

# A PARENT AND TEENAGER GUIDE TO VEGETARIANISM



## 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 and discounts in hundreds of shops up and down the country. You are also supporting education programmes, campaigns and our work with the media.
- Eat a wide range of foods. Savour the flavour!
- 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 website: [www.vegsoc.org](http://www.vegsoc.org)
- Email the Society with any questions on [info@vegsoc.org](mailto: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.

### TEENAGERS

You'll find information in these green boxes

### Parents

Look for these boxes for information

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 has been made possible thanks to the generous support of the Cyril Cordon Trust. The Cyril Cordon Trust encourages vegetarian and humanitarian education.

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

The Vegetarian Society  
 Parkdale  
 Dunham Road  
 Altrincham  
 Cheshire WA14 4QG  
 Tel: 0161 925 2000  
 Email: [info@vegsoc.org](mailto:info@vegsoc.org)  
[www.vegsoc.org](http://www.vegsoc.org)

Registered Charity Number 259358

## 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

## Introduction



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 loving 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:

### CONTACT THE SOCIETY:

#### By letter:

The Vegetarian Society, Parkdale,  
Altrincham, Cheshire WA14 4QG

#### By phone:

0161 925 2000

#### By email:

info@vegsoc.org

#### or visit our website:

www.vegsoc.org

***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.***

Key TJ et al. 1999. Health benefits of a vegetarian diet. Proceedings of the Nutrition Society, 58, 271-5.

***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.***

Cummings J and Bingham S. 1998. Diet and the prevention of cancer. British Medical Journal, 317, 1636-40

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

Margetts BM et al. 1986. Vegetarian diet in mild hypertension: a randomised controlled trial. British Medical Journal, 293, 1468-71

***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.***

Appleby P et al. 1998. Low body mass index in non-meat eaters: the possible roles of animal fat, dietary fibre and alcohol. Int Jnl Obesity, 22, 454-60.

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. In doing so you have joined over three million other veggies in Britain alone. 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 going through a stage. 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, 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.

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 a starter pack containing information on how to go veggie, please do not hesitate to give The Vegetarian Society a call. That is what we are here for.



### What is a vegetarian?

This may sound obvious – a person that does not eat meat. What about those vegetarians who eat fish? Let's get one point clear from the start – real vegetarians do not eat fish!

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 vegetarian does not eat any meat, poultry, game, fish, shellfish, crustacea or slaughter by-products.

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.org](http://www.vegansociety.org)


When you decide that you want to go vegetarian you may do it over a number of weeks, gradually replacing meat and fish with other foods. Some people are very strict and give all meat and meat products up in one go. It is important that you go at your own pace.



When your son or daughter makes moves 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 extra work is created, the new veggie should do it!
- 2 Try soya mince or Quorn mince in place of minced meat, perfect for curry, bolognese, or stew.
- 3 Buy 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 website: [www.vegsoc.org](http://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 get the veggie to do the 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 should not be underestimated. 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 have even been encouraged to be a 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. As you will if you act superior or high and mighty. 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. If this is beyond 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.

## “The reaction of your friends will largely depend on your attitude”



**Where will you get your protein from?**  
A common question. Protein is available from most foods we eat. Rich sources are pulses (beans), eggs, cheese, nuts, seeds and soya products.



*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 the mind for a number of years.

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 therefore will 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 prevented 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.



### Environmental

Over-fishing of the Earth's oceans has decimated fish stocks. Governments have recognised this and have introduced quota systems and restrictions on net size.

Ammonia from animal waste contributes to acid rain, which kills aquatic and plant life.

Growing crops to feed to livestock is an inefficient use of limited resources, better to eat the plant crop directly.

Life-sustaining rain forests have been systematically destroyed each year to make way for animal grazing.



### Economic

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!

## 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
- Avoid fatal diseases such as nv CJD, E. coli and other types of food poisoning.

In addition, many top athletes thrive and compete at the highest levels on a veggie diet.

*“As an international distance runner, it is essential to stay healthy and fit. A balanced vegetarian diet provides all of the vitamins and minerals and energy needed for my sport. I would recommend vegetarianism to anyone.”*

DANIELLE SANDERSON

Danielle Sanderson has represented Britain 10 times at World and European Championships. She has also won national titles at 10 miles, half marathons and ultra marathons.

All of the reasons above have convinced over three million people in Britain alone to take the veggie option. Thousands more take the plunge every week. Will you join the fastest ever food revolution?



**“Many top athletes thrive and compete at the highest levels on a veggie diet”**

## Vegetarianism and eating disorders

From time to time sad 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.

### 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. They focus on food rather than life and restrict the amount they eat to a dangerous level. As the illness progresses, many people will be unable to make rational decisions about food, which may result in exhaustion from starvation. 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. Food is used as emotional support. Chronic lack of self-confidence is often hidden, even from people very close. Some of the physical signs of bulimia include frequent weight changes, disappearing to the toilet in order to vomit, sore throat, tooth decay, poor skin condition, irregular periods, lethargy and tiredness. 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, food disappearing unexpectedly. Clearly the illness is serious and needs to be treated professionally.

### 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 [info@edauk.com](mailto:info@edauk.com)  
[www.edauk.com](http://www.edauk.com)  
Help line 01603 621 414  
Youth line 01603 765 050



A vegetarian diet is a healthy diet as long as it is balanced. However the issue of balance is not specific to vegetarians. Balance is important for everyone. Dieticians recommend that we should 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. This includes canned fruit and veg, dried fruit, salad and fruit juice. Fruit and veg supply 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 looked at as the meat section. Vegetarians get a plentiful supply of protein and iron from pulses, 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.

**MILK AND DAIRY PRODUCTS**  
2-3 portions daily. Milk provides a good source of calcium, protein and vitamins.

**SUGAR AND FAT**  
Although some fat is needed in the diet, too much fat can lead to health problems. Fat and sugar occur naturally in foods, therefore it is important to watch our intake of this group.



## Nutrition: Frequently asked questions

Vegetarianism is associated with a set of pre-conceptions e.g. 'vegetarians are all hippies wearing open toed sandals', and 'can it really be healthy?' The following should put your mind at rest.

### 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.

### Calcium

*Where do vegetarians get calcium?*

Calcium is in plentiful supply in a vegetarian diet, mainly from milk and milk products.

*What about vegans?*

Vegans do not consume any animal products, including milk. Calcium is available from tofu, fortified products such as soya milk, green leafy vegetables, sesame seeds and white bread.

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.

Vitamin D is needed for absorption of dietary calcium. In adults a lack of calcium can lead to osteomalacia (softening of the bones) or osteoporosis leading to reduced bone density. Meat is a very poor source of calcium.

#### REQUIRED INTAKES OF CALCIUM

0 to 12 months	525mg
1 to 3 yrs	350mg
4 to 6 yrs	450mg
7 to 10 yrs	550 mg
Male 11 to 18 years	1000mg
Female 11 to 18 years	800mg
Adult 19 yrs +	700mg
Breastfeeding women	1250mg

#### GOOD SOURCES SINGLE SERVING

Tofu	304mg
Cheddar cheese	288mg
Cow's milk	234mg
Spinach	208mg
Soya cheese	108mg
Dried figs	168mg
Chick peas	92mg
Baked beans	90mg

### Vitamin B12

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.

B12 is found primarily in meat, eggs and dairy produce. Fermented soya products and seaweeds have been suggested to have significant levels of B12. However, any B12 present is likely to be unavailable to humans. Many vegan products are fortified with B12. If your son or daughter has recently moved to a vegan diet then B12 deficiency will not be an immediate issue. However it is important to have a regular supply of B12. Vegans will only be able to obtain B12 via fortified food or a vitamin supplement.

### 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.

Iron intake is particularly important as girls reach puberty. Iron deficiency is the most widespread mineral nutritional deficiency both in Britain and worldwide. Deficiency can cause anaemia resulting in low levels of haemoglobin in the blood.

#### REQUIRED INTAKES OF IRON

1 to 3 yrs	6.9 mg
4 to 6 yrs	6.1 mg
7 to 10 yrs	8.7 mg
Men 11 to 18 yrs	11.3 mg
Men 19+ yrs	8.7 mg
Women 11- 49 yrs	14.8 mg
Women 50+ yrs	8.7mg

Ensure that your child gets a plentiful supply of iron by regularly eating from the following foods:

#### GOOD SOURCES SINGLE SERVING

Spinach	4.0 mg
Chick peas	6.2 mg
Baked beans	3.2 mg
Bran flakes	18.0 mg
Muesli	2.76 mg
Dried apricots	2.1 mg
Dried figs	2.1 mg

#### FAIR SOURCES SINGLE SERVING

1 slice wholemeal bread	1.0 mg
Egg, boiled	1.3 mg
Brown rice	0.9 mg
Avocado	1.1 mg
Peanut butter	0.5 mg

### 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.

## Nutrition: Stumbling blocks

*Question: How can you spot a vegetarian in a supermarket?*

*Answer: They are the ones that spend ages reading every ingredient.*

This does have some truth in it. However, you will soon learn to tell veggie friendly from non-veggie friendly. For a quick guide, look out for



the Vegetarian Society Seedling Symbol. More on the symbol later.

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. For the most part if a product seems to be vegetarian, it will be. The following are the most common stumbling blocks.

### Cheese

Some cheese contains rennet, which is obtained from the stomachs of slaughtered calves. Most cheeses are, in fact, vegetarian and are marked as such on the packet. Some ready meals containing cheese may not contain vegetarian cheese. Again look for the Vegetarian Society's Seedling Symbol or the words 'suitable for vegetarians'. If in doubt, call the 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, tendons and bones and used in some jellies, puddings



and sweets. Vegetarian alternatives are available such as agar agar, carrageen, and VegeGel. These products are available from most good health food stores.

### 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 and can be found in cakes, biscuits and some puddings. If a recipe lists beef suet as an ingredient, replace this with vegetable suet.

### E numbers

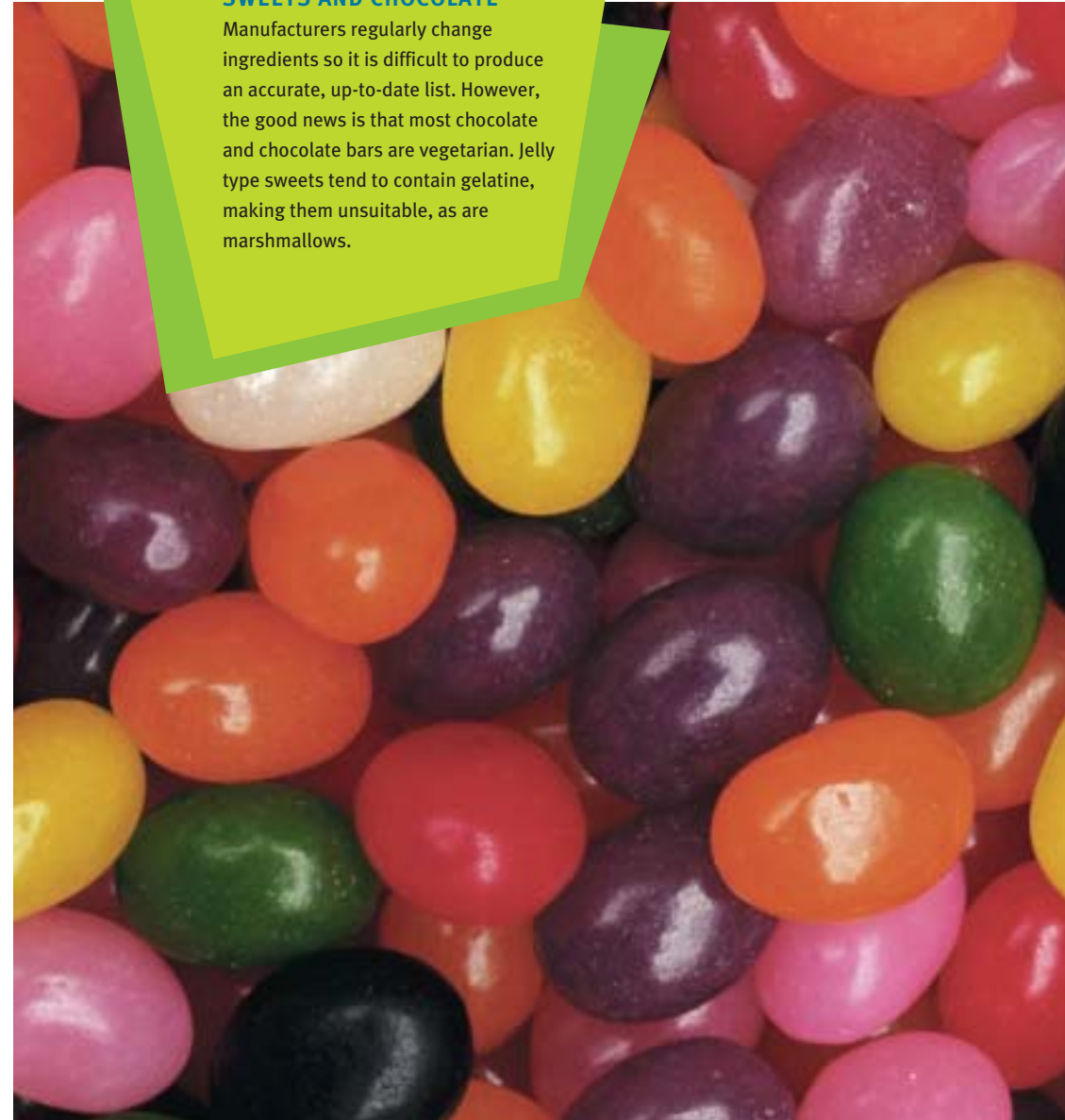
Only E120 is never vegetarian – over 40 of the rest may or may not be suitable. This, I know, is confusing and annoying. If you want more information on a specific product, contact either the customer care line or The Vegetarian Society. Alternatively, look to see whether it is approved by The Vegetarian Society.

*If you are in doubt about any product, ring the consumer information line which is normally listed on the side of the packet.*



## 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. Jelly type sweets tend to contain gelatine, making them unsuitable, as are marshmallows.



## Recipes: quick fixes

OK, one of your children has decided to go veggie. What will you feed them? Will you have to soak lentils all night? 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, or houmous...
- **Pasta** with pesto sauce.
- **Noodles** with peas, mushrooms and a good splash of soy sauce.
- **Quick stir-fry**. Always finely slice your vegetables and use sesame oil to give it that real Chinese flavour.
- **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!
- **Toasties**: 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, cream buns – naughty but nice.

*Note: some desserts may contain gelatine or animal fat. To be on the safe side, always check the ingredients.*



## Ready meals

Ready meals are, for many of us, becoming the mainstay of British households. For veggies the options are quite 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 ready meals. In terms of cost they are no more or less expensive than meat ready meals. Watch out for hidden ingredients such as chicken stock or non-vegetarian cheese.

## 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 make 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 is to try Oriental or Asian restaurants. These offer a much wider selection of 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.

**“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 has the only officially approved vegetarian burger. They cook the burger in a microwave oven, thus avoiding any problems with cooking oil that may have been used for cooking meat.

### 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 fat. Unfortunately some still use animal fat, Harry Ramsden's restaurants being among them. 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 Indian 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
- ¼ 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/¼ pint vegetable stock

¼ 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**

¼ cabbage, finely sliced or shredded

2 red peppers, sliced

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/½ 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

### 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/10 oz tinned aduki beans, drained  
300g/10 oz 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.

© The Vegetarian Society

### Mushroom curry

A good source of iron and protein

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

#### Ingredients

100g/3½ oz mushrooms  
1 red pepper, sliced  
1 medium onion chopped  
150ml vegetable stock  
½ tsp turmeric powder  
½ 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 /½ 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.

© The Vegetarian Society

#### 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 try the following as bases: French bread, wholemeal bread, pitta bread, naan bread, ciabatta or ready made pizza bases.

Coat the bread in Ragu style sauce, add the topping of your choice and a sprinkle of cheese. Place in a pre-heated 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

175g/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.

© The Vegetarian Society



### 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.

© The Vegetarian Society

### Carrot cake

*A good source of protein and vitamin A*

Serves 6

#### Ingredients

4 free-range eggs

225g/9oz light brown sugar

240ml/8fl 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 brushing

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

## Taking it further

### VEGGIE CLOTHES

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 veggies do indeed wear leather shoes. The reason that most vegetarians avoid leather is that to get hold of it the animal must be killed. However many high street shops stock 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 be made from leather.

### TOILETRIES

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 a rabbit symbol which means it has not been tested on animals. The Body Shop, Superdrug, Lush and many other high street stores stock animal free and cruelty free products. If in doubt, ask.

BUAV (British Union for the Abolition of Vivisection) have a free pocket book listing cruelty free products. Tel: 020 7700 4888 or [www.buav.org](http://www.buav.org)

### CAMPAIGNING

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. The Vegetarian Society has a starter pack with all sorts of campaign ideas, how to set up a group, how to write a letter, petitions etc. If you would like to order your free pack call The Vegetarian Society and ask for Going Veggie – A Guide for Life. 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 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 150 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** and **Jerome Flynn** 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. 100s of clients and 1000s 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. The Vegetarian Society has a policy of not endorsing any products that have been tested on animals after 1986.
- Education. The Society has an active education department. Services and resources include school talks, email, posters, website, student pack, video and lesson plans for teachers.

- 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 website: [www.vegsoc.org](http://www.vegsoc.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.



Each member of the Society receives a quarterly magazine, "The Vegetarian", packed with recipes, features, discounts and competitions. Junior members have their own section, "VC21", dedicated to younger issues and they also receive a newsletter, "Veg Out!", every quarter.

New members receive a discount booklet detailing 100s of shops and restaurants offering money off. Your membership card will allow you to claim your discount.

All members also have access to experienced staff ready to answer any questions. 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.

Becoming a member of the Society is easy, you can even do it over the phone with all major credit cards. Call 0161 925 2000 and ask to be put through to our membership department.

**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 [info@vegsoc.org](mailto:info@vegsoc.org) or telephone 0161 925 2000. Or visit our website: [www.vegsoc.org](http://www.vegsoc.org)



The Vegetarian Society,  
Parkdale,  
Dunham Road,  
Altrincham,  
Cheshire  
WA14 4QG



## Quick reference guide

### MORE STUMBLING BLOCKS

**Albumen:** Derived from eggs

**Alcohol:** Many alcoholic drinks are fined (i.e. clarified) using animal ingredients. For a list of those drinks suitable see the Vegan Shopper.

**Anchovies:** small fish, found on pizza and in some brands of Worcester sauce

**Aspic:** a savoury jelly derived from meat or fish

**Chewing gum:** often contains glycerine. Some manufacturers use a vegetable glycerine.

**Lactic acid:** practically always vegetarian/vegan

**Whey:** by product of the cheese making process which may use animal rennet

### VEGGIE SHOES

High street shops stock non-leather shoes, and specialist shops offer mail-order.

**Vegetarian Shoes**, 12 Gardner Street, Brighton, East Sussex BN1 1UP Tel: 01273 691913

**Freerangers**, 9b Marquis Court, Low Prudhoe, Northumberland NE42 6PJ Tel: 01661 831781

### ORGANISATIONS

#### Animal Aid

*The Old Chapel, Bradford Street, Tonbridge, Kent TN9 1AW*  
Tel: 01732 364546  
[www.animalaid.org.uk](http://www.animalaid.org.uk)

AA campaigns on most issues related to animal welfare.

#### Compassion in World Farming

*Charles House, 5a Charles Street, Petersfield*  
Tel: 01730 264208  
[www.ciwf.co.uk](http://www.ciwf.co.uk)

CIWF aims to abolish factory farming systems and all other practices and trades which impose suffering on animals.

#### The Vegan Society

*Donald Watson House, 7 Battle Road, St Leonards on Sea, East Sussex TN37 7AA*  
Tel: 01424 427393  
[www.vegansociety.com](http://www.vegansociety.com)

The Vegan Society promotes the benefits of a vegan diet.

#### VIVA!

*12 Queen Square, Brighton, East Sussex BN1 3FN*  
Tel: 01273 777688  
[www.viva.org.uk](http://www.viva.org.uk)  
Viva actively campaigns for animal welfare.

#### Vegetarian Charity

*Correspondence via Maxwell Lee (Chair), 10 Kings Drive, Marple, Stockport SK6 7NQ*  
The Vegetarian Charity provides grants to needy vegetarians under 25 years.

They also promote vegetarianism by sponsoring educational projects. Apply in writing.

#### The Cyril Cordon Trust

*Correspondence via Harold Bland (Trustee), Ranensdale, Sally Deards Lane, Rabley Heath, Welwyn Garden City AL6 9EU*  
The Cyril Cordon Trust encourages vegetarian and humanitarian education by providing sponsorship. Apply in writing.

### TOURIST INFORMATION CENTRES

If you are planing your holiday and want to find information on vegetarian restaurants, guest houses and hotels, tourist information centres are a good start.

English Tourist Board  
020 8846 9000  
[www.englishtourism.org.uk](http://www.englishtourism.org.uk)

Welsh Tourist Board  
01222 499909  
[www.visitwales.com](http://www.visitwales.com)

Scottish Tourist Board  
0131 3332433  
[www.visitscotland.com](http://www.visitscotland.com)

Northern Ireland Tourist Board  
0541 555250  
[www.ireland.com](http://www.ireland.com)

### HELPFUL TRAVEL BOOKS

#### The Vegan Travel Guide

*The Vegan Society*  
ISBN 0-907337-22-8  
Vegan or vegan friendly places to stay and eat in Britain.

**Vegetarian Britain** by Alex Bourke and Alan Todd  
ISBN 1-902259-01-7

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 Europe** by Alex Bourke ISBN 1-902259-02-5  
This travel guide contains the top 48 destinations in Europe, where to eat and stay.

**Vegetarian London** by Alex Bourke and Jennifer Wharton  
ISBN 1-902259-03-3

An excellent, pocket sized guide to eating out, shopping and staying in the capital, offering invaluable information about the heart of London.

**The Vegetarian Traveller** by Jed and Susan Civic  
ISBN 0-943914-79-5

Where to stay around the world if you are vegetarian, vegan or environmentally sensitive.

**Vegetarian Visitor** edited by Annemarie Weitzel  
ISBN 1-897766-73-4

A handy guide to where to eat and stay in Britain.

The classified section of **The Vegetarian** magazine also has a good selection of veggie/vegan holiday destinations.

### BOOK RECOMMENDATIONS

**The Vegan Shopper** published by the Vegan Society, Donald Watson House, 7 Battle Road, St Leonards-on-Sea.  
Tel: 0845 45 88244.

The Vegan Shopper lists thousands of vegan friendly products.

Buy books on-line from Amazon. Visit our website, then click on the link to [www.amazon.co.uk](http://www.amazon.co.uk). The Society receives 5% of the total sale.



---

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

The Vegetarian Society, Parkdale, Dunham Road, Altrincham, Cheshire WA14 4QG  
Tel 0161 925 2000 Email [info@vegsoc.org](mailto:info@vegsoc.org) [www.vegsoc.org](http://www.vegsoc.org)

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

Special thanks again to **The Cyril Cordon Trust** for continued support

Written by Alex Connell

© The Vegetarian Society

Registered Charity Number 259358