



VEGETARIAN DIET INFORMATION

JANUARY 2006

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I.

VEGETARIAN

DIET PACKET

- Week of Easy Menus
- Shopping Tips
- Recipes
- Eating Out
- Nutritional Information
- Vegetarian Food Pyramid

ABOUT THE VEGETARIAN DIET PACKET

The following 8 pages contain the Vegetarian Diet Packet. It includes menus, shopping tips, recipes, a guide to eating out, nutritional information and the vegetarian food pyramid.

This vegetarian diet packet is placed in every new initiate folder and given to each at their initiation. It is updated periodically with the revised date listed on the front cover.

VEGETARIAN DIET PACKET

Menus, Shopping Tips, Recipes,

A Guide to Eating Out and

The Vegetarian Food Pyramid



Revised January 2006

*All food items listed conform to
our lacto-vegetarian diet as of this date.*



4 S. 175 Naperville Road • Naperville, IL 60563

630.955.1200

<http://www.sos.org>

WEEK OF SUGGESTED EASY MENUS

<i>Day of Week</i>	<i>Breakfast</i>	<i>Lunch</i>	<i>Supper</i>
<i>Sunday</i>	Grapefruit SCRAMBLED TOFU [R]* Hash Brown Potatoes Toast/Beverage	Vegetarian Burger [R]* Pickles/Corn Chips Chips Ahoy Cookies Fruit Juice	Tossed Salad Spaghetti/Meatless Sauce Green Beans/Italian Bread Spumoni Ice Cream
<i>Monday</i>	Dry Cereal/Milk Sliced Bananas Toast Beverage	TACO BELL Pintos and Cheese Tostada Bean Burrito	Lettuce Wedges Vegetarian Burger Mashed Potatoes/Peas
<i>Tuesday</i>	Orange Juice Toasted English Muffin Peanut Butter/Jelly Beverage	BACOS L.T. Sandwich [R] * Potato Chips Grapes	Cottage Cheese Vegetarian Baked Beans (canned) Pumpnickel Bread Slices Applesauce
<i>Wednesday</i>	Hot Oatmeal Stewed Prunes Toast Beverage	WENDY'S Salad Broccoli Cheese Baked Potato Frosty Beverage	CAMPBELL'S TOMATO SOUP Fancy Franks [R]* Stuffed Baked Potato
<i>Thursday</i>	French Toast [R]* Strawberries Beverage	SUBWAY 6" or 12" Veggie and Cheese Sandwich Beverage	Sliced Tomatoes Italian Lentils [R] * Corn on the Cob/Rice Dinner Rolls
<i>Friday</i>	Bagel/Cream Cheese Canned Peaches Beverage	Italian Lentil Sandwich Sliced Tomatoes	Three-Bean Salad Macaroni and Cheese Broccoli Spears Oreo Cookies
<i>Saturday</i>	Fruit DENNY'S Eggless Pancakes/Syrup Hot Chocolate	Creamed Corn Chowder [R]* Vegetarian Hot Dogs Buns/Trimmings	PIZZA (Mushrooms, onions, green pepper, black olives) Coke

Notes: [R]* = Recipe included

For more recipes:
VEGETARIAN CREATIONS COOKBOOK
 (a collection of International and familiar American recipes)

Order from **SK Publications:**
4 S. 175 Naperville Road • Naperville, IL 60563 • Phone: 630.955.1200
 Price: \$17.00

SHOPPING TIPS

This list will help you get started finding foods at your supermarket that fit your lacto-vegetarian diet. It is not all inclusive. You will probably find other things in your local area as you shop.

Canned/Bottled Goods

- **Meatless Spaghetti Sauces:** Mushroom, Marinara, Garden Vegetable, and Ripe Olive
- **Heinz and Bush's** Vegetarian Baked Beans, Chili Man, **Heinz** Vegetarian Chili
- **Campbell's** Cream of Mushroom Soup, Celery Soup, Tomato Soup, and Asparagus Soup
- **Knorr** Vegetarian Bouillon Cubes
- **Kraft** Cucumber Dressing, Cucumber Ranch (mayonnaise substitutes)

Frozen Food Section

- **Gardenburger:** Original Meatless Burger, Meatless Riblets, Meatless Flame Grilled Chicken
- **Boca Burger (Vegan)** and **Meatless Ground Burger** for recipes
- **Frozen Dinners:** Three Cheese or Zucchini Lasagna, Baked Potato and Broccoli
- **Pizza:** Cheese and Mushroom or Vegetable
- **Downflake** Buttermilk Waffles
- **Sealtest** Ice Cream, **Breyers** Ice Cream, **Deans** Ice Cream and Other Eggless Varieties
- **Sara Lee** Frozen Fruit Pies
- **Pepperidge Farm** Fruit Turnovers

Produce Section

- Tofu
- Vegetarian hot dogs and deli slices

Dry Products

- **BacOs** (Bacon Substitute)
- **Eggless Cookies:** **Oreos**, **Vienna Fingers**, **Chips Ahoy (not Chewy)** and **Pepperidge Farms:** Fruitful Tarts and Geneva Cookies, Keebler Fudge Shoppe Cookies
- **Duncan Hines:** Most Cake Mixes (make with **EnerG** Egg Replacer)
- **Aunt Jemina:** Coffee Cake and Cornbread (make with **EnerG** Egg Replacer)
- **Keebler:** Graham Cracker Redi Crust

Health Food Stores

- **EnerG:** Egg Replacer, box
- **Mayonnaise Substitutes:** **Nasoya Nayo-naisse**, **Vegenaise**, or **Spectrum** Canola Lite
- **Loma Linda:** Vegetarian Hot Dogs
- **LightLife:** Vegetarian Country Ham, Turkey, Bologna, Breakfast Links and Italian Links
- **Slice of Life:** Vegetarian Salami, Pepperoni, and Old World Bologna
- **Tofurky:** Sweet Italian Sausage, Deli Slices, Vegetarian Feast
- **Yves:** Veggie Pepperoni and Canadian Bacon
- **Fantastic Foods:** Tofu Scrambler, Vegetarian Meals, Noodle Bowls, Soup Cups
- **Hains:** Super Fruits (Vegetarian Gelatin)
- **Westbrae Natural Soups:** Mediterranean Lentil
- **Tofutti:** Cutie Ice Cream Sandwich, Totally Fudge Pops
- **Amy's:** Indian Mattar Paneer, Vegetarian Enchiladas

NOTE: Product ingredients can change. Please be sure to check the list of ingredients.

RECIPES

Vegetarian Burgers *A mainstream American meal*

Vegetarian Burger	Eggless Mayonnaise
Boca (Vegan) or Gardenburger (Original)	Onion, thinly sliced
Large size hamburger buns	Tomatoes, lettuce, pickle
Cheese (optional)	Catsup

- Place sliced onion on a plate. Put vegetarian burger on top of onions. Microwave for approximately three minutes. Spread eggless mayonnaise on the top side of the bun and catsup on the bottom.
- If using cheese, place a slice on the eggless mayonnaise side and microwave bun, cheese side up, for 15-20 seconds.
- Place cooked onion and vegetarian burger on the catsup side of the bun; then tomato, pickle and lettuce. Top with the cheese and eggless mayonnaise on the other half of the bun.

NOTE: Vegetarian burgers may also be heated in a skillet or on a grill.

Scrambled Tofu

A fast and reliable standby that makes an appealing high-protein meal. Scrambled tofu lends itself to many variations and is delicious when served in a pita bread or on toast.

3 tablespoons butter	Optionals:
½ teaspoon turmeric	¼ cup sliced fresh mushrooms
2 tablespoons minced fresh onion or	¼ cup diced red or green bell pepper
¾ teaspoon onion powder	¼ cup sliced vegetarian sausage or vegetarian
12 ounces firm tofu, coarsely crumbled and	hot dog
drained	2 tablespoons cream cheese
Salt and pepper to taste	¼ cup shredded Cheddar cheese

- In a heavy 3-quart saucepan, sauté onion in vegetable oil until soft and golden.
- Stir in all ingredients except salt and pepper. Heat thoroughly. Add salt to taste and a generous sprinkling of pepper

Yield: 4 servings

French Toast

Start your day with these toasted golden brown slices.

1 cup crumbled drained tofu	1 tablespoon honey or sugar
½ to ¾ cup milk	1 tablespoon vegetable oil or melted butter
½ teaspoon ground cinnamon	Butter or margarine for skillet-frying
Pinch of ground nutmeg	6 slices of bread

- Process first six ingredients in a blender or food processor. Add additional milk, if needed, one tablespoon at a time, until mixture has the consistency of pancake batter. Pour into a wide shallow bowl.
- Melt a small amount of butter or margarine over low heat in a nonstick skillet or on a well-seasoned griddle. Dip bread in batter, one slice at a time, coating both sides. Place in skillet or on griddle and fry slices over medium-low heat until well browned. Flip with a spatula and brown other side. Add butter or margarine as needed to fry remaining slices.
- Serve hot with butter and syrup.

Yield: 6 slices

NOTE: For nondairy alternative, prepare with soy milk and soy margarine.

RECIPES

Vegetarian B.L.T. Sandwich *A favorite club sandwich*

BacOs

Tomatoes

Wheat bread, toasted

Eggless Mayonnaise

Romaine or Curly Leaf Lettuce

- For each sandwich, lightly spread eggless mayonnaise on two (2) pieces of toast. Sprinkle *BacOs* on one (1) slice.
- Place tomato on top of *BacOs*, then lettuce on top of tomato. Place second piece of toast on top.
- Cut in half on the diagonal.

Corn Chowder

Here is a fast, easy and popular soup

1 medium-sized onion, sliced

1 tablespoon vegetable oil

2 medium-sized potatoes, diced and cooked

¾ cup water

1, 17-ounce canned cream-style corn

1-1/2 cups milk

Salt and pepper

- In a heavy 3-quart saucepan, sauté onion in vegetable oil until soft and golden.
- Stir in all ingredients except salt and pepper. Heat thoroughly, add salt to taste and a generous sprinkling of pepper.

Yield: 4 servings

Italian Lentils

This tasty side dish can also be served over baked potatoes or toasted whole grain bread

2 cups dried lentils, rinsed and drained

4-3/4 cups water

¼ cup olive oil

2 garlic cloves, minced

1 tablespoon crumbled dried basil

1 teaspoon crumbled, dried oregano

1 teaspoon salt

1/8 teaspoon cayenne pepper or to taste

3 ounces tomato paste (1/2 can)

- Combine all ingredients in a 3-quart saucepan. Bring to a boil, then reduce heat and simmer covered for 45 minutes. If necessary, remove cover and continue cooking, stirring constantly, until excess liquid is reduced.

Yield: 6 servings

Fancy Franks

An easy and fanciful way to serve this popular snack

8 vegetarian hot dogs

½ cup ketchup

2 cups (or more) wheat or corn flakes,

coarsely crushed

Prepared mustard

- Cut vegetarian hot dogs crosswise into thirds. Dip in ketchup and coat well. Roll in crushed flakes, adding more flakes, if needed. Place on lightly greased baking sheet.
- Bake at 350°F for 15 minutes. Serve hot with a bowl of mustard for dipping.

Yield: 2 dozen

EATING OUT

You can still enjoy all the places you like to eat from fast food to the finest restaurants. Below are some helpful tips and suggestions for eating out:

If you are invited out for business lunch or with non-vegetarian friends, it's a good idea to call ahead and talk to the chef to see what foods fit your diet. This will avoid an awkward scene of asking a lot of questions to the waiter when everyone else is waiting to order. You can be more relaxed and enjoy yourself. Explain to the chef that you don't eat meat, fish, fowl, or eggs because the vegetarian diet can mean different things to different people. If you are already at the restaurant and couldn't call ahead, look at the menu as a list of ingredients and put a meal together from these choices. If there is nothing that suits you on the menu, most places will be happy to make you something special. It gives the chef a chance to be creative and do something different.

Many restaurants offer vegetarian choices on the menus. Try Chinese, Thai, Mexican, Italian, Greek or Indian restaurants. At Chinese or Thai restaurants, ask for gravy with water, peanut oil, corn starch and soy sauce, because they sometimes use chicken stock for their gravies. At Italian restaurants, check that the pasta doesn't contain eggs, and ask for Marinara sauce, which is meatless. Check to see that they use vegetable shortening rather than lard at Mexican places.

Here is a list of some national food chains with some selected items that fit our diet, available at each:

Wendy's:

- Baked Potato With Broccoli and Cheese
- Spring Mix Salad or Side Salad (ask for Fat-Free French or House Vinaigrette Dressing which fit our diet)
- Fresh Fruit Cup, Frosty Beverage

Taco Bell:

- Bean Burrito; Tostada; Cinnamon Twists; Pinto & Cheese; Kid's Meal with a Bean Burrito
(request no meat for Nachos, Mexican Pizza, Nachos Belle Grande, and Nachos Supreme).

Subway:

- Vegetable and Cheese 6" and 12" Subs; Salad

Denny's:

- Eggless Pancakes, Veggie Cheese Melt, Grits, Diced Skillet Potatoes With Veggies

Panera Bread:

- Soups, Salads, and Sandwiches are Marked Vegetarian

Pizza - Domino's, Little Caesar's and Others:

- Cheese Pizza With Various Vegetable Toppings Such As Mushroom, Olive, Green Pepper, Onion, Spinach And Broccoli

Buffet - Shoney's, Old Country Buffet, Golden Corral and Others:

- Salad Bar, Hot Vegetables, Cheese, Fruit, and Beverages

NOTE: When traveling, you can call ahead and order vegetarian meals for your plane trip and on cruises.

NUTRITION INFORMATION						
Food Group	One Serving Equals One Item	Nutrient Contributions	Food Choice Examples			
Grains 3-6 servings daily	1 slice bread ½ cup hot cereal 1 cup dry cereal ¼ cup granola ½ cup rice or pasta 1 tortilla 1 chapati ½ bagel or English Muffin 3-4 crackers ½ muffin	Complex CHO Fiber Protein Vitamin B ₁ (Thiamine) Vitamin B ₂ (Riboflavin) Vitamin B ₆ & Niacin Iron Magnesium Calcium Trace Minerals	<u>Grains:</u> oats, brown rice, barley, millet, bulgar wheat, rye, corn, whole wheat, multi-grain, etc.			
Vegetables 3-5 servings daily	1 cup raw, leafy vegetable salad ½ cup chopped raw vegetables ½ cup cooked vegetables ¾ cup vegetable juice	Fiber Potassium Beta-Carotene Folate Vitamin C Calcium Magnesium	<u>Vegetables:</u> broccoli, kale, cabbage, collards, spinach, pumpkin, carrots, winter squash, sweet potatoes, potatoes, parsnips, rutabagas, turnips, tomatoes, beets, eggplant, okra, summer squash, cauliflower			
Fruits 3-5 servings daily	1 medium, whole fruit ½ cup canned fruit ¼ cup dried fruit 1 cup berries ¾ cup fruit juice	Vitamin C Beta-Carotene Fiber Potassium Folate Magnesium	<u>Fruits:</u> oranges, grapefruit, lemons, apricots, peaches, nectarines, plums, persimmons, apples, pears, kiwi, papaya, mango, pineapple, bananas, strawberries, raspberries, blueberries <u>Dried Fruits:</u> raisins, dates, pears, pineapple, prunes, peaches, figs			
Milk 2-3 servings daily	1 cup milk, nonfat or lowfat 1 cup soymilk (fortified) ½ cup lowfat cottage cheese ½ cup soy cheese 1-½ oz. fresh cheese 1 cup lowfat or nonfat yogurt 1 Tbs (½ oz) cream cheese	Calcium Protein Vitamins A and D Riboflavin (B ₂) Vitamin B ₁₂	<u>Daily:</u> milk, yogurt, cottage cheese, ricotta, other fresh cheeses. <u>Fortified Alternatives:</u> soy or tofu milk, soy cheese			
Beans, Nuts, and Meat Substitutes 3-4 servings daily	½ cup cooked beans/peas ½ cup tofu ¼ cup seeds ¼ cup (1 oz) nuts 2 Tbs (1 oz) nut butter ¼ cup meat alternative	Protein Zinc Iron Fiber Calcium Vitamin B ₆ Vitamin E Niacin (B ₃) Linoelic Acid	<u>Beans:</u> pinto, black, white, navy, soybeans, garbanzos, lentils, blackeye, green pea, split pea, peanuts <u>Nuts:</u> almonds, walnuts, filberts, chestnuts, brazil, pecans, cashews <u>Seed:</u> pine nuts, sesame, sunflower, pumpkin <u>Meat Substitutes:</u> tofu, vegetarian burgers/ deli slices			
Vegetable Fats and Oils, Sweets, and Salt Eat sparingly	<ul style="list-style-type: none"> Use visible fats sparingly mg, cholesterol Limit desserts to two or three per week mg, cholesterol Use honey, jams, jelly, corn syrups, molasses, sugar sparingly Use soft drinks and candies very sparingly, if at all mg, cholesterol Limit foods high in salt mg, cholesterol <p>1 tsp salt = 2000 mg sodium 1 Tbs oil = 13.6 gm fat, 120.0 calories</p>	<p>1 Tbs margarine - 11.4 gm fat 102 calories 0</p> <p>1 Tbs butter - 12.0 gm fat 108 calories 33</p> <p>1 Tbs sour cream - 3.0 gm fat 30 calories 5</p> <p>1 Tbs cream cheese - 5.0 gm fat 52 calories 15</p> <p>1 Tbs cream - 15.0 gm fat 52 calories 21</p> <p>1 Tbs sugar - 12.0 gm 48 calories</p> <p>1 tsp sugar - 4.0 gm 16 calories</p>				

The Vegetarian Food Pyramid

A daily guide to food choices



II.

S.O.S.

VEGETARIAN

CLASSES

- S.O.S. 2006 Vegetarian Cooking Class
Schedule

Science of Spirituality Center

2006 VEGETARIAN COOKING CLASSES

When: Second Saturday of Each Month
Time: 2:00-4:00pm
Where: Kitchen, Lower Level

January 14, 2006

Winter Vacation
No Class Today

July 8, 2006

Summer Vacation
No Class Today

February 11, 2006

Hearty Winter Supper
Onion Soup
Macaroni and Cheese
Garlic Bread
Instructor: Gaetan Charest

August 2006

Veggie Fest

March 11, 2006

Vegetarian Sushi
Sushi Rice • Nori Sheets
Vegetables and Mushrooms
Soy and Wasabi Sauces
(See the tools and learn the method for assembling Sushi)
Instructor: Gregory Serber

September 9, 2006

TBD

April 8, 2006

Mid-Eastern Meal
Mediterranean Salad
Garbanzo Bean Pattie with Tahini Sauce
Couscous with Pine Nuts and Feta
Instructor: Cathy Gallagher

October 14, 2006

TBD

November 11, 2006

TBD

May 13, 2006

Going With Grains
Amaranth, Barley, Millet and Quinoa
(An introduction to and recipes for some of the more unusual grains)
Instructor: Bette Elizabeth Drew

December 9, 2006

TBD

June 10, 2006

Summer Salad Entrée
Vegetable Whole Meal Salad
Balsamic, Garlic, Vinaigrette
Avocado Dip and Crackers
Instructor: Patricia Fishman

Classes are free. Bring a friend!
Please register by phone, mail, or in person
4 S. 175 Naperville Road, Naperville, IL 60563
Phone: 630.955.1200 - Website: <http://www.sos.org> - Fax: 630.955.1205

III.

LACTO-VEGETARIAN FOOD INFORMATION

- What's New in the Vegetarian Grocery Cart?
 - December 2004
 - December 2003
 - December 2002
- Vegetarian Low Fat Tips

WHAT'S NEW IN THE VEGETARIAN GROCERY CART?

December 2004

Garden Burger	Meatless Riblets <i>Smoky BBQ sauced soy ribs</i>
Trader Joes'	Soy Nuggets <i>Seasoned, breaded soy nuggets</i> Savory Thin Mini Crackers <i>Flavorful for snacks</i>
Yves	Veggie Meatballs <i>Use with pasta sauce</i>
Tofutti	Cutie Dairy Free 'Ice Cream' Sandwich <i>Vanilla tofu between two chocolate wafers – yummy!</i>
NOW	Stevia Extract <i>A healthy alternative sweetener</i>
Turtle Island Foods, Inc.	Tofurky Deli Slices Original, Smoked, and Peppered Tofurky Vegetarian Feast <i>The texture of tofu and wheat gluten combined. Hot or cold. These taste great!</i> Tofurky Sweet Italian Sausage <i>Perfect for pasta sandwiches or can be grilled outdoors</i>
Nabisco	Chips Ahoy White Fudge Chunky Cookie <i>Chunky and delicious</i>

NOTE: Vegetarian meat substitutes are available in most grocery store produce departments or health food stores.

WHAT'S NEW IN THE VEGETARIAN GROCERY CART?

December 2003

Amy's	Indian Mattar Paneer with Chana Masala and Rice Vegetarian Enchiladas with Spanish Rice and Beans <i>Variety for a quick already prepared meal from the freezer section</i>
Bearitos	Black Bean Vegetarian Refried Beans <i>Open a can for taco filling or dip</i>
Chili Man	Vegetarian Chili with Beans <i>Serve this canned chili with crackers and shredded cheese or over rice</i>
Keebler	Fudge Shoppe Cookies Fudge Stripes, Grasshopper Fudge Mint, Fudge Stacks, and Clusters Mint Crème Shortbread <i>Eggless cookies for chocolate lovers</i>
Kellogs	Special K Cereal Bars Blueberry or Strawberry <i>Low fat, low calorie breakfast on the go</i> Fruit Harvest Cereal Strawberry & Blueberry, Peach & Strawberry, and Vanilla Almond <i>Tasty multi-grain cereal with real fruit and almonds</i>
Lightlife	Gimme Lean Meatless Sausage Style Roll <i>Delicious sliced for a breakfast pattie or diced and used with mushrooms or rice casseroles</i>
Westbrea Natural Soups	California Unchicken Broth <i>For soup or flavoring base</i>
Yves	Vegetarian the Good Burger <i>Each package contains 4 moist vegetarian burgers</i> Vegetarian the Good Ground Round <i>Good in tacos, Sloppy Joes, and casserole recipes listing ground beef</i>

NOTE: Vegetarian meat substitutes are available in most grocery store produce departments or health food stores.

WHAT'S NEW IN THE VEGETARIAN GROCERY CART?

December 2002

Near East	Couscous Toasted Pin Nut Mix, Couscous Parmesan Mix <i>Ready in five minutes</i>
White Wave	Vegetarian Chicken Style Wheat Meat <i>Great in stews</i>
Knorr	Vegetarian Vegetable Bouillon <i>For soup, soup base, and flavoring</i>
LightLife	Meatless Smart Deli Three Peppercorn Meatless Turkey slices, Meatless Smart Deli Roast <i>Make favorite sandwiches</i>
Boca Foods Company	Boca Meatless Ground Burger Three Pouch Package, Original Flavor <i>Used in recipes in place of group beef</i> Boca Original Burger or Boca Roasted Garlic Burger <i>Delicious meatless protein burgers</i>
Cedar's Mediterranean Foods	Spinach Wraps, Tomato Basil Wraps <i>Special tortillas for roll-ups</i>
Thomas	Sahara Whole Wheat Pita Bread <i>Stuff pockets with spreads and fillings</i>
Oreo	White Chocolate Covered Cookies Chocolate Cream Cookies <i>Delicious tasting eggless cookies</i>
Classico	Pasta Sauce, Mushroom and Ripe Olive <i>Heat and pour over noodles</i>
Westbrae Natural Soups	Mediterranean Lentil Soup <i>Heat and eat</i>
Trader Joe's	Vegan Meatless Balls <i>From freezer to table</i> <i>Meatless balls hold their shape</i>
Lumen Foods	Stonewall's Vegetable Protein Jerquee <i>Animal free all natural jerky substitute</i>
Tasty Bites	Bombay Potatoes, Bengal Lentils, Jaspur Vegetables <i>Boil or microwave the pouch for five minutes</i>

VEGETARIAN LOW FAT TIPS

One of the first steps to help you lose weight and also to maintain a healthy weight is to be mindful of the foods that you eat and to think about ways to reduce calories and fat in your diet.

Here are a few **Easy substitutes**:

Menu/Recipe calls for:

Replace with:

2 Tablespoons vegetable oil

1 teaspoon vegetable oil

Heavy cream

Evaporated skim milk

Whole milk

Fat free milk

Sour cream

Low fat yogurt or fat free cottage cheese

Cheese

Low fat cheese

Creamed soup

Vegetable broth based soup or
94% fat free creamed soup

Fried foods

Steamed or baked foods

Salad dressing

Fat free salad dressing

Apple pie

Baked or unbaked apple

Butter flavored microwave popcorn

94% fat free microwave popcorn

Nutritional Note: Fat, in small amounts, is necessary in your diet. The best fats are unsaturated, polyunsaturated and monounsaturated such as olive and canola oils. A good vegetarian source of Omega 3 is flaxseed oil. Other sources of Omega 3 are flax seeds, walnuts, olive and canola oils. For improved health, if possible, read the labels and make every effort to avoid hydrogenated oils and transfat.

IV.

FREQUENTLY ASKED QUESTIONS ON THE S.O.S. DIET

- Vegetarian Questions and Approved Answers

FREQUENTLY ASKED QUESTIONS ON THE VEGETARIAN DIET

Q: Why does one need to be vegetarian to become initiated?

A: The first reason we need to be vegetarian is that eating meat, fish, fowl, or eggs lowers our consciousness. Thus we are defeating the purpose for getting initiated if we end up lowering our consciousness by eating non-vegetarian food. Another reason for being vegetarian is that it involves incurring the least amount of karma. Every thought, word, and deed in which we engage creates a reaction. The *law of physics* is that every action has a reaction. Similarly, every thought, word, and action we commit is something for which we are held accountable. Good thoughts, words, and deeds are rewarded and bad thoughts, words, and deeds must be paid off. Eating food that involves the killing of an animal creates karmas for which we have to be held accountable. Thus, if our spiritual goal is to reunite with God, then we want to avoid incurring any karma that will weigh us down and keep us from progressing spiritually. Thus, a vegetarian diet is one that incurs the least amount of karma and will help us progress spiritually.

Q: Doesn't eating plants involve killing?

A: Of all the life forms, plants have the least amount of consciousness. Since the physical world was set up in which human beings must eat food to live, the food that involves incurring the least amount of karma are plants. Thus, the vegetarian diet is the least hurtful to living things. It provides humans with food from fruits, vegetables, grains, legumes, beans, and dairy products.

Q: Why can we eat dairy products, which come from animals?

A: We eat only those dairy foods that do not involve killing the animal. Thus, we drink milk products, which do not involve killing the animal. From the milk we can get butter, cream, yogurt, cheese, and ice cream.

Q: What do you eat to get enough protein?

A: Foods that vegetarians eat and that are high in protein includes: milk, cheese, yogurt, legumes and beans, peas, and nuts. For example, a cut of cottage cheese has 33 grams and an ear of corn, stalk of broccoli, or a baked potato has 6 grams. A cup of rice or beans has 15 grams. It is fortunate that there are so many tasty and available foods from which vegetarians can obtain protein. The *Science of Spirituality Diet Packet* contains more information on this subject.

Q: What do you substitute for eggs?

A: If a recipe calls for one egg, you can leave it out. For more than one egg or in baking; we suggest a powdered egg replacement. This product may be found in a health food store.

Q: What do you substitute for meat?

A: There are many meat substitutes available in health food stores and local grocery stores.

Q: What are the different types of vegetarians?

A: In general, a vegetarian does not eat animal products. There are several types of vegetarians:

- *Lacto-Vegetarians* – eat no meat, fish, fowl or eggs but do eat dairy. This is the diet that is **emphasized by the Science of Spirituality** and is required for initiation.
- *Ovo-Vegetarian* – do not eat meat, fish, fowl or dairy but do eat eggs.
- *Lacto-Ovo* – do not eat meat, fish, fowl but they do eat eggs and dairy.
- *Vegans* – eat no meat, fish, fowl, eggs or dairy.

Q: My family will not become vegetarian; how can I manage my own meals?

A: Don't preach about your diet or be judgmental. Make a list of all the foods that family members eat that just happen to be vegetarian and prepare and serve more of them. Such as spaghetti with mushroom sauce, vegetable based soups, baked beans and grilled cheese sandwiches. There is a Science of Spirituality handout recently written that has many suggestions. This handout is titled, *Daily Living with Non-Vegetarian Spouses and Family at Meals*.

Q: How do you get a variety of foods in your diet when you are in a hurry?

A: When you are shopping, try and plan ahead for quick meals and buy the needed items. At home it is easy to prepare the following quick and nutritious meals:

- use vegetarian deli slices or vegetarian burgers to make a sandwich
- use bottled, vegetarian pasta over any shape noodle
- heat a can of vegetarian chili or baked beans and serve over rice, pasta or toast
- try the many varieties of prepared vegetarian soups
- spread hummus or can bean spread on pita bread
- heat frozen or packaged vegetarian, ethnic entrees
- keep nuts, cottage cheese, salad in a bag, yogurt and fruit on hand

If you are not at home, you can always enjoy several vegetarian choices at fast food restaurants. *The Science of Spirituality Diet Packet* has a section on the "The Guide to Eating Out" that will give you helpful suggestions.

Q: What cookbooks do you recommend?

A: *Greek Vegetarian Cooking* and *Vegetarian Creations* are recommended. Both of these cookbooks are available through SK Publications, telephone: 630.955.1200, or FAX 630.955.1205.

Q: When I feel disapproval of my meat-eating friends, family, or co-workers, what should I do or say?

A: An attitude of respect and peaceful coexistence without criticism is the best strategy. Lecturing/criticism has a negative effect and creates resentment. A positive vegetarian role model makes being vegetarian look easy and desirable. Refer to our written tips for coexisting with non-vegetarian family, friends, and co-workers.

V.

LIVING IN

HARMONY WITH

NON-VEGETARIANS

- Co-Existing with Non-Vegetarians on Special Occasions: Holidays – Banquets – Travel
- Planning or Attending a Wedding Reception with Non-Vegetarians
- Daily Living with Non-Vegetarian Spouses and Family at Meals
- Tips for Vegetarian Teens and College Students

CO-EXISTING WITH NON-VEGETARIANS ON SPECIAL OCCASIONS

HOLIDAYS

- Start new traditions (i.e., serve tofu turkey).
- Re-create old recipes (i.e., use no egg mayonnaise, vegetarian bouillon, egg replacer).
- Libraries and bookstores have many vegetarian holiday and party cookbooks. *Science of Spirituality/SK Publications* has excellent cookbooks available.
- Ask other vegetarians for suggestions.
- If you are going to eat at a friend/relative's home, notify the hostess ahead of time. Offer to bring a dish.
- Don't "preach" about the benefits of your diet. Fill your plate with what you can eat and always be kind and gracious.

RECEPTIONS/BANQUET/DINNER INVITATIONS

- Always judge each situation and decide if it is appropriate to call the food service of the banquet facility ahead of time and discuss your diet.
- If you can't call and don't know if there will be vegetarian food, don't draw attention to your diet at the function. Just eat what you can and enjoy the affair.
- At a home diner party, call ahead and offer to bring a "vegetarian dish".
- If you can't call ahead, tell the hostess that you are a vegetarian and eat what you can and be gracious.

TRAVEL

- Call the airline and order a vegetarian plate ahead of time for your flight meal. You may want to order "vegan" because there are no eggs in the food.
- You will always be safe and feel good if you order a fruit plate.
- Always travel with a "munchie bag" that contains healthy snacks.
- If the wrong meal is served, ask for crackers and go to your "munchie bag".
- There are many travel books that offer suggestions regarding vegetarian restaurants, spas, hotels, youth hostels, and even ideas for vegetarian campers.
- Refer to "Eating Out" in the *Science of Spirituality Vegetarian Diet Packet* for additional suggestions.

CO-EXISTING WITH NON-VEGETARIANS ON SPECIAL OCCASIONS

“WEDDINGS”

Throughout the world in all cultures and religions, weddings are considered happy occasions. To keep the harmony and joy intact, we are answering the most important questions concerning hosting or attending a wedding that includes non-vegetarians.

PLANNING A WEDDING RECEPTION WITH NON-VEGETARIANS

Question: The bride and groom or the parents of the bride and groom are expected to pay part of the wedding reception cost. Family and friends are not all vegetarians and meat will be served. What should we do?

Answer: *Offer to pay for the flowers, or music or some other expenses that are of a comparable cost to what would be fair share of the total expense.*

Question: What if alcohol is served?

Answer: *Offer to pay for the flowers, or music or some other expenses that are of a comparable cost to what would be fair share of the total expense.*

Question: As divorced parents of the bride and groom, our ex-spouses requests and expects us to just split the bill or there will be much arguing. What should we do?

Answer: *See answer above.*

Question: What if I am expected to pay for the entire wedding reception?

Answer: *Cater a vegetarian meal.*

ATTENDING A NON-VEGETARIAN WEDDING

Question: If the wedding is served buffet style with very few vegetarian items on the menu, what should I eat?

Answer: *You may eat the items that fit your lacto-vegetarian diet. Even if you can only find bread and vegetables or a salad, arrange the food attractively on your plate so it looks full. Avoid drawing attention to your diet; be a gracious guest and enjoy the affair.*

Question: If it is going to be a served dinner, should I mention I'm vegetarian on the response card?

Answer: *Yes. Write your vegetarian request on the response card. The card is simply a tally for the caterer and they expect a few vegetarians these days. At the reception after you are seated, inform the server that you ordered a vegetarian meal.*

DAILY LIVING WITH NON-VEGETARIAN SPOUSES AND FAMILY AT MEALS

Ideas to help maintain peace in your home.

NON-VEGETARIAN SPOUSES

- Live and let live.
- Don't preach; when the time is right, talk about your values and commitment to the vegetarianism way of life without being judgmental of others.
- Create ground rules for respecting each other.
- Analyze your expectations about non-vegetarian family members (i.e., are you expecting them to stop eating meat?).
- Don't hurt anyone – *use sweet words*.
- When cooking meat dishes, consider it your duty. You just don't eat it.
- If time is short, prepare a vegetarian dish and add the meat last.

VEGETARIAN SPOUSES RESPONSIBLE FOR SHOPPING AND COOKING FOR NON-VEGETARIAN FAMILY MEMBERS

- Be grateful for the opportunity to lovingly serve others.
- Have good thoughts when preparing foods.
- Don't preach about your diet. Your actions will communicate an understanding message.
- Make a list of all the foods that family members eat now that 'just happen' to be vegetarian and prepare and serve more of them (i.e: *grilled cheese sandwiches, bean soup, vegetable soups, stuffed potatoes with broccoli and cheese, pasta with mushroom sauce, peanut butter and jelly sandwiches, cheese and mushroom pizza, macaroni and cheese and baked beans*).
- Prepare new and exciting vegetarian dishes.
- Consider using old family, traditional dishes that can be prepared with vegetarian replacements (i.e., *vegetable bouillon, egg and burger replacements, vegetarian hot dogs and deli slices*).

VEGETARIANS NOT RESPONSIBLE FOR SHOPPING AND COOKING

- Lovingly explain why you are on this diet.
- Bring delicious, vegetarian dishes home for others to taste (this is especially important if you don't cook).
- Eat out at ethic restaurants where you all have choices.
- Buy the cook a vegetarian cookbook. *SCIENCE OF SPIRITUALITY/SK* Publications have excellent cookbooks available.
- If you have to fend for yourself, do it without anger. Meditate. Pray on the situation.
- Be peaceful with yourself in the situation.

CHILDREN

- Children learn by example.
- Children love animals and vegetarianism is a very simply concept for them to understand.
- More teens are becoming vegetarians on their own.
- Give lots of love and hugs!!!

TIPS FOR VEGETARIAN TEENS AND COLLEGE STUDENTS

Millions of teens and college students are vegetarians. Many of these students have told us that they have no trouble finding a plentiful, variety of good, vegetarian foods on and off campus. However, if you are in an area where there is a challenge to find vegetarian foods, we have some tips for you.

ADDITIONAL ‘COOL’ TIPS

- Don't preach but let non-vegetarians know that your diet is not a fad and that you are committed to your diet. *The right choice is to love and respect All God's creatures.*
- Be specific about what foods you can eat because non-vegetarians may not be aware of "hidden" sources of animal fat. Find common foods. Share your favorite recipes and bring a vegetarian snack or dish to a party. Give a gift subscription of a vegetarian publication or cookbook. There are many good vegetarian cooks that are written by teens and college students with cheap, easy and delicious recipes. Also, *Science of Spirituality/SK Publications* have excellent cookbooks available.
- Explore the Internet and find vegetarian websites for teens and college students with recipes and ideas for parties and other topics. There are many pen pal, vegetarian message boards. You may want to share this information with your non-vegetarian friends, teachers and others.
- Parents and/or students can talk to the manager of the food service and bring recipes. Most food service chefs will attempt to prepare vegetarian dishes if they know that the students will eat it. Colleges may have a meal plan for special diets and this plan may include vegetarian diets.
- Write articles about the health benefits of vegetarianism for the school newspapers.
- Make certain that your dorm room always has vegetarian snacks. Seek out other vegetarians on campus and start a dining club or other activities. This is a good way to meet new people and eat local, vegetarian restaurants with others. Have a "vegetarian, potluck campus party".

Suggestions for Healthy Snacks and Easy Meals: Popcorn, dried fruit, whole-grain crackers and cookies, fresh fruit with hummus or bean dip, bean burritos, tacos, bagels, fresh and frozen fruit, raisins, peanut butter, nuts, pitas, frozen fruit bars, individual vegetarian frozen pizzas, veggie burgers, veggie hotdogs, salsa, and corn ships and pretzels.

VI.

S.O.S.

VEGETARIAN

ARTICLES

- Vegetarianism for a Healthy Body, Mind, Soul and Planet *by Sant Rajinder Singh Ji Maharaj*
- The Vegetarian Lifestyle *by Science of Spirituality*

VEGETARIANISM

For a Healthy Body, Mind, Soul and Planet

In the last decade we have witnessed an explosion of scientific knowledge which has made more information available to humanity than in all previously recorded history. Due to the dedicated research of scientists and doctors, we now understand more than ever before about our physical body and what measures promote good health. As more evidence is coming to light about the beneficial effects of maintaining a vegetarian diet, the number of vegetarians around the world is steadily on the rise.

Throughout history many great philosophers, mystics, saints and enlightened thinkers have recognized the value of vegetarianism. These include such notable people as Leo Tolstoy, Albert Schweitzer, Percy Bysshe Shelley, George Bernard Shaw, Leonardo da Vinci and Mahatma Gandhi. It is only recently that science has confirmed the views on vegetarianism propounded by these great souls. More and more people are realizing that this diet can increase the health and well-being of our body, mind, soul and the planet.

The health benefits of a vegetarian diet have been extolled in numerous research journals, books, magazines and newspaper articles. Doctors and nutritionists widely recommend that people reduce their consumption of meat, high-fat foods and eggs as a health measure. They encourage the increased use of vegetables, fruits and whole grains in one's diet to cut down on cholesterol in the body and to minimize the risks of heart attacks, high blood pressure, strokes and cancer. The results of medical findings have already had a far-reaching impact on the food and restaurant industries. We find more foods are being produced without animal products. If we look back even twenty years, a vegetarian eating at a restaurant hardly had any choices offered on the menu. Today, we can find salad bars and a variety of delicious vegetarian dishes at most restaurants. Natural food stores and vegetarian restaurants abound in most cities. In the West, many famous actors, actresses, singers and athletes are following this diet and affirming its great value. Those who carefully consider the advantages of vegetarianism will see that the quality of their life

and health can be greatly improved on such a diet.

Longtime vegetarians have testified to the changes they experienced when they gave up meat. Many have reported that they felt more energetic, not only physically but mentally. Herbivorous animals such as the elephant, the horse, the mule and the ox are known for their great strength and endurance. Having more stamina, vegetarians tend to exhibit improved efficiency and concentration in their physical as well as intellectual work. We know that the health of the body affects our mental well-being. A number of researchers have been exploring the effects of diet on the mind. Some studies involving animals reveal that those fed a vegetarian diet were calmer and more peaceful than animals which were fed meat.

Most people are familiar with the expression, "You are what you eat". In countries of the East, where vegetarianism has been the main diet for thousands of years, people recognize that whatever they consume forms a part of their body and also influences their thoughts. They believe that if they eat the flesh of an animal then the mental and emotional vibrations or characteristics of the animal will form a part of their own nature. Thus, many people brought up in the traditions of the East prefer to live on plant foods, which are more conducive to mental equipoise.

Enlightened beings, saints, mystics and spiritual teachers have traditionally advocated a vegetarian diet for spiritual and moral reasons. For those pursuing a path leading to self-knowledge and God-realization, a vegetarian diet is essential for several important reasons. I will share what I have learned from studying the Science of Spirituality under by spiritual teachers, Sant Kirpal Singh Ji Maharaj and Sant Darshan Singh Ji Maharaj. They taught that we are not only the body and mind, but we are soul. Our soul, which as been separated from God, its creator, resides in the body. The spiritual teachers have taught a technique of meditation to help us rediscover our soul and journey back to God.

To help gain proficiency in the spiritual practices, vegetarianism is necessary. In order for us to be able to concentrate in meditation, we need to be calm and collected. If we eat the flesh of dead animals, our own consciousness will be affected. There is a law in the universe which states that for every action there is a reaction. In the East this is called the law of karma. This means that we must reap the reward or pay the penalty for our thoughts, words, and deeds. If we do good deeds, we will gain a reward. If we perform bad deeds, we must pay the consequences. Spiritual teachers advise that one should not take the life of any creature. In order for our soul to be successful in completing its journey back to its Creator, it must develop the ethical virtues of nonviolence, truthfulness, purity, humility and selfless service. The vegetarian diet is a natural by-product of nonviolence, for we should not harm any living creature. Those who are serious about attaining self-knowledge and God-realization should follow a strict vegetarian diet, avoiding meat, fish, fowl and eggs.

Vegetarianism also improves the health of the planet. Ecologist and environmentalists are concerned about protecting the living creatures on earth. They warn that widespread destruction of animals to gratify our insatiable desires has far-reaching and disastrous effects on the balance of nature. It is true that human beings are the highest of all life forms, but we must respect the divine plan and design for our universe and all life inhabiting it.

Sant Rajinder Singh Ji Maharaj

Sant Rajinder Singh Ji Maharaj is the spiritual leader of Science of Spirituality, an international organization with 750 centers, devoted to teaching meditation for attaining inner and outer peace. He has encouraged hundreds of thousands of people to enjoy the benefits of a vegetarian diet. He can be contacted at Science of Spirituality Center, 4 S. 175 Naperville Road, Naperville, IL 60563, U.S.A. and Kirpal Ashram, 2 Canal Road, Vyay Nagar, Delhi 110009, India.

Environmentalists also have pointed out that one solution to the problem of food shortages is better utilization of our resources. For example, the amount of grain needed to feed one cow to provide meat for one person could feed many times that number of people. Ecologists have also shown that raising cattle and processing meat requires much more fuel, water, and energy than is used to produce grains and vegetables. Vegetarianism is one effective means of conserving our vital resources.

As we near the year 2000, our attention has been focused on humanity's hopes and dreams for a better world. Humanity is becoming more enlightened, more concerned about obtaining the highest quality of life, more interested in solving the mysteries of the universe, and more keen to find personal fulfillment and lasting happiness. We are simultaneously concerned about the welfare of our global community and the preservation of our planet.

How we maintain our self-being is a choice each of us has to make. A balanced vegetarian diet will result in improved health and fitness, greater mental equipoise and higher spiritual attainment. Following this diet can help us achieve the health and purity of our body, mind, soul and planet. We will not only be contributing to peace for ourselves and all life, we will also be doing our part toward making Planet Earth a haven of joy and peace.

The Vegetarian Lifestyle

It wasn't too long ago that vegetarianism was looked upon as an unconventional lifestyle choice. No longer!

Today, in homes and restaurants, offices and schools, vegetarianism has become mainstream – an accepted, respected, even admired way of life. And as more and more people have opted for this healthy, conscious diet, being vegetarian has never been easier or more enjoyable.

People choose vegetarianism for many reasons. Some because it conserves our planet's valuable resources. Others, for better health. Today, doctors routinely recommend the vegetarian diet for a wide range of medical conditions and as a powerful preventive for some of our most threatening illnesses, including cancer and heart disease. Still others forgo animal foods out of a simple regard for life.

These are all great reasons. But throughout the ages, spiritual teachers of many faiths have encouraged vegetarianism for an even more compelling reason. They stress vegetarianism as one of the cornerstones of a successful meditative and spiritual life. Twenty-five hundred years ago Buddha declared, "To become vegetarian is to step into the stream that leads to Nirvana." The fact is that a fresh, balanced vegetarian diet nourishes our whole person – body, mind, and soul. When we minimize the harm we do to other living beings, we brighten prospects for our own spiritual



growth. At the same time, we honor the sanctity of the living creatures that share this remarkable world God has given us.

The spiritual Masters of Sant Mat share this vision. Sant Rajinder Singh Ji Maharaj, the spiritual leader of Science of Spirituality, emphasizes that diet has a profound effect on our physical, emotional, and mental makeup. In his article "Vegetarianism for a Healthy Body, Mind, Soul, and Planet," he sums up this view:

A balanced vegetarian diet will result in improved health and fitness, greater mental equipoise, and higher spiritual attainment. We will not only be contributing to peace for ourselves and all life, we will also be doing our part toward making Planet Earth a haven of joy and peace.

Fifteen million Americans now call themselves vegetarians. In much of the rest of the world, this lifestyle is the norm. This widespread shift to a healthier, more conscious way of eating makes it easier than ever to make vegetarianism part of your life.

Most restaurants now offer vegetarian dishes. Even fast food establishments serve meat alternatives. And though Chinese, Thai, Indian, Italian, Mid-Eastern, and Mexican restaurants have always been sources of fine vegetarian cuisine, they now offer even more variety. Finally, the Internet has made the whole world our grocery, providing staples and specialty items, as well as countless recipes, information, and community support.

There is nothing better we can do for ourselves than make a commitment to personal growth through meditation and spirituality. Why not support that effect in every way we can? Vegetarianism is a great way to do so. Our souls will appreciate it. So will our bodies, our minds, and this marvelous planet we call home.