ready meals. In terms of cost they are no more or less expensive than meaty ready meals. Watch out for hidden ingredients such as chicken stock or non-vegetarian cheese though!

**Cook-in sauces**
The increase in the number of ready-made sauces reflects how popular they have become. The majority, if not all, are suitable for vegetarians. This makes it nice and easy to prepare all sorts of exciting dishes in just a few minutes. Add chopped mushrooms and chickpeas to curry sauce or a few stir-fried vegetables to a sweet and sour. They can also be used as a base for spaghetti bolognese or cottage pie.
Eating out

Eating out as a vegetarian is becoming easier and easier. Most restaurants offer vegetarian dishes. The standard of the food, as with any style of food, can vary from place to place. Commonly offered choices in English restaurants tend to be various bakes with cheese. A better option may be to try Asian restaurants. These can offer a much wider selection of veggie food to try. If your local café or restaurant does not offer much choice, ask them to try out new dishes. Generally chefs are only too pleased to make food to order because it allows them to be creative in the kitchen.

Vegetarian restaurants

As a vegetarian, it is not a problem to eat out as most places offer a fair range of veggie options. However, eating at a totally veggie restaurant or café does have its advantages. Imagine the satisfaction of knowing that you can eat whatever is on the menu, not having to ask whether a dish is really veggie i.e. no fish! Also, knowing that the staff care about vegetarian food. Veggie restaurants tend to be a little more imaginative and don’t offer just the standard broccoli and cheese bake. Look out for the Vegetarian Society logo on approved cafés and restaurants.

“Most places offer a fair range of veggie options”

FAST FOOD

Most burger bars sell veggie burgers. Burgers tend to fall into two types, soya style or bean and vegetable. As speed of service and cost is the aim of the game, some places may use the same oil to cook veggie burgers that is used for cooking meat. Burger King currently provides a Vegetarian Society approved Veggie Bean Burger.

CHIP SHOPS

The chip is one of Britain’s favourite foods... but is it veggie?

The good news is that most chip shops cook in vegetable oil but it is worth checking. Incidentally, chip shop gravy is quite often vegetarian, although curry sauce may contain beef fat. Always ask though, just to be on the safe side.

OTHER TAKE-AWAYS

A closer look down your local high street may reveal hidden treasures you never knew existed. Middle Eastern, Italian and Asian take-aways can all supply popular vegetarian dishes.
And for those who like to cook... These recipes are firm favourites for veggies and they will be popular with even the ardent meat eater in your family too.

**Veggie sausage casserole**
*A good source of protein and vitamin C*

This dish is tried and tested throughout schools in Britain. Popular with veggies and non-veggies alike, it is easy to cook and will only take one pan.

Serves 4

**Ingredients**
- 1 packet of veggie sausages
- 675g/1 lb 6oz potatoes peeled and cubed
- 1 medium onion, chopped
- 2 cloves of garlic, crushed
- 2 apples, peeled and cubed
- 450g/15oz carrots, sliced
- 275g/9oz tinned tomatoes
- 600ml/1 pint vegetable stock
- 1 tbsp of tomato puree
- ⅛ tsp of thyme fresh or dried
- 1 tsp of English mustard
- Salt and pepper to taste

_Cooking tip:_ Always cook the sausages separately and add to the stew when it is cooked. This will prevent them from going soggy!

**Method**
Gently fry the sausages in a little oil. When they are cooked lift them out and leave to one side. Fry the onions for five minutes then add the garlic and continue to cook for 2 minutes. Add all of the remaining ingredients. Simmer for 15 minutes until the vegetables are cooked. Cut the veggie sausages into chunks, return them to the stew and cook for a further 5 minutes.

© The Vegetarian Society
Vegetable chilli
_A good source of protein and vitamins_

Vegetable chilli is particularly suitable as a vegetarian dish, either as a hearty mid-week treat or a Saturday night special.

Cooking tip: Use tinned kidney beans rather than dried. Dried beans need to be soaked, boiled and then cooked for a long time.

Serves 4

**Ingredients**

300g/9oz kidney beans, rinsed and drained

300g/9oz chopped tinned tomatoes

1 tsp chilli pepper (more if you like it hot!)

1 red pepper, chopped

1 green pepper, chopped

100g/3oz of frozen sweetcorn

1 carrot, sliced

1 medium onion, chopped

2 cloves garlic, crushed

150ml/1/4 pint vegetable stock

1/4 tsp thyme

Salt and pepper to taste

1 tbsp vegetable oil

**Method**

Gently fry the onions for five minutes then add the garlic and chilli powder. Cook for a further 3 minutes. Add the peppers and carrots and cook for 5 minutes. Finally add the remaining ingredients and simmer for 15 minutes.

Serve with a large jacket potato.

© The Vegetarian Society

Paella
_A good source of carbohydrate, protein and vitamins_

This dish is simply fantastic and a special treat. It uses a wide range of interesting ingredients but feel free to add any of your favourite veggies!

Cooking tip: Prepare your paella in a large frying pan or wok. Paella should have a moist consistency, if it becomes too dry it can catch the bottom of the pan. Add extra stock if it is required.

Serves 4

**Ingredients**

200g/7oz Basmati rice

1 red onion, chopped

1.2litres/2 pints of vegetable stock

100g/3oz artichokes in oil, drained then sliced in half

20g/½ oz capers

100g/3oz whole almonds

2 carrots, peeled then finely diced

50g/2oz tinned pineapple, sliced into pieces

50g/2oz black olives

10g/½ oz tomato puree

2 cloves of garlic, crushed

100g/3oz button mushrooms, sliced in half

10 cherry tomatoes, halved

2 tbsp balsamic vinegar

Small bunch fresh tarragon

1 tsp of turmeric

2 tbsp olive oil

**Method**

Gently fry the onion in a little olive oil for 3 minutes then add the garlic. Add the mushrooms, carrots, turmeric and rice, cook for two minutes. Add 1½ pints of stock and stir. Simmer for 7 minutes. Add the capers, olives, pineapple, half the fresh tarragon, tomato puree and artichokes. Cook for 10 minutes, topping up with
stock as required. When the rice is cooked add the almonds, balsamic vinegar, cherry tomatoes and garnish with the remaining tarragon.

© The Vegetarian Society

**Vegetable stir fry with cashew nuts**
_A good source of protein and iron_

Stir frying is easy and always popular. Most vegetables lend themselves easily to this method of cooking. The secret is to cut heavier vegetables into thin slices and add these to the wok first. Make sure that all of the vegetables are prepared before you start cooking. Finally, don’t be tempted to over cook the vegetables, they should be slightly crunchy.

**Serves 4**

**Ingredients**
- 2 carrots, cut into ribbons
- 1 small head of broccoli, cut into small florets
- 1 onion sliced
- 20g/1oz frozen peas
- 1 small packet of mange tout
- 2 cloves of garlic, crushed
- 2cm piece of ginger root, grated and chopped
- 50g/2oz roasted cashew nuts
- Pinch of paprika
- Juice of one lemon
- Black pepper and soy sauce
- 1 tablespoon of sesame oil for frying

**Method**

Heat the oil in a wok or large frying pan. Add the broccoli and cabbage and cook for 4 minutes, turning occasionally. Add the ginger, onion, garlic and other spices. Cook for 1 minute. Finally, add the remaining vegetables and cashew nuts and cook for 2 minutes.

Season with a good splash of soy sauce, lemon juice and a twist of black pepper.

Serve with Basmati rice.

© The Vegetarian Society
### Couscous with roast vegetables

*A good source of vitamins A and C*

**Serves 4**

**Ingredients**
- 1 sweet potato, chopped
- 1 courgette, sliced
- 2 peppers, sliced
- 1 onion, sliced
- 2 cloves of garlic left in the skin
- The juice of 1 lemon
- 250g/8oz couscous
- 300ml/1/2 pint vegetable stock
- 1 small bunch fresh thyme, chopped

**Method**
Place the vegetables on a baking tray with a little olive oil. Roast in a pre-heated oven at 200°C* for 15 minutes. In the meantime place the couscous in a large bowl and add the stock. After five minutes, stir the couscous and fluff it up with a fork. When the vegetables are cooked, stir them into the couscous. Squeeze the garlic flesh onto the vegetables and add the lemon juice. Finally, transfer to a serving dish and sprinkle with fresh thyme.

© The Vegetarian Society

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### Pasta salad

*A good source of carbohydrate and protein*

Perfect as a quick meal or packed lunch

**Serves 4**

**Ingredients**
- 200g/7oz pasta shapes
- 2 sweet peppers, finely chopped
- 300g/10oz tinned aduki beans, drained
- 300g/10oz tinned flageolet beans, drained
- 1 clove garlic, crushed
- 5ml/1tbsp olive oil
- 5 tomatoes, chopped
- Fresh herbs, finely chopped
- 1 lemon, juice only

**Method**
Cook the pasta, then plunge it into cold water. Drain thoroughly and set to one side. Add all of the remaining ingredients to the pasta and stir. Finally, sprinkle with fresh herbs.

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### Mushroom curry

*A good source of iron and protein*

Curry, one of the most popular dishes in Britain, can suit all ages and tastes.

**Serves 4**

**Ingredients**
- 100g/31/2 oz mushrooms
- 1 red pepper, sliced
- 1 medium onion chopped
- 150ml vegetable stock
- 1/2 tsp turmeric powder
- 1/2 tsp ground coriander
- 1 fresh red chilli, finely chopped
- 2 cloves garlic crushed
- 1 tin chickpeas, rinsed and drained
- 4 large tomatoes, chopped
- 1 bunch of fresh coriander
- 10g/1/2 oz creamed coconut
- Salt and pepper to taste

**Cooking tip:** Always gently fry the onions, then add the dried spices. This will release the essential oil from the spice and give the onions a sweet flavour. If your curry is too spicy, cool it down with a little milk or slices of banana.

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Method
Gently fry the onion for five minutes then add the garlic and spices. Cook for a further 3 minutes. Add the mushrooms and pepper. After 5 minutes add the stock, creamed coconut and chickpeas. Simmer for 15 minutes. Finally add a sprinkle of coriander and the chopped tomatoes.

Serve with rice or naan bread.

© The Vegetarian Society

Pizza
A good source of carbohydrate

When you want pizza in a hurry try the following as bases: French bread, wholemeal bread, pitta bread, naan bread, ciabatta or ready made pizza bases.

Coat the bread in a thick tomato sauce, add the topping of your choice and a sprinkle of cheese. Place in a preheated oven at 200°C for ten minutes.

“These recipes will be popular with even the ardent meat eater in your family”
Pudding - always the best part of a meal!

**Lemon cheesecake**
*A source of protein*

Serves 6

**Ingredients**

- 50g/2oz butter
- 175g/6oz digestive biscuits
- 225g/8oz soft cheese
- ½ lemon grated rind and juice
- 50g/2oz caster sugar
- 150ml/5fl oz double cream
- Thin slices of lemon to garnish

**Method**

First make the base. Melt the butter in a large saucepan. Crush the biscuits then add to the pan. Mix thoroughly until well coated. Line a 20cm/8 inch flan dish with a lightly greased piece of greaseproof paper. Press the biscuit mixture into the flan case with the back of a spoon. Place in a fridge or freezer.

Put the soft cheese into a bowl with the lemon juice, rind, sugar and cream. Stir vigorously until very thick. This should take 2-3 minutes. Spoon the mixture onto the biscuit base, spreading it out to the edges. Decorate with lemon slices. Return to the fridge for at least half an hour. Carefully remove the flan case and paper, placing the cake on a large plate.

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**Layered orange cake**
*A good source of vitamin B12*

**Ingredients**

- 1 orange
- 3 free range eggs
- 175g/6oz self-raising flour
- 1 tsp of baking powder
- 175g/6oz soft margarine
- 75g/3oz caster sugar
For the filling
2 free-range eggs
75g/3oz caster sugar
1 orange
50g/2oz butter

For the icing
1 orange
100g/4oz icing sugar

Method
Cake: Line two tins with greased parchment paper. Sift the flour into a large mixing bowl. Add the rind and juice of one orange, the baking powder, sugar, eggs and margarine. Mix thoroughly. Pour the mixture into the lined tins. Bake in a pre-heated oven at 180°C for 25 minutes.

Filling: While the cakes are cooling, heat up a pan of water. As the water is heating break the eggs into a large bowl. Add the juice of one orange, sugar and the butter. When it is boiling, carefully sit the bowl onto the pan of water. Stir the mixture from time to time as it thickens. This may take up to 20 minutes. Remove from the heat and leave to cool. Spread the mixture over one half of the cake and carefully place the other half on the top.

To make the icing, place the rind and half the juice of the orange into a bowl with the icing sugar. Mix until a glue consistency is formed. Spread over the cake.

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Carrot cake
A good source of protein and vitamin A
Serves 6

Ingredients
4 free-range eggs
225g/9oz light brown sugar
240ml/8 fl oz vegetable oil
350g/12oz grated carrots
225g/8oz self-raising flour
175g/6oz sultanas

Method
Grease and line a large baking tin. Whisk the eggs and sugar together until they are thick and creamy. Blend in the oil, then add the remaining ingredients. Spoon the mixture into a large greased and lined cake tin. Bake in a pre-heated oven at 190°C for 20-25 minutes.

© The Vegetarian Society

Scones
A source of carbohydrate
Makes 16 scones

Cooking tip: Add a handful of chopped glace cherries or dried fruit.

Ingredients
225g/8oz self-raising flour
1 level tsp baking powder
50g/2oz butter or margarine
25g/1oz caster sugar
125ml/¼ pint milk
pinch of salt
extra milk for glazing
6cm/2½ inch scone cutter

Pre-heat the oven to 230°C. Sift the flour, baking powder and salt into a mixing bowl. Cut the butter or margarine into small pieces then add to the mixture. With the tips of your fingers rub until breadcrumbs are formed. Add the sugar and milk, then mix into a soft dough. Roll out the dough on a floured surface. Cut the scones out and place them on a lightly greased baking sheet. Brush each one with a little milk. Bake for 7-10 minutes. Allow them to cool on a wire rack.

© The Vegetarian Society
Looking good is important to everyone. But what about sticking to your veggie principles when it comes to your clothes? Shoes are the obvious issue. Do veggies wear leather? Some do, but the reason that many vegetarians avoid leather is that to obtain it an animal must be killed! Fortunately many high street shops stock good quality non-leather footwear to suit all sizes, occasions and tastes. Other specialist companies offer mail order services (listings given at the back of this booklet). Jackets, watchstraps, handbags and jewellery may also be made from leather.

If your motivation to go vegetarian was animal welfare, you may wish to use animal-friendly toiletries. Soaps, perfumes and toothpaste may all contain animal products. They may also have been tested on animals. The good news is that a considerable number of manufacturers do produce animal-friendly cosmetics. Look out for the Leaping Bunny logo (rabbit symbol) which provides the best assurance that no new animal testing has been used in the development of a product. The Body Shop, Superdrug, Lush, Co-Op and many other high street stores and supermarkets stock animal-free and cruelty-free products. If in doubt, ask! The BUAV (British Union for the Abolition of Vivisection) produce a free pocket book, “The Little Book Of Cruelty Free” listing cruelty free products. To order a copy telephone 020 7700 4888 or visit www.buav.org

Now that you have gone veggie you may want to encourage others to do so. Remember that no one likes being told what to do and they will not thank you for doing so. If you are thinking of following the campaign trail do not be tempted to step outside the law. It will not serve your purpose. It will not get public support and the Vegetarian Society does not endorse it.
Campaigning

Changing the world, challenging what has gone before is a natural process for nearly all young people. However, natural worries will arise if your child wants to get involved with direct action groups. If you are worried about any group your child becomes involved with, insist on going with them to the meetings. They may not thank you for that, but as a parent you want to know that they are safe. The Vegetarian Society is an educational charity that does not endorse any action that will or may lead to an unlawful act.
What is the Vegetarian Society?

The Vegetarian Society is the oldest and largest such society in the world, with over 160 years of experience. Throughout our history we have changed and developed to meet the needs of vegetarians and non-vegetarians alike. Famous historical members of the Society include Mahatma Gandhi and George Bernard Shaw. Today we are pleased to have Sir Paul McCartney, Stella McCartney, Jerome Flynn, Rose Elliot, and Wendy Turner Webster as our patrons.

What does the Society do?
The Vegetarian Society provides a wide range of services:

– Working with the media. Not a week goes by without an interview, press release, television appearance or radio interview. This ensures that vegetarianism is always in the news.

– Seedling Symbol licence. Hundreds of clients and thousands of products are now officially approved by the Vegetarian Society. Every product that displays the symbol has been checked and is 100% vegetarian. It will also be GM free and any eggs in the product will be free-range.

– Education. The Society has an active education department. Services and resources include school talks, booklets, posters, website, student packs, and information sheets.

– Cookery School. Cordon Vert, the Society’s very own cookery school, based at our headquarters, has been an inspiration to keen amateurs and professional chefs. Recently the cookery school has had a complete overhaul and now offers a brand new kitchen for all students. Courses offered range from day and weekend workshops to the professionally recognised Cordon Vert Diploma.

For more information on any aspect of the Vegetarian Society do not hesitate to call 0161 925 2000 or visit our websites: www.vegsoc.org and www.youngveggie.org.

Support the Vegetarian Society
Whether you are a new veggie or an old hand, the Vegetarian Society will have something to offer you. Not only will you get personal benefits, you will also get the satisfaction of knowing that you are supporting the valuable work of the Society.
Team Veggie is the Vegetarian Society’s exclusive club for teenagers. As a member you’ll be helping us spread the veggie message throughout the UK and getting the chance to become part of a growing community. Each member receives a Team Veggie welcome pack and our quarterly magazine, “The Vegetarian”, which is packed with recipes, features, discounts and competitions, as well as your very own “Young Veggie” section. You can also choose to receive our members’ e-newsletter which is full of information and topics relevant to young people.

All Team Veggie members have direct access to our experienced staff ready to answer any questions. You will also have the opportunity to become more involved and help spread the veggie word by becoming a Youth or Student Contact, or contributing content for the magazine or Young Veggie website. If you are new to the veggie scene, you will be able to request all the help and support you need to enjoy your new diet and lifestyle.

Becoming a member of the Society is easy.

Call 0161 925 2000 or go to www.vegsoc.org/members.

For more information
If you have any further questions please do not hesitate to contact the Society. You can do this either by email on membership@vegsoc.org, telephone 0161 925 2000 or by visiting our websites: www.vegsoc.org and www.youngveggie.org.

The Vegetarian Society,
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WA14 4QG
Quick reference guide

COMMON STUMBLING BLOCKS

Alcohol: Many alcoholic drinks are fined (i.e. clarified) using animal ingredients such as isinglass (A fining agent derived from the swim bladders of certain tropical fish, especially the Chinese sturgeon.)

Anchovies: Small fish sometimes found on pizza and in some brands of Worcester sauce.

Caviar: The processed and salted eggs of certain species of fish, most notably the sturgeon (black caviar) and salmon (red caviar). The fish must be killed to obtain the eggs.

Cheese: Always check that it’s been made using non-animal rennet.

Chewing gum: Often contains glycerine. Some manufacturers use a vegetable glycerine.

Cochineal: E120, a food colouring made from crushed insects.

E numbers: Although many E numbers are suitable for veggie there are several that can be produced from both vegetarian and non-vegetarian sources and it’s often worth checking with the producer.

Gelatin/Gelatine: A gelling agent derived from animal ligaments, skins and tendons.

Glycerine/Glycerol: May be produced from animal fats, synthesised from propylene or from fermentation of sugars.

Jelly: Usually contains gelatine though alternatives are available.

Margarines: May contain animal fats, fish oils, gelatine.

Rennet: An enzyme taken from the stomach of a newly killed calf used in the cheese making process. Vegetarian cheese is produced using microbial or fungal enzymes.

Silk: Harvesting silk used in clothing invariably causes the death of the silk worm.

Sweets: Look out for gelatine and cochineal in boiled sweets, jellied sweets, mints, and some chocolates.

Whey: By-product of the cheese making process which may use animal rennet.

Worcester sauce: Most brands contain anchovies, though vegetarian versions are commonly used in ready meals.

VEGGIE SHOES

Many high street shops stock non-leather shoes, and specialist shops offer a mail-order service. For example; www.vegetarian-shoes.co.uk www.veganline.com www.alternativestores.com www.bboheme.com www.ethicalwares.com

ORGANISATIONS

Animal Aid  The Old Chapel, Bradford Street, Tonbridge, Kent TN9 1AW
Tel: 01732 364546 www.animalaid.org.uk
Animal Aid campaigns on most issues related to animal welfare.
ONLINE SHOPPING
The Vegetarian Society's online Shopping Directory is the perfect place to look for an exciting mix of ethical wears, treats and gifts. What is more, if you shop using the links provided, including Amazon and Natural Collection, you'll ensure that a donation is made to the Vegetarian Society with every purchase you make. See the “Support Us” section on www.vegsoc.org for more details. The website also contains a classified directory of veggie-friendly leisure and lifestyle goods and services.

HELPFUL TRAVEL BOOKS

Vegetarian Britain
Edited by Alex Bourke
ISBN 1-902259-06-8
If you enjoy the pleasures of mainland Britain, this is the essential travelling companion, helping you track down veggie guesthouses, hotels and restaurants all over the country.

Vegetarian London
Alex Bourke
ISBN 1-902259-08-4
An excellent, pocket sized guide to eating out, shopping and staying in the capital, offering invaluable information about the heart of London.

Both of these titles are available from the Vegetarian Society. Contact support@vegsoc.org

Vegetarian Visitor
edited by Annemarie Weitzel
ISBN 1-906067-04-X
A handy guide to where to eat and stay in Britain.

The classified section of www.vegsoc.org and The Vegetarian magazine also provide a good selection of veggie / vegan-friendly holiday destinations.

Compassion in World Farming (CIWF), Second Floor, River Court, Mill Lane, Godalming, Surrey GU7 1EZ
Tel: 01483 521950
www.ciwf.co.uk
CIWF aims to abolish factory farming systems and all other practices and trades which impose suffering on animals.

RSPCA Wilberforce Way, Southwater, Horsham, West Sussex RH13 9RS
www.rspca.org.uk
A charity which aims to prevent cruelty, promote kindness to and alleviate suffering of animals. It investigates complaints of cruelty and rehomes animals through local branches.

The Vegan Society 21 Hylton Street, Hockley, Birmingham B18 6HJ
Tel: 01424 427393
www.vegansociety.com
The Vegan Society promotes the benefits of a vegan diet.

Vegetarian Charity PO BOX 473, Crewe CW3 0EU
The Vegetarian Charity provides grants to needy vegetarians under 25 years. They also promote vegetarianism by sponsoring educational projects. Apply in writing to the Grants Secretary.
For more information on any vegetarian issue, please do not hesitate to contact:

The Vegetarian Society, Parkdale, Dunham Road, Altrincham, Cheshire WA14 4QG
Telephone 0161 925 2000. Email info@vegsoc.org. www.vegsoc.org and www.youngveggie.org

To contact the Youth Education team email education@vegsoc.org.

Original food photography by Heather Brown • Food economists Jo Brewer and Hilary Marshall

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