

Vegetarian Nutrition Update

Volume X, Number 2 • Winter 2001

Vegetarian Diets and Cancer Prevention*

by *Satnam Sekhon, BHE, RDN*
Nutrition Consultant, British Columbia
Cancer Agency, Vancouver, BC, Canada

Although vegetarianism is relatively new in North America, it has existed in Asia for centuries, especially in followers of religions such as Hinduism and Buddhism. In the 19th century, North Americans chose to become vegetarian primarily for spiritual and moral reasons. As the scientific research linking nutrition and health started to become apparent, and with the discovery of vitamins in fruits and vegetables in the early 20th century, the public developed the perception that vegetarian diets were healthy (1). Most research on vegetarianism has been done in the past 30 years, mostly in developed countries looking at the association between vegetarianism and nutritional deficiencies.

There are many reasons other than religion for choosing a vegetarian diet. They include health benefits, the belief that it improves athletic performance, and political, social, ecological and ethical reasons (2). Many adolescents adopt a vegetarian lifestyle because of concerns about animal welfare, as well as concerns about their own weight (3-5). Just as there are many reasons for becoming vegetarian, so are there many degrees to which animal foods are avoided. In other words, not all vegetarians eat the same way (6). The new terms being used for semi-vegetarianism are new wave, quasi, partial and transitional. Such individuals do not strictly follow lacto-ovo or vegan diets but largely exclude meat and animal products. This may or may not include poultry, fish or seafood. The danger is that, with inadequate knowledge, they may not include more plant-based proteins, such as beans and lentils and nutrient-rich greens at the same time that they exclude animal products (7,8). Some may still have a diet that is high in saturated fat from large amounts of high-fat dairy products and eggs. Donovan and Gibson (9) noted that lacto-ovo and

semi-vegetarian adolescent females had energy intakes less than two-thirds of Canadian recommendations and concluded that they were more at risk for nutrient inadequacies than those following omnivorous diets.

A special exposure group used in diet and cancer prevention studies has been Seventh-Day Adventists (SDA). The SDA Church is a Protestant denomination comprising over 10 million members worldwide. This group practices a temperate and healthy lifestyle, abstaining from alcohol, tobacco, and other harmful drugs. Many are lacto-ovo-vegetarians, believing that flesh food and shellfish are better omitted from the ideal diet.

It is the opinion of this author that increasing numbers of cancer survivors are also adopting semi-vegetarian diets and healthy lifestyles post-treatment, as seen in counseling sessions, but there is little research to confirm this.

Over the last decade, we have seen the results of long-term studies comparing cancer rates among vegetarian groups and the general public in various countries. An observational cohort study of approximately 11,000 British subjects was conducted by Key et al (10) to investigate the association of dietary habits with mortality in a cohort of vegetarians and other health-conscious people. Diet was assessed using a short questionnaire that asked participants if they smoked and were vegetarian (this was not defined further) and to record their usual frequency on six dietary factors. The investigators noted that 62% of the participants considered themselves vegetarian. The cancer standardized mortality ratio (SMR) is the observed number of incidents of cancer that have occurred after the start of a study in comparison with the expected number of incidents, which is usually acquired from age-specific rates of the general population. Key et al (10) concluded the SMR for all malignant neoplasms was 0.50 for men and 0.76 for women, indicating a significantly lower incidence of cancer in the vegetarian groups.

The vegetarian population demonstrated an all cancer mortality rate 50% that of the general population for men

and 76% for women. The SMRs were reduced for cancer of the stomach, large intestine, rectum, pancreas, lung, and bladder, but slightly increased for the prostate. Daily consumption of fresh fruit was associated with a reduced mortality from all cancers combined. Limitations of this study (10) are that the dietary habits did not differentiate by type of vegetarianism as that may have changed during the 17-year follow-up. Also, the questionnaire did not include all food groups and other health-related behaviors, such as exercise and past smoking habits.

Cancer incidence was monitored by Mills et al (11) in a population of approximately 34,000 non-Hispanic white Seventh-Day Adventists in California between 1976 and 1982 and compared with a similar group of whites in Connecticut. Relative risks were calculated using data obtained from a detailed lifestyle questionnaire. The SMR for all cancers was 0.73 for men and 0.92 for women, indicating a significantly lower risk of developing cancers at most of the major cancer sites (buccal cavity, stomach, lung, pancreas, rectum, bladder, and large intestine).

* Reprinted with permission from *ON-LINE*, Volume 7, Number 2. *ON-LINE* is a newsletter of the *Oncology Nutrition Dietetic Practice Group of the American Dietetic Association*.

(continued on page 5)

In This Issue...

Vegetarian Diets and Cancer Prevention 1
Message from the Chair2
What's New In Research3
Introducing Vegetarian Options Into Foodservice.....7
Bookshelf9
Have You Read9
Spotlight11
Denver 2000.....12
Veggie Bites.....15

Newsletter Deadlines

Spring 2001 issue -

Materials due by January 15, 2001

Summer 2001 issue -

Materials due by April 1, 2001

Subscription Information

Subscription year runs June 1 - May 31.

Non-ADA members may subscribe by sending a check for \$25 payable to The American Dietetic Assoc/DPG-14.



A publication of Vegetarian Nutrition,
A Dietetic Practice Group of
American Dietetic Association

Editor:

Winston Craig, PhD, RD

Book Review Editor:

Sarah Ellis, MS, RD

Editorial Staff:

Carol Coughlin, RD

Brenda Davis, MS, RD

Lenore Hodges, PhD, RD

Reed Mangels, PhD, RD

The viewpoints and statements herein do not necessarily reflect policies and/or official positions of The American Dietetic Association. Opinions expressed are those of the individual authors.

© 2000 Vegetarian Nutrition

All rights reserved.

We welcome submissions and articles from our members. Please contact the editor:

Sudha Raj, PhD, RD

Department of Nutrition & Hospitality

034 Slocum Hall

Syracuse University

Syracuse, NY 13244-1250

Email: sraj@syr.edu

Layout by Crouse Printing

ISSN 1097-3745

Return address information:

Reed Mangels, PhD, RD

117 Cherry Lane

Amherst, MA 01002

Message from the Chair



Happy holidays to you and your family! I hope that this year's celebrations have been filled with special moments that last a lifetime. As you face a new year, may you find the energy to realize personal and professional goals. Every step you take towards a more conscious and compassionate world is a gift of peace and joy to those around you.

Vegetarian Nutrition DPG had a wonderful presence at FNCE 2000 in Denver. For those of you who were with us, thank you for your support, encouragement and creativity. For those who could not be with us, we missed you, and we hope we will see you in St. Louis in 2001. Many thanks to all those involved in making the VN events possible. We are grateful to Kelloggs for their sponsorship of our Minerals From Plant Foods session, to the Produce for Health Foundation and the California Avocado Commission for their sponsorship of our Towards a Healthy Population session, to Lifestyle Advantage (Dr. Dean Ornish) for their sponsorship of our annual breakfast and business meeting, and to Vegetarian Times and Yves Veggie Cuisine for their sponsorship of our reception.

The past year has been an exciting and eventful one for VN. Some of the our key activities have been:

Fifteen-hour CPE module on minerals from plant foods - under the leadership of Carol Coughlin, VN received a grant for this project. The efforts on this project resulted in a major session in Denver and new fact sheets. The project is near completion.

Development of a new logo, new stationery and a new brochure. We are looking very good!

Development of a new showcase. This will make life a little easier for our state coordinators. We hope you enjoy the display.

Establishment of new awards for VN members, including an Award of Excellence in Service and Leadership (1-3 awards of \$500 each) and an Outstanding State Coordinator (1 award of \$250). Get involved!

Refinement of our newsletter and expansion of our newsletter editorial board. This wonderful newsletter just keeps getting better. Anyone interested in helping out? We are always looking for writers, editors and managers for this big project.

Our primary goal this year is to make VN a more effective voice and resource for its members. Here are some of the ideas in the works. If you can think of more ways we could better serve you, please don't hesitate to let us know.

AV Library Expansion and changes. VN is expanding the library and we are hoping to make it more accessible to members by cutting costs to members. Look for more information in the coming months.

Support for State Coordinators. VN is trying to make the job of state coordinators more rewarding by increasing their resources and networking abilities. Please let us know how we can better serve you!

Educational Projects. VN is in the initial stages of putting together some solid educational resources such as PowerPoint presentations and slide shows.

Fact Sheets. VN is continuing to put out wonderful fact sheets and is working towards updating both content and appearance of these valuable resources.

This issue contains the ballot for electing our new chair-elect, treasurer and nominating committee member. Voting takes so little of your time and has such a huge impact on the future of this group. PLEASE MAKE YOUR VOICES HEARD - VOTE FOR YOUR LEADERS.

Warmest regards to you and yours,
Brenda Davis, RD



What's New in Research?

by Winston Craig, PhD, RD

Fruit and vegetable intake and risk of cardiovascular disease: the Women's Health Study. Liu S, Manson JE, Lee IM, et al. *Am J Clin Nutr* 2000;72:922-8.

Prospective data relating fruit and vegetable intake to risk of CVD in women are uncommon. Fruit and vegetable intake was assessed among 39,876 female health professionals with no previous history of CVD or cancer by use of a detailed food-frequency questionnaire. These women were followed for an average of 5 y for incidence of nonfatal myocardial infarction (MI), stroke, percutaneous transluminal coronary angioplasty, coronary artery bypass graft, or death due to CVD. During followup, 418 incident cases of CVD including 126 MIs were observed. After adjustment for age, randomized treatment status, and smoking, there was a significant inverse association between fruit and vegetable intake and CVD risk. The relative risk (RR) of CVD for the highest quintile of total fruit and vegetable intake (median = 10.2 servings/d), versus the lowest quintile (median = 2.6 servings/d) was 0.68. The RR was only 0.85 after additional adjustment for other known CVD risk factors. After excluding participants with a self-reported history of diabetes, hypertension, or high cholesterol at baseline, the multivariate-adjusted RR was 0.45 when extreme quintiles were compared. Higher fruit and vegetable intake was also associated with a lower risk of MI, with an adjusted RR of 0.62 for extreme quintiles.

Signs of impaired cognitive function in adolescents with marginal cobalamin status. Louwman MWJ, van Dusseldorp M, van de Vijver FJR, et al. *Am J Clin Nutr* 2000;72:762-9.

This study investigated whether cognitive functioning is affected in adolescents (aged 10-16 y) with marginal cobalamin status as a result of being fed a macrobiotic diet up to an average age of 6 y. Data on dietary intake, psychological test performance, and biochemical variables of cobalamin status were collected from 48 adolescents who consumed vegan-type macrobiotic diets up to the age of 6 y, subsequently followed by lactovegetarian or omnivorous diets, and from 24 subjects (aged 10-18 y) who were fed omnivorous diets from birth onward. Thirty-one subjects from the previously macrobiotic

group were cobalamin deficient according to their plasma methylmalonic acid concentrations. Seventeen previously macrobiotic subjects and all control subjects had normal cobalamin status. The control subjects performed better on most psychological tests than did macrobiotic subjects with low or normal cobalamin status. A significant relation between test score and cobalamin deficiency was observed for a test measuring fluid intelligence ($r = 0.28$). This effect became more pronounced within the subgroup of macrobiotic subjects ($r = 0.38$). The data suggest that cobalamin deficiency, in the absence of hematologic signs, may lead to impaired cognitive performance in adolescents.

Honey... How sweet it is! Coulston A. *Nutr Today* 2000;35:96-100.

Honey has some unique properties that provide health benefits beyond the delicious taste and sweetening capacity. Over 200 million pounds of honey are produced annually in the US. Honey bees collect nectar from different floral sources and in the hive they concentrate it in the honeycomb to about 83% solids. Most honey is heat treated to prevent unwanted fermentation by osmophilic yeasts and to delay crystallization. The 3 major components of honey are fructose (38%), glucose (31%) and water (17%). The remaining 14% consists of disaccharides, trisaccharides, oligosaccharides, minerals, vitamins, and enzymes. The honeybee adds invertase to hydrolyze sucrose into fructose and glucose. The oligosaccharides in honey have been suggested to promote the growth of beneficial bifidobacteria in the colon. Honey is also rich in antioxidants such as flavonoids and other phenolics. The antioxidant content varies depending upon the floral source. Honey from buckwheat, the darkest honey, was found to have the highest antioxidant content. Honey has been used in ancient times as a remedy for burns, ulcers and wound dressings. Some have suggested that honey may help to prevent bacterial colonization of a wound and help in the healing process. Honey can reduce inflammation and reduce exudate formation more promptly than standard treatments. Honey is not recommended for infants under one year of age since honey may contain *Clostridium botulinum* spores which can germinate, grow and produce a toxin in the colon of infants who do not have a fully developed intesti-

nal microflora, resulting in infant botulism. Vegans often exclude honey from their diet because of concerns regarding commercial honey production.

Dietary habits and right-sided colonic diverticulosis. Lin OS, Soon MS, Wu SS, et al. *Dis Colon Rectum* 2000;43:1412-8.

In Asian populations, there is a high prevalence of right-sided colonic diverticulosis. It is suspected that dietary habits may interact with a congenital predilection to cause this condition. The authors performed a retrospective case-control study. Based on consumption frequency, subjects were assigned to one of three diet classes for each of three food categories of interest: meat, vegetable, and fruit products. Staple foods such as rice were not included. A total of 86 cases of right-sided diverticulosis were included, and 106 gender- and age-matched controls were randomly selected. The prevalence of right-sided diverticulosis was strongly positively associated with past meat consumption frequency. The association between meat consumption frequency and right-sided diverticulosis, had an odds ratio of 24.8 between the most and least frequent consumers of meat products. There was no association with vegetable or fruit consumption frequency, laxative use, supplemental fiber intake, smoking, or family history.

Dietary intake of vitamin D in premenopausal, healthy vegans was insufficient to maintain concentrations of serum 25-hydroxyvitamin D and intact parathyroid hormone within normal ranges during the winter in Finland. Outila TA, Karkkainen MUM, Seppanen RH, et al. *J Am Diet Assoc* 2000;100:434-41.

The vitamin D status and bone metabolism of 12 vegetarian and 16 omnivorous premenopausal women living in Helsinki was measured in 1994-95. Dietary intake of vitamin D was significantly lower in vegans (yearly mean = 0.09 mcg/d) and in lactovegetarians (0.7 mcg/d) compared with omnivores (4.0 mcg/d). Throughout the year serum 25-hydroxyvitamin D levels were significantly lower and intact parathyroid hormone concentrations were significantly higher in vegans than in omnivores and lactovegetarians. Bone mineral density in the lumbar region of the spine was lower in vegans (yearly mean = 1.034 g/cm²) than in omnivores (1.177 g/cm²) and tended to be lower than that in lac-

tovegetarians (1.138 g/cm², NS). Bone mineral density in the neck of the femur tended to be lower in vegans (0.843 g/cm²) than in omnivores (0.999 g/cm², P = 0.07) and lactovegetarians (0.961 g/cm², P = 0.15). No seasonal variation was found in bone mineral density in the study groups. At northern latitudes, the dietary intake of vitamin D in vegans appeared insufficient to maintain serum 25(OH)D and intact PTH concentrations within normal ranges in the winter, which seems to have had a negative effect on bone mineral density. All vegans living north of the 40 degree latitude should have an adequate intake of vitamin D-fortified foods, especially during the winter months.

Isoflavone-rich soy protein isolate attenuates bone loss in the lumbar spine of perimenopausal women. Alekel DL, Germain AS, Peterson CT, et al. *Am J Clin Nutr* 2000;72:844-52.

The consumption of soy protein isolate with isoflavones (80.4 mg/d) for 24 weeks was found to attenuate bone loss from the lumbar spine in perimenopausal women. Subjects were randomly assigned, double-blind, to receive isoflavone-rich soy, isoflavone-poor soy, or whey protein. The percentage change in lumbar spine bone mineral density (BMD) and bone mineral content (BMC), respectively, did not differ from zero in the isoflavone-rich and isoflavone-poor groups, but loss occurred in the control group (1.28%, 1.73%). By regression analysis, the isoflavone-rich soy had a positive effect on change in BMD (5.6%) and BMC (10.1%). Analyses of covariance revealed that isoflavones, and not soy protein, exerted the effect.

Vegetarianism and ischemic heart disease in older Chinese women. Kwok TK, Woo J, Ho S, Sham A. *J Am Coll Nutr* 2000;19:622-7.

Ninety vegetarian Chinese women over 70 years old in Hong Kong were screened for ischemic heart disease by electrocardiogram (ECG) and cardiovascular questionnaire and were compared with 90 nonvegetarian women of similar age. The elderly vegetarian Chinese women had lower risk of ischemic heart disease compared with the nonvegetarians. The percentages of subjects with ischemic heart disease defined by symptoms and ECG, or by ECG alone, were significantly lower in vegetarian women and the vegetarians had lower serum cholesterol levels. On stepwise logistic regression, using probable ischemic heart disease defined by questionnaire and ECG as outcome measure, vegetarianism was the only signifi-

cant predictor (odds ratio = 0.3). Apart from lower serum cholesterol levels, vegetarianism may have other protective factors against ischemic heart disease.

Fruit and vegetable intakes and prostate cancer risk. Cohen JH, Kristal AR, Stanford JL. *J Natl Cancer Inst* 2000;92:61-8.

This case-control study of men under 65 years of age examined the association of fruit and vegetable intake with their risk of prostate cancer. No associations were found between fruit intake and prostate cancer risk. The adjusted odds ratio (OR) for the comparison of 28 or more servings of vegetables per week with fewer than 14 servings per week was 0.65. For cruciferous vegetable consumption, adjusted for covariates and total vegetable intake, the OR for comparison of 3 or more servings per week with less than one serving per week was 0.59. The OR for daily intake of 2000 mcg or more lutein plus zeaxanthin compared with an intake of less than 800 mcg was 0.68. A high consumption of vegetables, particularly cruciferous vegetables, appears to be associated with a reduced risk of prostate cancer.

Dairy foods and bone health: examination of the evidence. Weinsier RL, Krumdieck CL. *Am J Clin Nutr* 2000;72:681-89.

This review examined whether scientific evidence supports the recommendation that dairy foods be consumed daily for improved bone health in all age, sex, and race groups in the US population. Outcomes were classified according to the strength of the evidence and were categorized as favorable, unfavorable, or not statistically significant. Of 57 outcomes of the effects of dairy foods on bone health, 53% were not significant, 42% were favorable, and 5% were unfavorable. Of 21 stronger-evidence studies, 57% were not significant, 29% were favorable, and 14% were unfavorable. The overall ratio of favorable to unfavorable effects in the stronger studies was 2.0 for all ages, 4.0 in <30-yr-olds, 1.0 in 30 to 50-yr-olds, and 1.0 in over 50-yr-olds. Dairy foods varied widely in their content of nutrients known to affect calcium excretion and skeletal mass. Foods such as milk and yogurt (low in sodium) are likely to be beneficial; others, such as cottage cheese (low calcium and high protein and sodium content), may adversely affect bone health. The high calcium content of processed cheeses may be offset by their high sodium, polyphosphate, and protein content, which can increase calcium losses. Of the few stronger-evidence studies of

dairy foods and bone health, most had outcomes that were not significant. However, white women under 30 yrs of age are most likely to benefit from dairy. Too few studies of males and minority ethnic groups exist to determine whether dairy foods promote bone health in most of the US population.

Physiologic and related behavioral outcomes from the Women's Lifestyle Heart Trial. Toobert DJ, Glasgow RE, Radcliffe JL. *Ann Behav Med* 2000;22:1-9.

The Women's Lifestyle Heart Trial was a small randomized controlled trial to evaluate the effects of a comprehensive lifestyle self-management program (very lowfat vegetarian diet, stress management training, exercise, group support, and smoking cessation) on reduction of cardiovascular risk factors in postmenopausal women with coronary heart disease (CHD). Women assigned to the treatment group participated in a week-long retreat followed by twice-weekly 4-hour meetings. Endpoints were program adherence; changes in lipid profiles, body mass, blood pressure, hypolipidemic and antihypertensive medications; and quality of life. Risk factor and psychosocial evaluations were conducted at baseline and at 4, 12, and 24 months. Repeated measures analyses of covariance revealed that the dietary, stress management, and physical activity changes made by intervention women were dramatic and lasting. There were significantly greater improvements in the treatment group compared to the usual care control group on body mass, angina symptoms, and quality of life, and a tendency for a greater reduction in blood pressure-lowering medications. Similar patterns were seen in lipids, blood pressure, and lipid-lowering medications, but did not reach significance. The results demonstrated that postmenopausal women with CHD can make lasting lifestyle changes, and that these changes may reduce the need for cardiac medications and improve CHD risk factors and the quality of life.

Garlic consumption and cancer prevention: meta-analyses of colorectal and stomach cancers. Fleischauer AT, Poole C, Arab L. *Am J Clin Nutr* 2000;72:1047-52.

These meta-analyses examined the epidemiologic literature for an association between garlic consumption and risk of cancers. The relative risk of colorectal cancer and stomach cancer for a high versus a low consumption of raw or cooked garlic, excluding garlic supplements, was 0.69 and 0.53, respectively. The average difference between the highest and lowest

garlic intakes was 16 g/wk. The heterogeneity among the studies suggests there may be confounding factors such as vegetable consumption.

Fraction of prostate cancer incidence attributed to diet in Athens, Greece.

Bosetti C, Tzonou A, Lagiou P, et al. *Eur J Cancer Prev* 2000;9:119-23.

In this case-control study in Greece, dairy products, butter and seed oils were found to be positively associated with risk of prostate cancer, whereas cooked and raw tomatoes were inversely associated. The authors found that the incidence of prostate cancer in Greece could be reduced by about two-fifths if the population increased the consumption of tomatoes and reduced the intake of dairy products, and substituted olive oil for other added lipids.

Dietary vitamin K intakes are associated with hip fracture but not with bone mineral density in elderly men and women.

Booth SL, Tucker KL, Chen H, et al. *Am J Clin Nutr* 2000;71:1201-8.

Dietary vitamin K intake was assessed with a food-frequency questionnaire in 335 men and 553 women (average age = 75.2 y) participating in the Framingham Heart Study in 1988-1989. Incidence of hip fractures was recorded from 1988 to 1995. BMD at the hip, spine, and arm was assessed on 2 separate occasions (1988-1989 and 1992-1993). Low vitamin K intakes were associated with an increased incidence of hip fractures in this cohort of elderly men and women. Individuals in the highest quartile of vitamin K intake (median = 254 mcg/d) had a significantly lower fully adjusted relative risk of hip fracture (RR = 0.35) than did those in the lowest quartile of intake (median = 56 mcg/d). There were no associations between vitamin K intake and BMD in either men or women.



(Vegetarian Diets and Cancer Prevention... continued from page 1)

Surprisingly, the SMRs for prostate and gynecological cancer were 1.25 and 1.6, respectively. The authors attribute this to Seventh-Day Adventists possibly taking advantage of preventive medical measures and higher use of hormone replacement therapy in this population.

Frentzel-Beyme and Chang-Claude (12) assessed mortality and morbidity risks as related to nutritional status of moderate (eat fish or meat occasionally) and strict (avoid fish and meat completely) vegetarians in a total cohort of 1904 self-identified vegetarians in Germany. The questionnaire collected information on dietary habits including alcohol consumption, smoking habits, physical activity, previous medical history, and socioeconomic characteristics. The follow-up period was 11 years and the SMR for all cancers was 0.48 for men and 0.74 for women. The SMR was lower for cancer of the intestinal system, stomach, and colon. Cancer mortality was most strongly associated with duration of vegetarian status (20 years or more of a vegetarian lifestyle decreased cancer mortality by more than 50%) and moderate vegetarians appeared to be at lower risk for cancer. In the author's opinion, the influence of other factors such as health-conscious behavior and a healthy lifestyle seem to indicate stronger effects than nutrition itself and this may partly explain the generally better health of moderate vegetarians.

In another British study (13), Thorogood et al investigated the health consequences of a vegetarian diet in approximately 6000 non-meat-eaters and 5000 meat-eating controls. Each participant completed a questionnaire concerning diet, lifestyle factors, medical history, and body mass index. Approximately 95% of the non-meat-eaters were lacto-ovo vegetarians (who may have eaten meat or fish once a week) or strict vegans. Recruitment of participants took place through advertisements or word of mouth and the participants in turn recruited friends or relatives as the controls. After 12 years of follow-up, non-meat-eaters had significantly lower SMRs for cancer compared to meat eaters (0.50 and 0.80, respectively). A 40% reduction in cancer mortality was observed due to diet, and it did not appreciably change when adjusted for smoking, body mass index, and social class. A limitation of this study is a potential bias of the participants. The investigators did not differentiate between different types of vegetarians but simply grouped the participants as non-meat-

eaters (although this was not the objective of the study). They concluded that the protective effect of diet was large, but the data do not provide justification for encouraging meat-eaters to change to a vegetarian diet.

A review article looking at the association between vegetarianism, dietary fiber, and gastrointestinal (GI) disease (14) concluded that vegetarians have a lower incidence of GI cancer. The authors state the benefits of a vegetarian life-style may be conferred on non-vegetarians by eating a carefully planned non-vegetarian diet consisting of increased fruit, vegetables, and fiber.

Conclusion

There are many reasons that it is difficult to demonstrate a direct causal relationship between vegetarian diets and reduced cancer incidence based on current research. These include long latency periods for cancers, the presence of other lifestyle factors (smoking, exercise) and known risk factors (fat in red meat, cooking methods), as well as the possible interrelationship among these factors. Also, the definition of "vegetarian diets" in the literature is inconsistent. Nevertheless, a comprehensive review by Steinmetz and Potter (15) concluded that the scientific evidence regarding a protective role for vegetable and fruit consumption in cancer prevention is generally consistent. Active research indicates that it is not only the vitamins, minerals, or fiber that make plant foods beneficial to health, but the phytochemicals found in these food as well (16,17). As a result, it is difficult to conclude whether it is the decrease in meat and/or fat, the increase in fruit and vegetables, or other lifestyle factors that provide the beneficial effect in vegetarians; most likely they all play a role (18).

It is reasonable to conclude that vegetarians have a reduced incidence of cancer in comparison to the general population, but it is not known to what extent vegetarian diets can play a role. A well-planned vegetarian diet can be a healthy choice and may reduce the risk of certain types of cancer, but it is important to include a wide array of foods for maximum benefit. A healthy diet including small amounts of lean meats and animal products and a high consumption of plant-based foods can also be a healthy alternative. Dietitians should help clients to choose the diet that works best with their lifestyle and promote other positive lifestyle factors, such as incorporation of regular

physical activity and maintaining an appropriate weight.

Resources

The following is a list of various resources for the professional as well as the client who may want to incorporate more plant-based foods into his or her diet.

Books

- *Food, Nutrition and the Prevention of Cancer: A Global Perspective*. American Institute for Cancer Research; 1997. ISBN 1-899533-05-2.
- *Becoming Vegetarian: A Complete Guide to Adopting a Healthy Vegetarian Diet*, by V Melina, B Davis and V Harrison. Book Publishing Company, 1995. ISBN 1-57067-013-7
- *The Dietitian's Guide to Vegetarian Diets: Issues and Applications* by Mark and Virginia Messina. Aspen Publishers, Inc, 1996. ISBN 0-8342-0635-8.

Cookbooks

- *Almost Vegetarian* by Diana Shaw. 1994. ISBN 0-51788-20-6.
- *The Occasional Vegetarian* by Karen Lee. Warner Books Inc, 1995. ISBN 0-446-51792-5.
- *Meatless Meals for Working People: Quick and Easy Vegetarian Recipes*, by D Wasserman and C Stahler. The Vegetarian Resource Group, 1998. ISBN 0-931411-06-8.
- *Lean and Luscious and Meatless*, by B Hinman & M Snyder. Prima Publishing, 1991. ISBN 1-55958-110-7.
- *Jane Brody's Good Food Book*, by Jane E Brody. WW Norton & Company, 1995. ISBN 0-393-02210-2.
- *Meatless Dishes in Twenty Minutes*, by Karen A Levin. Contemporary Books Inc, 1993. ISBN 0-8092-3810-1.
- *Moosewood Restaurant Cooks at Home*, by the Moosewood Collective. Simon & Schuster/Fireside, 1994. ISBN 0-671-81954-5.
- *Simple, Lowfat & Vegetarian*, by Suzanne Havala, Vegetarian Resource Group, 1994. ISBN 0-931411-09-2.
- *New Laurel's Kitchen*, by L Robertson, C Flinders, B Ruppenthal. Ten Speed Press, 1986. ISBN 0-89815-167-8.
- *Full of Beans*, by V Currie and K Spicer. Mighton House, 1993. ISBN 0-965688-1-9.
- *The Amazing Legume: Cooking with Lentils, Dry Beans and Dry Peas*, by Alice Jenner. Centax Books, Canada, 1994. ISBN 0-9691901-0-7.

Other Resources

- American Institute for Cancer Research, <http://www.aicr.org>
- Vegetarian Resource Group, <http://vrg.org>
- U.S. Soyfoods Directory, <http://www.soyfoods.com>
- Position of The American Dietetic Association: Vegetarian Diets. *J Am Diet Assoc* 1997;97:1317-1321.
- *Vegetarian Nutrition and Healthletter*; School of Public Health, Loma Linda University, Loma Linda, CA 92350.

References

1. Whorton JC. Historical development of vegetarianism. *Am J Clin Nutr* 1994;59(suppl): 1103S-9S.
2. Johnston, PK. Vegetarians among us: implications for health professionals. *Top Clin Nutr* 1995;10(2):1-6.
3. Ryan YM. Meat avoidance and body weight concerns: nutritional implications for teenage girls. *Proc Nutr Soc* 1997;56:519-24.
4. Santos MLS and Booth DA. Influences on meat avoidance among British students. *Appetite* 1996;23: 197-205.
5. Neumark-Sztainer D, Story M, Resnick MD, Blum RW. Adolescent vegetarians: behavioral profile of a school-based population in Minnesota. *Arch Pediatr Adolesc Med* 1997;151:833-8.
6. Clifford M. Nutrition counseling of the vegetarian. *Top Clin Nutr* 1995; 10(2):44-7.
7. Szabo LB. The health risks of new-wave vegetarianism. *Can Med Assoc J* 1997;156(10):1454-5.
8. Ball M. Vegetarian, vegan or meat eater: the pros and the cons. *Aust Fam Phys* 1997;26(11):1269-74.
9. Donovan UM and Gibson RS. Dietary intakes of adolescent females consuming vegetarian, semi-vegetarian, and omnivorous diets. *J Adoles Health* 1996;18:292-300.
10. Key TJA, Thorogood M, Appleby PN, Burr ML. Dietary habits and mortality in 11000 vegetarians and health conscious people: results of a 17-year follow up. *BMJ* 1996;313:775-9.
11. Mills PK, Beeson WL, Phillips RL, Fraser GE. Cancer incidence among California Seventh Day Adventists, 1976-1982. *Am Clin Nutr* 1994;59(suppl):1136S-42S.
12. Frentzel-Beyne R and Chang-Claude J. Vegetarian diets and colon cancer: the German experience. *Am J Clin Nutr* 1994;59(suppl):1143S-52S.

13. Thorogood M, Mann J, Appleby P, McPherson K. Risk of death from cancer and ischemic heart disease in meat and non-meat eaters. *BMJ* 1994;308:1667-70.
14. Nair P and Mayberry JF. Vegetarianism, dietary fibre and gastro-intestinal disease. *Dig Dis* 1994;12: 177-85.
15. Steinmetz KA and Potter JD. Vegetables, fruit, and cancer prevention: a review. *J Am Diet Assoc* 1996;96:1027-39.
16. Craig WJ. Phytochemicals: guardians of our health. *J Am Diet Assoc* 1997;97(suppl 2):S199-S204.
17. Dwyer J. Is there a need to change the American diet? In AICR, ed. *Dietary Phytochemicals in Cancer Prevention and Treatment*. New York; Plenum Press, 1996:189-98.
18. Dwyer J. Vegetarian eating patterns: science, values, and food choices – where do we go from here? *Am J Clin Nutr* 1994;59(suppl): 1255S-62S.



Introducing Vegetarian Options Into Foodservice

by Nancy Berkoff, RD, EdD, CCE

Vegetarian menus continue to grow in popularity for restaurants, colleges and universities, cafeterias, hospitals, soup kitchens, and other foodservice operations. A Dining Poll conducted in 1999 by The Vegetarian Resource found that about 5% of people always order a dish without meat, fish or fowl when dining out. Almost 60% of people sometimes, often, or always order a vegetarian item when dining out. Almost all colleges and universities serve vegetarian options daily and many have vegetarian (and in some cases vegan) dining halls.

As vegetarian menus continue to grow in popularity in the foodservice arena, there are many opportunities for nutrition professionals to share their expertise in the area of vegetarian foods and nutrition. This article will provide some background information on vegetarian foodservice and resources for learning more.

We surveyed some chefs who were adding creative vegetarian items to their menus to learn how they went about doing this. Here's what they suggest:

1. **Look at the regular menu.** Some items are already vegetarian or could easily be made vegetarian. Mushrooms stuffed with breadcrumbs and sautéed vegetables were one example of this, as were sushi, spring rolls, and meat loaf. Wish, a vegetarian restaurant located in the Hotel on South Beach, Miami, FL, offers a seared yellow squash spring roll with grilled shiitake mushrooms and a chili dipping sauce. Vegetarian sushi ingredients can include cucumber, roasted or baked tofu, tempeh or seitan (wheat gluten), avocado, wasabi, ginger, and carrot. A Moveable Feast Restaurant, located in Houston, Texas makes a "meatloaf" of cooked grains and vegetables topped with tomato sauce and served with mashed potatoes, black-eyed peas, and herbed broccoli. Pasta, soups, stir-fries, salads, and pizza are other existing menu items that can easily be made vegetarian.
2. **Use "meaty" vegetables and soy for entrees.** Diane McGarvey, a chef-instructor at Johnson and Wales University, Providence, RI, suggests using a thick slice of eggplant, lightly

breaded and fried or baked, marinated or grilled, and paired with pasta and a spicy cooked vegetable salad. Suzanne Fain, the chef-owner of Moveable Feast, created a chicken-fried tofu steak for her customers. She uses okara (a soy product) in patty form, breads it, and fries or bakes it to create the "steak". Slices of tofu or seitan could be used as well. This item is served with mashed potatoes, corn on the cob, peas, and sliced tomatoes to make a hearty meal.

3. **Take advantage of grains and beans.** This is what adds texture and flavor to vegetarian offerings, said the surveyed chefs. One suggestion was corn and onion pancakes with black bean stew or butternut squash. Another was dried apricot and lentil stew with cous-

cous and polenta cakes made with mushrooms, sun dried tomatoes, and eggplant served with a warm baby lima bean salad with roasted red peppers. Vegetarian chili or bean soup served with a salad and bread can provide a simple and satisfying meal.

4. **Experiment with ethnic cuisines.** Mediterranean, Italian, Mexican, South American, Indian, Middle Eastern, and Asian cuisines all offer many vegetarian options.
5. **Think about presentation.** Colors and textures are important for all menus. When two starches appear on the same plate, be sure they are different colors and flavors. For example, Chef Fain offers steamed brown rice with caramelized sweet potatoes.

Resources for Vegetarian Foodservice

Moosewood Restaurant Cooks for a Crowd, by Moosewood Collective; New York, NY: John Wiley & Sons, 1997.

Professional Vegetarian Cooking, by Ken Bergeron; New York, NY: John Wiley & Sons, 1999.

Vegetarian Starter Kit for Restaurants, Tips and recipes for restaurants. From Physicians Committee for Responsible Medicine, 5100 Wisconsin Ave., NW, Suite 404, Washington, D.C., 20016; 202-686-2210; www.pcrm.org

Quantity Vegetarian Recipes, Pacific Health Education Center 5300 California Ave., Suite 200, Bakersfield, CA 93309-1642; 800-540-5393, 805-633-5300; Fax: 661-633-0108. 385 vegetarian, standardized, nutrient analyzed recipes

The Gold Plan, a program for institutions promoting healthy eating. From Physicians Committee for Responsible Medicine, 5100 Wisconsin Ave., NW, Suite 404, Washington, D.C., 20016; 202-686-2210; www.pcrm.org

The Soyfoods Directory, designed to help food service professionals find and use soy products. From the Indiana Soy Board, (800) TALKSOY; www.soyfoods.com

"Tips for Introducing Vegetarian Food into Institutions," a list of suppliers of vegetarian foods available in bulk, and more are available from Vegetarian Resource Group, PO Box 1463, Baltimore, Maryland 21203; 410-366-8343. Website: www.vrg.org

Vegan in Volume, by Chef Nancy Berkoff, RD, Baltimore: Vegetarian Resource Group, 2000.

Vegetarian cooking is exciting to many chefs. Ingredients do not have to be fancy to be attractive, chefs have learned. In many of her dishes, Chef Fain uses rice. Vegetarian fajitas are made with grilled, sliced portabella mushrooms and served with Spanish rice, tortillas, and guacamole. Broccoli tempura is served with steamed rice and Japanese eggplant stew. Buckwheat pancakes are stuffed with wild rice and ratatouille (eggplant and tomato stew) at Maison Robert, Boston, and served with a lentil salad.

"When planning a vegetarian meal," says Fain, "you need to visualize the plate. If you think various colors and textures, everything falls into place. For example, if we are serving mashed potatoes, then we need something green for color, like green beans. Then you need something yellow, so you add summer squash, and so on." Maison Robert's chef, Jacky Roberts, says he selects the starch for his vegetarian plates first, then adds two to three vegetables, and finally adds herbs, fruit, and additional vegetables for garnish.

Vegetarian menus can be cost-effective. At Harbor-UCLA Medical Center in Torrance, California, the food service department has made cost comparisons and found that the vegetarian items cost the same as meat items or even less. Cost-effective items on the Medical Center menu include vegetable lasagna, veggie pizzas with tomato and broccoli, lentil chili with cornbread, and an eight-foot long salad bar.

Vegetarian patrons are growing in number each day. Nutrition professionals can play an important role in accommodating their needs.

This article was adapted with permission from "Veggie Rule of Thumb" which appeared in Vegetarian Journal's Foodservice Update, Volume VIII, Number 4, Winter 1999/2000. Foodservice Update is published quarterly by The Vegetarian Resource Group. Subscription information can be found at www.vrg.org. Visitors to this web site can also find quantity recipes and excerpts from Foodservice Update as well as a list of over 170 companies that offer vegetarian items for schools, restaurants, hospitals, and other institutions. These businesses produce meatless foods in large serving sizes that are easy to use by food services.

Sources of Vegetarian Soups and Soup Bases

Adapted from Vegetarian Journal's Foodservice Update Product Listing. See www.vrg.org for names and addresses of over 150 companies offering vegetarian food items in institutional sizes.

Dixie USA, Inc.
7800 Amelia
Houston, TX 77055
Consumer Line: 800-347-3494,
Food Production 800-233-3668,
609-692-1663
FAX: 718-387-9310
Products: Vegan broth

Eatem Foods Company
1829 Gallagher Drive
Vineland, NJ 08360
800-68-EATEM, 856-692-1663
FAX: 856-692-0847
Products: Pure vegetarian vegetable soup base

Fantastic Foods
Small Planet Foods
1250 N. McDowell Blvd.
Petaluma, CA 94954
800-869-7105, 707-778-7801
FAX: 707-778-7607
Website: www.fantasticfoods.com

Hain Food Group, Inc.
50 Charles Lindbergh Blvd.
Uniondale, NY 11553
800-434-4246, 516-237-6200
FAX: 516-237-6240
Website: www.westbrae.com

Heinz U.S.A.
Division of H.J. Heinz Co.
PO Box 57
Pittsburgh, PA 15230
412-237-5757 or World Headquarters:
412-456-5700
FAX: 412-237-5377 or 412-456-4230
Website: www.heinz.com

Nestle Brands Frozen Foods
5750 Harper Road
Solon, OH 44139-1880
800-225-1180, 440-248-3600
FAX: 440-248-8677
Website: nestleusa.com

RC Fine Foods
PO Box 236
Belle Mead, NJ 08502
800-526-3953, 908-359-5500
FAX: 908-359-6957
Website: www.rcfinefoods.com

Scenario International Company
4092 Deervale Dr.
Sherman Oaks, CA 91403
800-400-7772, 818-986-3777
FAX: 818-986-3777
Website: www.organic-gourmet.com
Products: The Organic Gourmet vegetable stock concentrates

Tabatchnicks/Paterson Soup Works
1230 Hamilton Street
Somerset, NJ 08873
732-247-6668
FAX: 732-247-6555

Taree International Corporation
715 Temperance St.
Saskatoon, Saskatchewan, S7N 0M6
Canada
306-242-1976
FAX: 306-242-4221
E-mail: nanson1@Admin.usask.ca

Erratum

The order of authorship on the "Fiber and Colon Cancer" article of the Fall 2000 issue of Vegetarian Nutrition Update was reversed. Patricia Bebo, MS, RD, should have been listed as the first author and Suzanne Neubauer, PhD, RD, CNSD, as the second author.

Becoming Vegan: The Complete Guide to Adopting a Healthy Plant-based Diet by Brenda Davis, RD and Vesanto Melina, MS, RD, Book Publishing Company, 2000. 288 pages. \$16.95. ISBN 1-57067-103-6.

Becoming Vegan, an outstanding guide to vegan diets, begins with a look at the history of the vegan movement, goes on to thoroughly cover basic nutrition topics for vegans, provides a vegan food guide, and discusses topics like overweight, eating disorders, and the vegan athlete. It ends with an excellent chapter on vegan diplomacy and vegan resources. The authors, who previously worked together on *Becoming Vegetarian*, have written a book that will appeal to both health care professionals and educated lay-people.

Many complex issues, including lipid metabolism and the stages of vitamin B-12 deficiency are clearly explained using a variety of techniques to great advantage. The book features a number

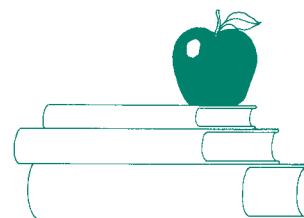
of tables, bulleted points, sidebars, and boxed bulletins to simplify information and to reinforce points made in the text. Case studies also give the reader very practical, useful help. While some of the information presented may be “over-the-head” of the beginning vegan with no nutrition background, the tables and summary points could be easily used by even a beginner to understand the more important issues.

The tone of the book is both humorous and serious. Humor is used to add life to the sometimes ponderous topic of vegetarian nutrition while the discussion of eating disorders is done so sensitively that I know that I will refer to this chapter again and again. Nutrition professionals can rely on this book as a

credible source of information for themselves and for their clients. While only selected references are included in the book, a web site is given where a more complete list of references can be found.

I highly recommend *Becoming Vegan* to health care professionals, vegans, and those interested in moving towards a more plant-based diet.

— Reviewed by Reed Mangels, PhD, RD



Have You Read?

Compiled by Winston Craig, PhD, RD



Cancer

Intake of specific carotenoids and risk of lung cancer in 2 prospective US cohorts. Michaud DS, Feskanich D, Rimm, EB, et al. *Am J Clin Nutr* 2000;72:990-7.

Lymphocyte lycopene concentration and DNA protection from oxidative damage is increased in women after a short period of tomato consumption. Porrini M, Riso P. *J Nutr* 2000;130:189-92.

Rye bread improves bowel function and decreases the concentrations of some compounds that are putative colon cancer risk markers in middle-aged women and men. Grasten SM, Juntunen KS, Poutanen KS, et al. *J Nutr* 2000;130:2215-21.

Selenium from high selenium broccoli protects rats from colon cancer. Finley JW, Davis CD, Feng Y. *J Nutr* 2000;130:2384-89.

Phytosterols as anticancer dietary components: evidence and mechanism of action. Awad AB, Fink AS. *J Nutr* 2000;130:2127-30.

Effect of intact and isoflavone-depleted soy protein on NMU-induced rat mammary tumorigenesis. Cohen LA, Zhao Z, Scimeca JA. *Carcinogenesis* 2000; 21:929-38.

Cardiovascular

Egg consumption and coronary heart disease: an epidemiological overview. Kritchevsky SB, Kritchevsky D. *J Am Coll Nutr* 2000;19:549S-55S.

Whole grain consumption and risk of ischemic stroke in women: A prospective study. Liu S, Manson JE, Willett WC. *JAMA* 2000;284:1534-40.

A residential study comparing the effects of diets rich in stearic acid, oleic acid, and linoleic acid on fasting blood lipids, hemostatic variables and platelets in young healthy men. Hunter KA, Crosble LC, Dutta-Roy AK. *J Nutr Biochem* 2000;11:408.

(continued)

Trans fatty acids and plasma lipoproteins, Katan MB. *Nutr Rev* 2000;58:188-91.

The effect on serum lipids and oxidized low-density lipoprotein of supplementing self-selected low-fat diets with soluble fiber, soy, and vegetable protein foods. Jenkins DJA, Kendall CWC, Vidgen E, et al. *Metabolism* 2000;49:67-72.

Diet high in whole and unrefined foods favorably alters lipids, antioxidant defenses, and colon function. Bruce B, Spiller, GA, Klevay LM, et al. *J Am Coll Nutr* 2000;19:61-7.

Effect of 8 week intake of probiotic milk products on risk factors for cardiovascular diseases. Agerhol-Larsen L, Raben A, Astrup A. *Eur J Clin Nutr* 2000;54:288-97.

Diabetes

Beta-casein fractions in cow's milk influence its diabetogenicity. Thorsdottir, et al. *Pediatrics* 2000;106:719-24.

Effects of a low-glycaemic index spaghetti meal on glucose tolerance and lipaemia at a subsequent meal in healthy subjects. Liljeberg H, Bjorck I. *Eur J Clin Nutr* 2000;54:24-28.

A prospective study of wholegrain intake and risk of type 2 diabetes mellitus in U.S. women. Liu S, Manson JE, Willett WC. *Am J Publ Health* 2000;90:1409-15.

Effect of barley incorporation in bread on its quality and glycemic responses in diabetics. Urooj A, Vinutha SR, Rao PH. *Int J Food Sci Nutr* 1998; 49:265-70.

Barley bread products improve glycemic control of Type 2 subjects. Pick ME, Hawrysh ZJ, Toth E. *Int J Food Sci Nutr* 1998;49:71-8.

Nuts and Fruits

Daidzein and genistein content of fruits and nuts. Liggins J, Bluck LJC, Bingham SA. *J Nutr Biochem* 2000;11:326-31.

Is fruit juice a "no-no" in children's diets? Doucette ER, Dwyer JT. *Nutr Rev* 2000;58:180-3.

High fruit intake may reduce mortality among middle-aged and elderly men. The Study of Men Born in 1913. Strandhagen E, Hansson PO, Eriksson H. *Eur J Clin Nutr* 2000;54:337-41.

Avocados: a look beyond basic nutrition for one of nature's whole foods. Duester KC. *Nutr Today* 2000;35:151-7.

Bioactive properties of wild blueberry fruits. Smith MAL, Marley KA, Meline B. *J Food Sci* 2000; 65:352-6.

Antioxidant activity of nontocopherol hazelnut (*Corylus* spp.) phenolics. Yurttas HC, Schafer HW, Warthesen JJ. *J Food Sci* 2000;65:276-80.

Soy

Bioavailability of calcium and zinc from cow's milk-based versus soy-based infant food. Bosscher D, Van Dyck K, Dellstra H. *Int J Food Sci Nutr* 1998; 49:277-84.

Effects of soy as tofu vs meat on lipoprotein concentrations. Ashton E, Ball M. *Eur J Clin Nutr* 2000;54:14-9.

Decreased ovarian hormones during a soya diet: implications for breast cancer prevention. Lu LW, Anderson KE, Nagamani M. *Cancer Research* 2000;60:4112-21.

Soy protein reduces the arterial low-density lipoprotein (LDL) concentration and delivery of LDL cholesterol to the arteries of diabetic and nondiabetic male cynomolgus monkeys. Wagner JD, Zhang L, Schwenke DC. *Metabolism* 2000;49:1188-96.

Miscellaneous

Cultivar, maturity, and heat treatment on lycopene content in tomatoes. Thompson KA, Marshall MR, Scott JW. *J Food Sci* 2000; 65:791-5.

Dietary protein and phosphorus do not affect calcium absorption. Heaney RP. *Am J Clin Nutr* 2000;72:758-61.

Health benefits of a vegetarian diet. Rajaram S, Sabate J. *Nutrition* 2000;16:531-3.

Lead content of calcium supplements. Ross EA, Szabo NJ, Tebbett IR. *JAMA* 2000;284:1425-9.

Blindness in a strict vegan. Milea D, Cassoux N, LeHoang P. *N Eng J Med* 2000;342:897-8.

Docosahexaenoic acid transfer into human milk after dietary supplementation: a randomized clinical trial. Fidler N, Sauerwald T, Koletzko B. *J Lipid Res* 2000;41:1376-83

Albumin synthesis is diminished in men consuming a predominantly vegetarian diet. Caso G, Scalfi L, Marra M, et al. *J Nutr* 2000;130:528-33.

Ergocalciferol supplementation may positively affect lumbar spine bone mineral density of vegans. Outila TA, Lamberg-Allardt CJ. *J Am Diet Assoc* 2000;100:629



State Coordinator Update

The following members have volunteered to serve as the VN DPG coordinator in their state.

Florida

Shari Portnoy

Shari lives in Miami Beach where she is an independent consultant. She recently returned from seven weeks at sea where she was a food safety coordinator for a cruise line. She has also taught at Johnson & Wales University and the University of Miami Wellness Center and presented cooking demonstrations for Whole Foods and Wild Oats Markets, Morinaga Tofu, and other companies. She is a guest nutrition and food safety expert for several organizations. Shari earned her BS in nutrition and her MPH in Health Promotion at Florida International University. She also completed a BS in communications with a minor in hotel/restaurant management at the University of New Haven in Connecticut. She has been a vegetarian for most of her life. Shari will be assisted by outgoing state coordinator Myriam Parham.



Illinois

Anne Gravitte

Anne lives in Chicago and is the nutrition director of Block Medical Center, an integrative medical facility, mainly serving oncology patients. The center promotes a vegetarian diet rich in whole grains, vegetables, quality proteins and fats, and moderate fruit. She received her BS in nutrition from UNC Greensboro and is currently finishing her masters degree. Her dietetic internship was completed at Duke where she also worked for eight years guiding patients on a vegetarian diet for heart disease reversal, weight loss and general wellness. Anne has been a vegetarian for 17 years and a vegan for the past two years. She feels that she brings to this position strong personal convictions as well as substantial clinical experience in vegetarianism.



Maryland

Brie Turner-McGrievy

Brie lives in Silver Spring and is a staff dietitian at the Physicians Committee for Responsible Medicine in Washington, D.C. where she conducts clinical research and nutritional outreach. In addition to frequent interviews with the media and vegetarian cooking classes, she is examining the effects of a vegan diet vs. a Step II diet in weight reduction. Brie has been a vegetarian for seven years. She is an adjunct faculty member of the nutrition department at the University of Alabama, where she recently earned her MS in nutrition. She is also developing a distance learning introductory nutrition course and is the vegetarian nutrition specialist at www.Hungryminds.com.



Massachusetts

Dina Aronson

Dina lives in Arlington where she works as a freelance writer/editor and nutrition consultant specializing in vegetarian cooking and preventive health. She writes a column for a local newspaper, and is an editor of *Vegetarian Journal*. She also teaches a weekly class on nutrition, health, and exercise to middle school girls. Dina enjoys graphic design and has created menus for restaurants and consulted with webmasters working on health-related web sites. Before launching her consulting career, she was a quality assurance specialist with Comptrition, where she tested and an-



alyzed new and enhanced nutrition software. She is active in the Boston Vegetarian Society. Dina completed her BS in nutrition at Cornell and her MS in nutrition at Tufts. It was Dina's interest in vegetarian nutrition that led her to become an RD. She believes all dietetics professionals need to have an understanding of vegetarian nutrition throughout the lifespan. She says, "There are so many misconceptions about nutrition, particularly about vegetarian diets. It is our duty to provide the facts in a non-confrontational, informative way that people can understand and incorporate into their thinking, and consequently into their behaviors."

Oklahoma

Judith Lovely

Judith lives in Edmond where she is a consultant dietitian in health care facilities. Her diverse background includes experience as an adjunct professor of nutrition at the U. of Oklahoma and the U. of Central Oklahoma, renal dietitian, science educator, and certified childbirth educator. Judith earned her BS in secondary education with a major in biology and her MS in Junior College Education with emphasis in biology and chemistry at the U. of Central Oklahoma. She has been active in the Oklahoma City District Dietetic Association and Oklahoma Consultant Dietitians. In 1993 her students, children, and other influences converged to persuade her to adopt a vegetarian diet. Judith says that she sees the VNDPG and its members "defining a new generation of professionals who are in touch with that group of the U.S. and world population who are leading us in a new direction of health and environmental sensitivity."

Updated information on
State Coordinators

Florida

Shari H. Portnoy
5151 Collins Ave., #1719
Miami Beach, FL. 33140
H: 305-867-4214
Email: consultshari@hotmail.com

Illinois

Anne Gravitte
401 E. Ontario # 706
Chicago, Illinois 60611
H: 312-988-7149

W: 312-787-4715
Fax: 847-492-3045
Email: annegravitte@hotmail.com

Maryland

Brie Turner-McGrievy
3303-E Parkford Manor Terrace
Silver Spring, MD. 20904
H: 301-890-7518
W: 202-686-2210 x 310
Fax: 202-686-2216
Email: brieturner@yahoo.com

Massachusetts
Dina Aronson

62 Summit St.
Arlington, MA. 02174
H: 781-646-7892
W: 978-663-2524 x 136
Fax: 703-940-5502
Email: cyberRD@aol.com
Oklahoma
Judith Lovely
2021 Cedar Ridge Rd.
Edmond, OK. 73013
H: 405-341-7900
Cell: 405-514-1015
Fax: 405-951-4174

Denver 2000

ADA's Food and Nutrition Conference and Exhibition

...Bringing the Meeting to You!



Denver Convention Center, site of the FNCE 2000.

(Picture # 1)

The Executive Business Meeting

The first VN event at FNCE was our executive business meeting on Sunday. It began with the unveiling of our new Showcase. We were simply delighted! We had a very full meeting agenda and worked many hours in attempt to get through it all. We heard reports of officers, went through our governing documents in some detail, looked at ways we could improve our services to members and considered a number of exciting new projects for the coming year.



About 45 VN members attended the breakfast and business session Monday morning.

(Pictures # 4, 5)

Session 1 – Minerals From Plant Foods

Monday morning continued to be a high point of the meeting with the first educational session planned by VN - Minerals from Plant Foods: Latest Research and Practical Applications. Our first speaker, Dr. Janet Hunt presented the current state of knowledge regarding iron, calcium and zinc content and bioavailability in plant foods. This was followed by a power-packed practical presentation by long-time cherished VN member, Carol Coughlin. The session was run by presiding officer, Cheryl Sullivan.



The executive committee doing business, along with dinner, at the Adam's Mark Hotel.

(Picture # 2 & #3)

The VN DPG Annual Business Meeting and Breakfast

VN had a wonderful turnout of over 50 members for the annual breakfast and business meeting on Monday morning. This meeting gives VN officers the opportunity to inform our members of the on-going work of the DPG with reports and updates. It also allows us to recognize incoming and outgoing officers, and to present awards to outstanding members (see elsewhere for special award recipients). Several members offered to become VN volunteers at the close of the meeting. We offer our sincere thanks to Lifestyle Advantage (Dr. Dean Ornish Program) for their sponsorship of this event. The food was excellent and included bran muffin and granola recipes from Everyday Cooking with Dr. Dean Ornish.



Suzanne Havala was delighted with the plaque and \$500 award given her for Excellence in Service and Leadership.



Pictured with the new VN DPG Display Showcase, from left to right, are members of the executive committee and invited guests: Winston Craig (Past Chair), Kim Pedroza (ADA Practice Team), Brenda Davis (Chair), Lenore Hodges (Chair-elect), Eleanor Pella (Treasurer), Kristine Duncan (Secretary), Cyndi Reeser (Chair of State Coordinators).



Carol Coughlin, who presented a Power-Point Presentation on minerals for VN.

(Picture # 6)

Showcase

Tuesday was a day to be remembered with Eleanor Pella (Treasurer) wooing people to our booth. Her terrific assistants were Cyndi Reeser (State Coordinator Program Chair), Lenore Hodges (Chair-Elect), Jennifer Chambers (Member and super- volunteer) and Brenda Davis (Chair). We sold out of our fact sheets in no time and signed up several new members. We also had an opportunity to network with other DPGs and to make some great new friends. Thanks for coming by and supporting us.



Workers at the VN DPG Showcase, Tuesday morning, L to R: Cyndi Reeser, Lenore Hodges, Eleanor Pella, Brenda Davis.

(Picture # 7)
Reception

This year's reception, held on Tuesday evening, featured Ron Pickarski, Culinary Olympics gold medal chef. Ron is a master at making simple vegan food fabulous. He prepared two delicious entrees and two scrumptious desserts. Ron's masterpieces were accompanied by a spectacular hors d'oeuvres buffet, which was enjoyed by all.



Chef Ron Pickarski showing his skills before VN members.



Food prepared by Ron Pickarski for the buffet reception

Pictures # 8, 9

Session 2 – Towards a Healthy Population...Breaking the Barriers

Our second major session and final VN event of FNCE was held on Wednesday afternoon. Towards a Healthy Population was about how dietetic professionals can more profoundly influence the health of the population by empowering consumers to make better food choices. Our first speaker, Dr. David Katz received a standing ovation for his entertaining and informative presentation, which ended with a poem that wowed the audience. Our second speaker, Dr. Marion Nestle identified the barriers to healthy food choices, with important emphasis on political barriers and the influence of industry on the nutrition message.



Speakers for the VN Symposium on Wednesday afternoon, David Katz (left) and Marion Nestle (right), are seen pictured here with symposium chair Brenda Davis (center), VN DPG Chair.



Charles Stahler and Suzanne Havala displaying vegetarian materials to dietitians passing by at the Vegetarian Resource Group Exhibitors Booth # 604.



Fonda Chaffee and Judy Jamison (President of SDADA) showing their materials at the SDADA Exhibitors Booth # 1542.

VN DPG Special Awards

Award for Excellence in Service and Leadership

The Award for Excellence in Service and Leadership recognizes long-term commitment and dedication to VN. This year's recipients are pioneers of this organization and have given tremendous time, expertise and leadership since its inception. It is a privilege to present this award to Reed Mangels, Suzanne Havala and Virginia Messina.

Each award recipient receives \$500 plus a commemorative plaque.

Outstanding State Coordinator of the Year Award:

The Outstanding State Coordinator of the Year Award recognizes the state coordinator that stands out in activities during the year. The recipient must demonstrate exemplary professionalism, commitment to VN and networking skills. Our award winner this year is Cheryl Craig, the dedicated and creative State Coordinator of California. Congratulations Cheryl!

Cheryl receives \$250 plus a commemorative plaque.

We Speak the Same Language...

Expertise— we share that in common. You are experts in vegetarian nutrition. Our editors and advisory board are experts in their fields. *Vegetarian Times* has been at the forefront of vegetarian nutrition and lifestyle issues since 1974. We'll keep you abreast of the latest research and product information and, as always, provide you with dozens of mouth-watering recipes every issue!



Let us address you every month!

VEGETARIAN
good health, great food, smart living *times*

Special Professional Rate:

12 monthly issues for \$12.00

Name _____

Charge to my:

VISA MC AMEX

Address _____

Card Number _____

City/State/Zip _____

Expiration _____

Payment Enclosed

Please bill me

CAD110

Mail to:

VEGETARIAN TIMES • PO BOX 420166 • PALM COAST FL 32142-9107

Kudos to VN DPG Members

To **Carol M. Coughlin** and **Virginia Messina** for their vegetarian-oriented calcium articles in the August issue of *Today's Dietitian*, and again to Carol for her letter to the editor responding to the May 2000 *JADA* article on "Lactose Intolerance". The letter appeared in the September *JADA* and emphasized non-dairy food calcium sources.

Pumpkins Are Popular and May Sprout New Snack Food

American farmers have tripled their pumpkin acreage since 1982 to meet rising demand in what is now estimated to be a \$150 million per year industry. Demand may grow even more, as new USDA-funded research helps open new markets for hull-less pumpkin seeds. Pumpkin seeds are rich in protein, phytosterols, and unsaturated oil, and contain significant levels of zinc, potassium, and phosphorous.

Meat Alternative Ideas – While the holiday season is behind us, finding great alternatives to meat is a joy year round!

- **Quorn** is a new meat substitute, not yet approved by the FDA but is available in Canada and over the Internet. Quorn products are made from myco-protein, a tiny organism which originates from mushrooms. Quorn products are similar in taste and texture to meat but are entirely meat-free, although it does contain egg white. The product line includes burgers, deli slices, and ready meals. For more information see www.quorn.com
- **Tofurky**® is a pre-cooked vegetarian feast featuring a stuffed tofu roast, tempeh drumettes, gravy, and wish stix. It is made from a tofu-wheat protein blend and is completely vegan. Cooking time is about 40 minutes.
- **So Soya Brands, Inc.** makes So Soya and Soya-Wise – meat alternatives made from dehydrated soy flour. They can be used to replace chicken and beef in all of your favorite recipes – from egg rolls to casseroles this versatile and easy to use meat alternative will be a welcome addition to any kitchen! So Soya and Soya-Wise have a two year shelf life, have no additives or preservatives, and are made from GMO-free soy beans. www.so-soya.com
- A succulent feast made from wheat gluten covered with a skin made from soy, the **UnTurkey** is your answer for a convenient, compassionate meal centerpiece. Fully stuffed with an organic bread stuffing and accompanied by delicious gravy, the UnTurkey is available in two sizes. www.unturkey.com

Is Veggie Culinary School For You?

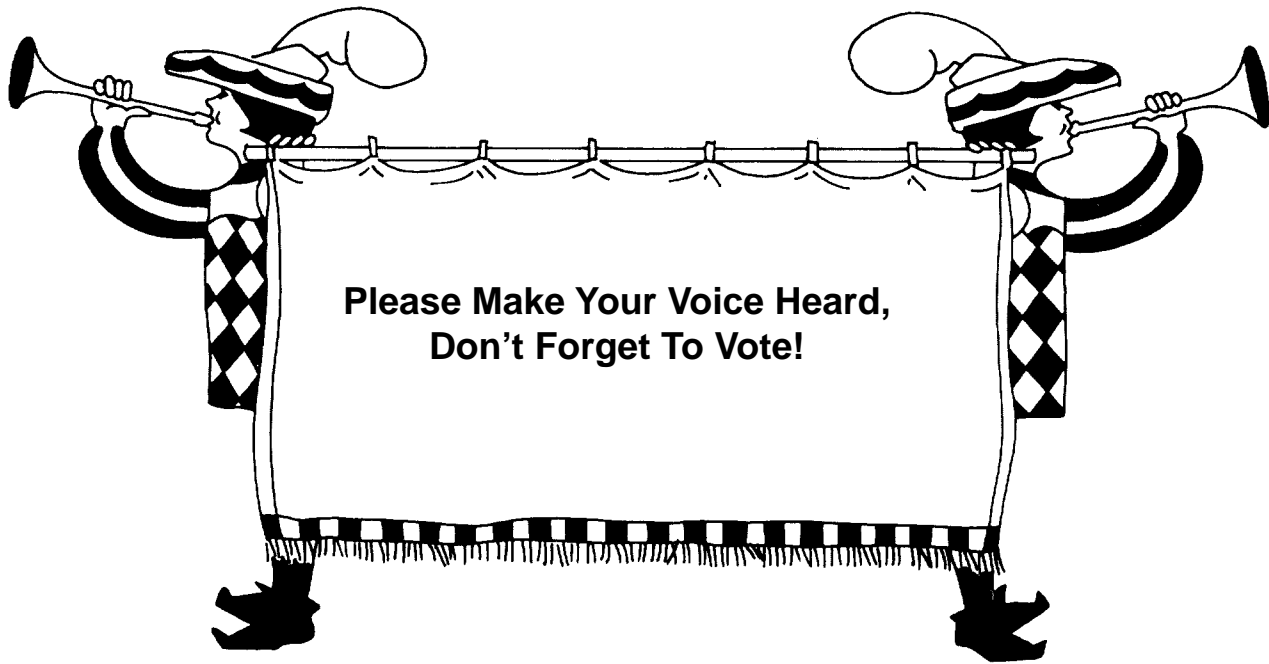
Veggie Culinary School, offered through the Galaxy Foods Company, is an educational culinary resource encouraging students to incorporate innovative vegetarian food products. Classes are offered to both the public and professionals, and RD's can receive CPE's for completing the classes. To find out more, see www.galaxyfoods.com/culinary.html or call (407) 855-5500, or fax (407) 855-7485.

Better Than Ice Cream

Another item featured at the exhibits at the ADA Food & Nutrition Conference & Exhibition in Denver, this soy product mixes with water for use in home ice cream makers! The product has a rich ice-cream taste, yet with no dairy. www.betterthanmilk.com

If you have ideas or kudos for the Veggie Bites column, please pass them along to our Veggie Bites Editor: Kathy Early, RD, LD, 255 SW Arbor, Pullman WA 99163, (509) 332-6082, kearly@mail.wsu.edu





Reed Mangels, PhD, RD
117 Cherry Lane
Amherst, MA 01002

Vegetarian Nutrition Update

Highlights for the Spring 2001 Issue . . .

Dietary Protein, Calcium and Bone
Metabolism: Time To Revisit - A CPE Article

Plus . . .

What's New in Research

Have You Read?

Spotlight

Veggie Bites

Much More!