

2010

February

V Alaska S Vegetarian Society

Grocery Store Bargains

by Delisa Renideo

What is your best grocery bargain: one bunch of kale for \$1.99 or a 2 liter Coca-Cola for \$1.99? Or how about one pound of broccoli for \$1.70 vs. a Double Cheeseburger from McDonald's for \$1.70? Where do we get the most for our money?

It is commonly believed that healthy food costs too much for poor people to eat. The reasoning goes something like this: One dollar will buy more calories of unhealthy food than healthy food. This is true! But in a country where two-thirds of the population is overweight and one third is obese, why are we using calories as the determining factor in determining affordability? We have become a nation of overfed and undernourished people. Maybe it's time to think about how many *nutrients* per dollar we can buy instead of how many calories per dollar.

That 2 liter soda contains 728 calories of pure sugar. No nutrients there. No fiber. So you've just wasted your \$1.99. No nutrients per dollar -- just empty calories.

The Double-Cheeseburger from McDonald's has 440 calories, and almost half of them come from fat. There is also a load of cholesterol and half a day's supply of salt. The carbohydrates are from highly processed white flour, so you're missing out

on the nutrients and fiber you could be getting from grains. At \$1.70, you've bought yourself a nutrient-deficient, fat-laden package that promotes heart disease, cancer, diabetes, high blood pressure, and obesity. Not what I call a bargain.

Kale and broccoli are two of our best bargains. At around \$2.00 per pound, you get 3 - 5 generous servings of health-promoting, disease-

preventing foods. They are both extremely nutrient-dense foods, which means they have a LOT of nutrients per calorie. They also provide a lot of nutrients per dollar spent. What they don't have is a lot of fat and calories to pack on the pounds. And unless we are experiencing a famine, we don't

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My Journey of Empowerment

by Barb Morris

I was only 32 years old when I got the bad news: “You have stage three metastatic breast cancer.” I had young children at home. I felt overwhelmed and hoped medical science would lead me to safety. I had surgery, followed by chemo, and seemed to be doing well for 18 years.

Then, in 2001, I had a reoccurrence. That’s when I began taking charge of my own health. I read everything I could find, including alternative views on cancer treatment. Since I had estrogen-receptor positive cancer, I began avoiding everything that had estrogen or turned to estrogen within me, which included such unlikely things as plastics and some cosmetics. I put together my own wellness team, choosing medical doctors and other professionals who would support me in my quest for healing. I am in charge of my team because I realize I’m responsible for my own health.

One day I bumped into a woman who had previously been my personal trainer. She said, “I’ve got a book you just have to read.” It was [*The China Study*](#) by T. Colin Campbell, Ph.D. This book explains how a diet based upon whole plant foods supports health whereas the typical western diet of animal products and processed food under-

mines health and promotes cancer. I read it, it made sense, and I became vegan the next day. That was Christmas Day, 2008.

Shortly after that I attended a [Cancer Project Food for Life](#) series, which taught me how to prepare healthy and tasty meals of whole plant foods. This class helped me put the pieces together to make a vegan diet work for me. By the way, I do eat minimally processed soy foods as research has shown that it can be protective against cancer even though it contains phytoestrogens.

I love eating a plant-based diet. Food tastes better to me now that my taste buds aren’t dulled by high fat and processed foods. I’m doing more cooking than I did before changing my diet. I’m also having fun learning to prepare foods that are new to me. I have a subscription to Full Circle Farm (www.fullcirclefarm.com) and receive a box of organic produce each week. Sometimes I get something I’ve never eaten before, like eggplant, so I have the fun of discovering how to fix it.

I feel better since I’ve switched to a plant-based diet. My bones don’t hurt anymore. I have more energy and more endurance. I can think more clearly. I’ve lost

see [*My Journey...*](#), continued on page 4



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Epidemic of Vitamin D Deficiency

Excerpted and summarized by Delisa Renideo

from Dr. Fuhman's Healthy Times Newsletter No. 39, Winter 2009

We hear of flu epidemics and the most Americans work indoors at northern obesity epidemic, but a vitamin D deficiency epidemic? latitudes and don't get enough sun to make adequate vitamin D. Secondly,

According to Dr. Joel Fuhrman, (drfuhrman.com), approximately 50 percent of Americans have dangerously low vitamin D levels, below 20 ng/ml. Ideally, we should have levels between 35 and 50 ng/ml, but almost 80 percent of Americans fall below 35 ng/ml. That's even higher than the two-thirds of Americans that are overweight!



Instead of specific symptoms to look for, vitamin D deficiency contributes to the major chronic diseases. It results in increased heart disease, cancer, musculoskeletal disease, including osteoporosis, and autoimmune disease, such as lupus. It even contributes to depression. It actually seems to make all diseases worse, and contributes to a shorter life.

Dr. Fuhrman makes the point most clearly when he says, "Deficiency of vitamin D is as severe a disease risk as smoking cigarettes, so it is imperative that you do everything necessary to maintain normal vitamin D levels."

We make vitamin D in our skin when it is exposed to sunlight, so we ought to just go out and enjoy the sun, right? Unfortunately, there are problems with this. First,

in order to get enough sun to make adequate vitamin D, we would be putting our skin at risk for premature aging and skin cancer. The atmosphere isn't what it used to be. We have damaged the ozone layer with pollution, so now the sun damages us more than it would otherwise. Supplemental vitamin D has been shown to be very effective in preventing and reversing diseases caused by vitamin D deficiency without any of the negative affects of too much sun exposure.

So how much vitamin D should we take? Previous recommendations of 400 units of vitamin D have proven to be inadequate for most people to achieve optimal blood levels of Vitamin D. Dr. Fuhrman recommends doses of 1000 - 2000 units per day. Some researchers are recommending higher doses, but excess Vitamin D is also dangerous.

The best way to know if we have healthy levels of vitamin D is to have a test called the 25-hydroxyvitamin D blood test, (25-OH). The results are described in nanograms per milliliter (ng/ml) or nanomoles

see ***Vitamin D***, continued on page 4

"Deficiency of vitamin D is as severe a disease risk as smoking cigarettes..."

My Journey of Empowerment

continued from page 2:

20 pounds, my cholesterol has dropped 30 points, my blood pressure has dropped, and I just feel good! The results of all my medical tests are good. Even my eyesight has gotten better!

I live alone, so it has been easier for me to make the switch than it might have been if I'd had others in the house. My friends are supportive of my choices, but haven't changed their diets. I have a gallery of watchers, including my doctors and my friends, all watching to see how I do in the long term.

One of my friends said something about how it would be hard not to be able to eat certain things. I told

I have peace of mind about my vegan diet and know it's the right choice for me.

her, "I can eat anything I want to! It's a choice not to eat animal products." I think it makes a big difference if you see

it as a choice instead of as deprivation.

The one thing that has been hard for me is traveling. When I drive through the Midwest, it's hard to find the variety of healthy foods I can buy so easily in Alaska. But I'm figuring out ways to get around the inconvenience. I just have to plan ahead more and maybe take some things with me when I go.

I don't actively worry about the cancer coming back, but it's always there in the background and it continues to motivate me. I stay active and enjoy yoga, walking, riding my bike, and kayaking. I have peace of mind about my vegan diet and know it's the right choice for me.

• Nothing tastes as good as healthy feels. • Learn to love the food that loves you. • Set up your environment to win. • Life is all about progress, not perfection. • When you improve the quality of your food, the quantity takes care of itself.
PCRM 21 Day Kick Start

Vitamin D *continued from page 3:*
per liter (nmol/L). The optimal

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range, when measured in nanograms per milliliter is 35-50 ng/ml. The optimal range when measured in nanomoles per liter is 87-125 nmol/L. If you are taking over 2000 units of Vitamin D per day, it is important to monitor your blood levels.

It's not difficult or expensive to get adequate vitamin D, so there is no reason for us to be part of the 80 percent of Americans who have inadequate levels of this important vitamin. Let's be sure to take vitamin D and vitamin B12 supplements daily, along with a high-nutrient plant-based diet, for excellent health. There's no reason to join this epidemic.

Who to Call

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2010: A Great Year for Green Foods

by Gene Baur, President & Co-founder, Farm Sanctuary

As communities across the U.S. strive to be cleaner and greener, local governments are urging citizens to use cloth bags instead of plastic, or to ride bikes instead of driving cars. The greatest change the members of your community can make for the environment, however, is to change the way they eat. In fact, the bottom line is that the most effective way to go green is to consume a plant-based diet.

According to a report by [Worldwatch Institute](#), at least 51 percent of climate change-inducing greenhouse gasses worldwide come from “food animal” production (that’s recalculated from a 2006 United Nations report citing 18 percent – an amount of greenhouse gasses that still surpasses that which is produced by the entire transportation sector). Though mainstream media outlets are beginning to report on the connections between animal agriculture and environmental degradation – from the global climate crisis to America’s polluted waterways – much work remains to be done when it comes to getting the word out to communities large and small.

Through our Green Foods Resolution Campaign, Farm Sanctuary aims to do our part in raising awareness and creating change by making apparent the impact our food choices have on the environment. We are working with cities and towns through-

out North America to introduce resolutions that challenge citizens to eat lower on the food chain as a means to reduce their global “foodprints.” Green Foods Resolutions like these are good for local farmers and public health, and can bring your city or town one step closer to addressing the greatest cause of our earth’s environmental crisis.

Even just introducing a city council resolution can be a great strategy for increasing public awareness of this important issue. Many local lawmakers are eager to address environmental concerns, and once this

dialogue has begun in your community, it is sure to spread. Though non-binding, a Green Foods Resolution focuses attention on the animal suffering and environmental devastation caused by factory farming. It empowers citizens to fight cruelty and climate change by adopting more compassionate and sustainable eating habits. By campaigning for a Green Foods Resolution, you are not only working to improve the health of the planet, but you are also saving lives.

We believe every city and town in North America is ready to take this important step – for ourselves, for the animals and for our planet. In 2010, each of us can be the change we want to see in our communities.

(To learn more, visit http://www.farmsanctuary.org/get_involved/act/green_resolution.html)



Food for Life

Nutrition & Cooking Classes

• **Anchorage** •
Diabetes Prevention & Reversal
Providence Cancer Center
 Room 2285

Mondays, 6:30 – 8:30 PM
 March 1 – April 12, 2010

Cancer Prevention or Survival
Providence Cancer Center
 Room 2281

Tuesdays, 6:30 – 8:30 PM
 March 2 – April 13, 2010

• **Wasilla** •
Diabetes Prevention & Reversal
Dayspring Enrichment Center

1/2 mile Edlund Road
 Thursdays, 6:30 – 8:30 PM
 March 4 – April 15, 2010

**Each class meets weekly
 for 7 weeks. Cost: \$90**

Pre-registration required!

**To register contact Delisa or
 Charlie at 907-373-1526**

More information:

delisa@yestolife.info

Recipe of the Month

Potluck specialty of Kevin Prange

Kevin's Elegant Sushi Rolls

(Adapted from *[Skinny Bitch in the Kitchen](#)*,
 by Rory Freedman and Kim Barnouin)

Makes 4 sushi rolls, yielding 8 pieces each:

1/4 cup vegan mayonnaise
 1/2 to 1 Tbsp sriracha (or
 other chili sauce)
 or more to taste

4 sheets nori (seaweed sheets)

About 3 cups cooked short-grain brown rice with
 3 Tbsp. seasoned rice vinegar mixed into it

1 avocado, peeled and sliced

1/2 small cucumber, peeled, halved lengthwise,
 seeded, and sliced lengthwise

Soy sauce for serving

Wasabi paste for serving

Pickled ginger for serving



1. In a small bowl, combine the mayo and 1/2 Tbsp of sriracha. Taste and add more sriracha if you wish.
2. Place a sheet of nori, shiny side down, on a bamboo sushi mat covered with plastic wrap, shorter edge toward you.
3. Dampen hands (have a shallow bowl of water handy for this) and shake off excess water.
4. Use your fingers to press about 2/3 cup of rice onto the nori, covering 2/3 of the sheet closest to you. Dampen hands again if rice sticks to you.
5. Drizzle about 1 Tbsp of the mayo mixture on top of the rice in a horizontal line about an inch from the edge closest to you.
6. Top the mixture with 1/4 of the avocado and 1/4 of the cucumber.
7. Holding the fillings in place with the fingertips of both hands, use both thumbs to lift the mat and begin rolling it away from you, enclosing the filling. Lift the edge of the mat slightly to avoid rolling the mat into the sushi!

(continued at right on page 7)

Bargains, continued from the front page:

need to be searching for foods that contain a lot of calories.

Kale and broccoli, as well as other green leafy vegetables, are good sources of protein, fiber, calcium, potassium, vitamin K, vitamin C, vitamin E, vitamin B6, thiamin, riboflavin, folate, iron, magnesium, betacarotene, potassium and manganese. That's what I call a bargain!

Of course, we want to eat more than green vegetables, even though they are our most power-packed, nutrient-dense foods. But let's take a look at some other bargains.

One pound of rolled oats costs about \$1.50. When cooked, it makes about 15 servings -- that's only ten cents per serving! Each serving is low in fat, moderate in calories, and a good source of fiber, protein, phosphorus, selenium and manganese.

Beans are a great bargain. You can



buy dried beans for about \$2.00 per pound which makes about six cups of cooked beans. Beans are a great source of fiber, they're high in iron and protein, and are a rich source of thiamin, riboflavin, niacin, potassium, phosphorus, and complex carbohydrates. Even canned beans are a bargain, at around \$1.20 per can containing 1 1/2 cups of cooked beans, but dried beans are the winners when it comes to servings per dollar.

Fresh fruit can be a bargain, as well, especially if you buy it in season and when it is on sale. Fruit contains fiber, vitamins, minerals and powerful phytochemicals that promote health -- all in a tasty, sweet and juicy package. An apple or banana cost about the same as a candy bar and they provide the sweet taste we enjoy, but they come in a package of healthy nutrients instead of artery-clogging fat and sugar.

Whole, unprocessed or minimally processed plant foods provide enough calories to meet our energy needs while also providing all the nutrients we need for optimal health. It isn't any bargain to buy and consume excess calories that promote obesity and disease, no matter how cheap they are. Let's think instead of buying the most nutrients with our food dollars. We'll save at the check-out counter, but the greatest savings will be in health care costs and quality of life.

Continued from Recipe at left:

8. Try to roll the sushi into a tight cylinder, and dampen edges of nori if necessary to help it seal.
9. Let the roll rest for a couple of minutes, then cut into 8 pieces with a sharp, slightly moistened knife.
10. Serve on a platter with soy sauce, wasabi, and pickled ginger.

(For help seeing how to roll sushi, visit www.youtube.com/watch?v=RU-b9XS1g5s)

Upcoming Events



Friday, February 19

Deadline for articles and information for the March AVS newsletter. Call Elaine at 746-4668, or email to elaine@alaskaveg.org

Wednesday, February 24

Rays of Hope board of directors' monthly meeting, 9:15 a.m. If you are interested in attending and learning more about AVS' parent organization, call Delisa at 373-1526.

Saturday, February 27

AVS potluck dinner, 6:00- 8:30 p.m. at the United Protestant (Presbyterian) Church in Palmer. There will be information, an educational program and opportunities to meet new people. Call 373-1526 for information and for a map, visit: alaskaveg.org/PotluckDinners.html

Monday March 1, Tuesday March 2, and Thursday March 4

New Series of Food for Life Cooking Classes begin. See page 6 for details.

Alaska
Vegetarian Society

Mission Statement:

To create a compassionate and sustainable world by inspiring and supporting reverence for all life and the adoption of a plant-based diet.

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Wasilla, AK 99654

907-373-1526
www.AlaskaVeg.org

Free Movie Showing Saturday, February 13, 2010, 6:30 p.m.

Palmer United Protestant Church

Delicious snacks will be provided for the discussion following the movie.

Food, Inc. lifts the veil on our nation's food industry, exposing how our nation's food supply is now controlled by a handful of corporations that often put profit ahead of consumer health, the livelihood of the American farmer, the safety of workers and our environment. **Food, Inc.** reveals surprising - and often shocking truths - about what we eat, how it's produced and who we have become as a nation.



Call 373-1526 for more info or visit www.AlaskaVeg.org.

AVS is non-profit and under the umbrella of Rays of Hope, a 501(c)(3) organization. To join AVS, contact Peggy Robinson at 373-1901, or send an email to peggy@alaskaveg.org.