



Vegetarian News

“For Health and Humanity”

Summer Issue 2006

Flawed Low Fat Studies

A Clear Case Against Moderation
by Dr. John McDougall

In the early 1990’s, the founders of the Women’s Health Initiative (WHI) study were guests on my syndicated radio show. During these interviews, and on many other occasions, I challenged Ernst Wynder, MD (now deceased) and Rowan Chlebowski, MD to teach the women in their study a meaningful diet-specifically, a very low-fat, plant-food based, McDougall-type diet-so that when the day comes that the results are published the real benefits of healthy eating will be shown. Both insisted that the “moderate diet” they were using would be adequate. Twelve years and \$415 million later, on Wednesday, February 8, 2006, news headlines about their research findings showed them wrong. Please understand that I take no joy in being right; rather I am saddened because now we all must live with the incorrect conclusions that diet cannot prevent cancer or heart disease.

The truth is, this study of nearly 50,000 older women, ages 50 to 79 years, has only reinforced the well-known fact that “skinning your chicken” and “drinking low-fat milk” is inconsequential. The Women’s Health Initiative was not the first, nor is it likely to be the last, study to prove that what

most people consider to be a “reasonable, moderate or prudent diet” is at best a trivial improvement over the disease-causing, standard American diet.

Proof that the low-fat diet intervention used in this study was ineffective is the report of an average of one pound (0.4 Kg) of weight loss after 8 years of dieting (compared to those not dieting). Furthermore, the women’s blood levels of cholesterol and triglycerides, and blood pressures hardly changed after all that effort. Their dietary histories revealed that even though the low-fat diet group received “an intensive behavior modification program that consisted of 18 group sessions in the first year and quarterly maintenance sessions thereafter,” they continued to eat nearly the same amount of fiber, protein, red meat, chicken, fish, and grains. The addition of one more serving of fruits and vegetables daily may have accounted for the 9% reduction in breast cancer observed for the low-fat group.

People worldwide have been, and are still being, betrayed by investigators who spend taxpayer’s dollars on useless dietary research-and they should not be forgiven because they have always known better. Since the 1950’s studies have shown that the more plant-foods, and less processed and animal foods, populations consume, the less breast and colon cancer and heart disease they will develop. Furthermore, there is no “safe threshold”-in other words, the lower the fat intake, the less the cancer and heart disease. In fact, long before the Women’s Health Initiative study was conceived, Dr. Ernst Wynder had published extensively on the benefits of the very-low fat (10%), almost vegetarian, Japanese diet for prevention and treatment of breast cancer. So why was a “moderate” diet, instead of the best one, tested?

My nearly 40 years of experience, working with hundreds of influential doctors and scientists, leads me to believe they have a very low opinion of patients and the public in general. They believe we are too stupid and too uninterested in our own welfare to make meaningful changes in our diet-specific-

SUMMARY OF EVENTS

- May 11 Jonathan Balcombe Lecture/Book Tour
- May 12 Peter Singer Lecture/Book Tour
- May 13 May Potluck and Free Lecture
- May 21 Cooking Demo
- May 29 Memorial Day Potluck
- June 24 Summer Picni
- July 4 4th of July Potluck
- July 8 Dining Out
- May 26, June 30, July 28, Aug 25: Free Video Nights

See the enclosed Veg Calendar for a description of events hosted by the Society, as well as other “veg” happenings in the Bay Area. The Calendar is posted on our web site, www.sfv.org and you can always call (415) 273-5481 for information.

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INSIDE THIS ISSUE > > >

- Flawed Low Fat Studiespage 01
- Firefighters Gone Vegan.....page 02
- Food and Drink.....page 03
- President’s Corner.....page 04
- Book Reviews.....page 05

San Francisco Vegetarian Society
For Health and Humanity

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Vegetarian News is published by the San Francisco Vegetarian Society (SFVS), a nonprofit, non-sectarian group dedicated to educating the public about the benefits of a vegetarian diet, for health and humanity. SFVS was founded in October 1968 and is one of the oldest vegetarian organizations in North America.

Members are encouraged to submit articles, announcements, reviews, recipes, etc. to the editor. The deadline for submissions for the next newsletter is August 1st. Please contact Kristen at 415-273-5481 or sfvegkristen@yahoo.com.

ADVERTISE WITH US and reach more veg*ns! Members, is there a restaurant or store we should know about? Have them contact us.

Ads start at just \$35 per issue. Discounts available for multiple issue commitment. Please contact Advertising Coordinator Joseph Cadiz, jcadiz2002@yahoo.com.

cally, to follow a plant-food based diet. When I suggest such powerful dietary changes, they respond with, "That's unreasonable; no one will follow a vegetarian diet." Even if they were correct, you and I still deserve to know the truth, so that this option for preventing illnesses and premature death is available to us.

The Women's Health Initiative should be remembered as the study that inspired honesty in the scientific community and put an end to ineffective research using a "sensible diet." No longer should the excuse that people won't follow a truly healthy diet be accepted-we who do so know better. My sentiments about "the failure of the low-fat diet" are succinctly summed up by this recent e-mail to me: "Please come out against this foolish study. I have become a low-fat vegan, and I have lost 30 lb. or so."

Reprinted with permission from Dr. McDougall's Mailing Online at www.drmcDougall.com. John McDougall promotes healthy low-fat vegetarian diets through his numerous books, publications, videos, seminars, retreats, and newsletters. His mailing address: McDougall Wellness Center, P.O. Box 14039, Santa Rosa, CA 95402.

Firefighters Gone Vegan?

Even Austin Is Impressed
by Deborah Blumenthal
Reprinted from The New York Times, March 26, 2006

The image of big brawny firefighters devouring platters of four-alarm chili, sizzling steaks and double cheeseburgers is as much a part of firehouse lore as brass fire poles, and heroic Dalmatians. "They're dinosaurs, they're big meat eaters," said Joseph T. Bonanno Jr., a former New York City firefighter and the author of "The Firehouse Grilling Cookbook"... But not here. In this health-conscious state capital, sometimes called the People's Republic of Austin, maverick behavior is nothing out of the ordinary. But when Jimmy John's, the local sandwich joint, names a sandwich after you, "the Engine 2 Veggie Sandwich"; when People for the Ethical Treatment of Animals gives you an award for "Animal Friendly Firehouse of the Year"; and when people call out to passing fire trucks, "Are y'all the vegans?" even Austin is taking notice.

The five firefighters of Team C at Firehouse 2 – Rip Esselstyn, James Rae, Matt Moore, Derick Zwerneman and Scott Walters – now eat vegan, taking turns whipping up plant-based fare like meatless and cheeseless pizza, past primavera and spinach enchiladas. It did not happen because they shared a love of sprouts. A routine cholesterol test left Specialist Rae, 37, shaken. The American Heart Association ranks anyone with a level of 240 or more high risk; Specialist Rae's hit 344. "I was floored, scared," he said. "I had no clue." All but one of his male relatives had succumbed to heart disease by age 59. Specialist Rae's father, the sole survivor, had a heart attack and then triple bypass surgery in his mid-50's.

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The team's nutrition guru came to his aid. Firefighter Esselstyn, 43, a professional triathlete for a decade before joining the department in 1997, was living proof that meat was not necessary for hard work and endurance. He became a vegetarian in 1986 and a vegan in 2002. He persuaded the group to rally around Specialist Rae and start cooking vegan dishes. Firefighter Esselstyn knew through his father's work that a strict vegan diet would help. His father, Dr. Caldwell B. Esselstyn Jr., had been a general surgeon at the Cleveland Clinic and still conducts research there. Dr. Esselstyn's 12-year trial with patients with what looked like terminal heart disease showed that a very-low-fat, plant-based diet-with cholesterol-lowering medicine could bring striking improvement. Heart disease "never need exist," Dr. Esselstyn said, but if it does, "it never need progress." His son cited another reason for improving Specialist Rae's health. "J. R. became more of a liability than an asset to us," Firefighter Esselstyn said, glancing at this partner with a half-smile. "Do I want a guy with a bad ticker dragging me out?"

But while Specialist Rae adhered to the diet at the firehouse, he was not as strict outside. He became what he calls a flexitarian, someone who occasionally eats meat or fish. When that did not lower his cholesterol enough, he switched to the vegan diet based on fruits, vegetables, whole grains and legumes. Now, he said, his cholesterol is under 200, and he calls the way he eats "a way of life."

While Team C eats vegan at work-each man shops and cooks dinner twice a month-the other two members, Lieutenant Walters and Firefighter Zwerneman, are not always such purists at home.

For the other 10 men in Firehouse 2, the vegan diet has not gone down so easily...Firefighter Esselstyn and the others shrug it off. "Seventy percent of our calls are medical," he said. "Every day we see the ravages of people eating to their heart's content." If not for Specialist Rae's cholesterol, he said, "there would have been someone else, someone prediabetic or obese who would have prompted us." To reach the public, Team C has a Web site - www.engine2.org - with goofy pictures of the men posing with fruits and vegetables, campy biographies, health links, and recipes like Paul McCartney's enchiladas, tortilla pie and Station 2's award-winning wraps. Even the firehouse carnivores benefit from the vegan cookery, routinely scavenging leftovers. As Edward Roel, a driver on the B shift, admitted, "They taste good."

WORLD VEGETARIAN DAYS – SEP 30th/OCT 1st 2006 – 10 a.m. to 6 p.m. both days!

Plan ahead for an exciting 7th Annual World Vegetarian Day Weekend Celebration at the San Francisco County Fair Building in the Golden Gate Park featuring the Organic Athlete Conference and Healthy thru Nature Ecoville. There will be international vegan cooked and raw cuisine to sample or buy, food demos, children's corner, live entertainment, and an eco-fashion show Saturday & Sunday, followed by a gourmet

vegan dinner at 6:30 p.m. on Saturday evening only. Outstanding speakers include: Dr. Doug Graham, Dr. Joel Fuhrman, Dr. John McDougall, Howard Lyman, John Robbins and more! Anyone interested in working on the Organizing Committee should contact the Veggie Hot Line, 415-273-5481. The next meeting will be Tuesday, May 23rd at 6:30 p.m. Contact the same number for details.

FOOD & DRINK

Recipes courtesy of Jill Broadway, a professional, international chef, cooking at yoga ashrams and Ayurvedic wellness spas and currently at Café Gratitude. She will be doing a cooking demo for SFVS on Sunday, May 21 from 1:00 to 4:00 p.m. at the One Taste Café, in the Urban Retreat Center, 1074 Folsome Street, San Francisco. Check the Veg Calendar for details.

Thai Style Corn and Potato Chowder

2 cups onion, small dice
 1 large carrot, small dice
 2 celery stalks
 2 tsp minced garlic
 2 tsp. minced ginger
 1 bay leaf
 1 tsp ground cumin
 1 tsp ground coriander
 2 tsp dried basil
 3 cups new or Yukon gold potatoes, small dice
 6 cups veg stock or water
 1 can coconut milk
 2 cups corn kernels (from about 4 ears of corn)
 6 kaffir lime leaves (or add 2 tsp lime zest and juice to taste, at end)
 1/2 cup chopped fresh cilantro
 2 Tbsp chopped fresh basil
 salt & pepper to taste

Heat oil in a soup pot over medium heat. Add onion, carrot, celery and cook until softened, stirring occasionally, 7 to 10 minutes. Add garlic and ginger, cook 2 minutes more. Add spices and cook another 2 minutes, stirring. Add potatoes, stock or water, lime leaves and salt and pepper to taste. Bring to boil and simmer, partially covered until potatoes are soft, about 20 minutes. Add corn, coconut milk, cilantro. Cook another 5 minutes, until corn is tender and soup is heated through. Taste and adjust seasoning, adding lime juice if desired plus remaining cilantro and fresh basil if using.

Quinoa Tabouleh

1 cup quinoa, rinsed and drained
 1 2/3 cups water
 1 tsp salt
 1/3 cup fresh lemon juice

4 to 5 green onions, finely sliced
 3 bunches parsley, finely chopped (about 3 cups)
 1 cup chopped mint
 1 red pepper, small dice
 1 apple, small dice
 1 tsp minced garlic
 6 Tbsp olive oil
 toasted pine nuts or almonds, optional

Combine water, salt, and quinoa in a medium pot. Bring to a boil, then simmer, covered, until tender (12 to 15 minutes). Remove from heat, turn out into a bowl and fluff with a fork. Add half the lemon juice, green onions, parsley, mint, red pepper and toss. Let stand for 15 minutes. Whisk remaining lemon juice with olive oil and garlic. Pour over salad, add diced apple and combine well. Garnish with toasted nuts, if desired.
 Salad can be made with raw sprouted quinoa.

10 best reasons for being vegetarian (like a David Letterman list, but better)!

adapted from the Vegetarian Society of Georgia

10. No more pressure to eat pickled pigs' feet.
9. Can be friends with the neighborhood rabbit.
8. Enjoy making retching sounds at McDonald's.
7. Free from worry about choking on a fish bone.
6. Now know 30 ways to use tofu.
5. Blood sausage.
4. Don't have to eat mom's tuna surprise.
3. Jello is history.
2. Can use steak knife set for whittling wood.
1. Know the secret "V" handshake.

President's Corner

by Dixie Mahy

I have been involved with the San Francisco Vegetarian Society since 1969 (it was organized in 1968). Over the years I have watched our "grass roots" movement grow tremendously. In those early days we were struggling to validate a vegetarian diet (most of us were still eating animal products like dairy and eggs) and we had to defend our diet against the prejudices of the time. "Where do you get your protein?" was the tired question we always had to explain. It is amazing to me, with all of our great information through books, cookbooks, restaurants, health stores, and the Internet that we still have to convince people that a "vegan" diet (without dairy, eggs, and animal products) is a healthy vital diet.

Although there are many problems with eating animal flesh and animal products, too numerous to mention here, consider the problems related to Mad Cow disease, something we had not heard of 38 years ago when SFVS was organized. On February 3 2006, *The Washington Post* reported "Agency Fought Retesting of Infected Cow" by

Mark Kaufman, p. A07. It stated that the Agriculture Department officials overruled field scientists' recommendation to retest an animal that was suspected of harboring mad cow disease last year because they feared a positive finding would undermine confidence in the agency's testing procedures. The specimen was eventually sent to England for retesting and produced this nation's second confirmed case of bovine spongiform encephalopathy (BSE), also known as mad cow disease.

"The report also found that although there was no evidence that infected meat had made it into the human food chain, the USDA surveillance system did not collect the information needed to say whether slaughterhouses were following all mad cow-related regulations. In nine of 12 facilities visited, the report said, inadequate record keeping made it impossible to know whether proper procedures were being followed. As a result, should serious animal disease be detected in the United States, USDA's ability to quickly determine and trace the source of infections to prevent the spread of disease could be impaired."

Some people might be persuaded to give up eating "red" meat because of the possibility of getting the mad cow disease and turn to chicken for their "protein" or "flesh fix". If so, consider this information regarding chicken. On April 5, 2006 *The New York Times* carried this article on p. F6 "Chicken With Arsenic? Is That O.K.?" "...arsenic is a recognized cancer-causing agent and many experts say that no level should be considered safe. Arsenic may also contribute to other life-threatening illnesses, including heart disease and diabetes, and to a decline in mental functioning. . . .Until recently there was a very high chance that if you ate chicken some arsenic would be present because it has been a government-approved additive in poultry feed for decades. It is used to kill parasites and to promote growth. Human exposure to it has been compounded because the consumption of chicken has exploded. In 1960, each American ate 28 pounds of chicken a year. For 2005, the figure is estimated at about 87 pounds per person. In spite of this threefold rise, the F.D.A. tolerance level for arsenic in chicken of 500 parts per billion, set decades ago, has not been revised."

The April 6, 2006 *Star Tribune of Minneapolis* carried a similar article on p. 1D stating "A study of chicken sold at supermarkets and fast-food counters found traces of arsenic in a majority of the samples, which the researchers said confirms that a decades-old farming practice of using arsenic in chicken feed leads to contaminated meat." The study included samples of fried chicken from major fast-food restaurants and supermarkets in Minnesota and California. The result: 3/4's of the chicken from conventional producers contained some arsenic and, surprisingly, 1/3 of chickens from premium or organic producers contained arsenic. "Every sample from fast-food restaurants had at least some arsenic." Industry experts say there should be little cause for alarm. Richard Lobb, a spokes-

man for the National Chicken Council stated, "If you're concerned about it, you better stop eating shrimp, because the levels there are 40 parts per million. Seafood is by far the highest." So much for fish! Add mercury to the Tuna and you might as well give up – go VEGGIE!

BOOK REVIEWS

Pleasurable Kingdom: Animals and the Nature of Feeling Good

By Jonathan Balcombe

Animal pain and stress, once controversial, are now acknowledged by legislation in many countries, but there is no formal recognition of animals' ability to feel pleasure, *Pleasurable Kingdom* is the first book for lay-readers to present new evidence that animals – like humans – enjoy themselves. It debunks the popular perception that life for most is a continuous, grim struggle for survival and the avoidance of pain. Instead, it suggests that creatures from birds to baboons feel good thanks to play, sex, touch, food, anticipation, comfort, aesthetics, and more. Combining rigorous evidence, elegant argument and amusing anecdotes, leading animal behavior researcher Jonathan Balcombe proposes that the possibility of positive feelings in creatures other than humans has important ethical ramifications for both science and society.

Jonathan Balcombe is an animal behaviour research consultant for the Washington, D.C. based Physicians Committee for Responsible Medicine and the author of *The Use of Animals in Higher Education: Problems, Alternatives and Recommendations*. He will be speaking for SFVS on May 11th. Check the Veg Calendar or call our Veggie Hotline, 415 273-5481 for details.

Published by Manchester University Press, and Zed Books. 256 pp. \$24.95, May 2006

The Way We Eat: Why Our Food Choices Matter

By Peter Singer and Jim Mason

Eating is, among other things, an ethical act. But to eat ethically requires knowledge of how our food is produced, and the industrial food chain makes acquiring that knowledge – especially about the way we raise food animals – difficult if not impossible.

When you sit down to a meal or go grocery shopping, how often do you think about the source of that food you are about to consume or purchase? Was it grown without pesticides or herbicides? Were the farm workers paid a living wage? Was the animal raised humanely? In fact, until recently we have not thought about what we eat as a matter of ethics at all, but more and more people are regarding their food choices as a form of political action.

To illustrate the issues raised by what we choose to eat, Singer and Mason profile three American families whose food choices exemplify a range of ethical standards when it comes to food consumption. The first family typifies the majority of American consumers, those of us who adhere to a Standard American Diet, a diet driven primarily by convenience and cost but wanting in the ethics category. Then there are those who Singer and Mason call the "Conscientious Omnivores," or people concerned about both the health of their family and the impact their food choices have on the environment. And finally we have the Vegans. These are people who follow the strictest ethical principles when it comes to the food they choose to eat. By tracing the foods each family consumes back to the production process, Singer and Mason are able to examine what ethical issues arise and thus to mine the impact our food choices have on humans, animals, and the environment. In the process, we not only learn much about the sources of our foods but, as significantly, we learn the extent to which America's food industry seeks to keep Americans in the dark about the ethical components of their food choices.

Rigorously researched, piercing in its arguments, *The Way We Eat* is essential literature to our understanding of the ethics of eating.

*Peter Singer, author of *Animal Liberation* and co-author of *Animal Factories*, was named by *Time* magazine last year as one of the 100 Most Influential People. "No other living philosopher has had this kind of influence." Arguably the world's leading ethicist, *The New Yorker* once wrote that Singer "may be the most controversial philosopher alive." Born in Australia, Peter Singer is a professor of bioethics at Princeton University and lives in New York. Jim Mason is the author of *Animal Factories*. He is also an attorney and the fifth generation of a Missouri farming family. He lives in Virginia. Published by Rodale Books, 336 pp. \$25.95, May 2006.

*Pete Singer will be speaking for SFVS on May 12th. Check the Veg Calendar or Veggie Hot Line 415 273-5481 for details.

IN THE NEWS

Go Vegan Radio – New Time

Bob Linden's vegan radio program, for the betterment of humans and animals, continues to be broadcast in the San Francisco Bay area on KQKE AM 960, an Air America Affiliate, but at a new time, 9:00 p.m. every Sunday and by pod-casting. Bob interviewed Dixie Mahy, President of SFVS, on Sunday, February 26, 2006. If you missed it or if you would like to check other past programs, you can catch them on line as they are archived on his web:

www.GoVeganRadio.com. If you would like to show your support to keep the program alive in the Bay Area, send donations or ads to Go Vegan Radio, P.O. Box 40246, San Diego, CA 92164, or by e-mail: Bob@GoVeganRadio.com. (Mention SF Vegetarian Society when you make contact). Although this radio program started airing in San Francisco in January 2006, it has been airing in Los Angeles and San Diego for five years. We hope it will be as successful here. We appreciate having a vegan advocate on the airways.

San Francisco Social

A Guide to Fascinating, Exciting, or Prestigious Organizations, Clubs, and Associations.

This unique publication captures and promotes many of San Francisco's most impressive organizations, clubs and associations. The San Francisco Vegetarian Society was selected from the thousands in San Francisco to be included in the newest annual publication. Filled with over 500 color photographs representing over 35,000 club members, the groups featured are from different parts of the cultural spectrum, including social, sports, community, environmental, fundraising, education, and artistic – all of which make up the fabric of life and society of the metropolitan San Francisco area. The New Edition for 2006 is available from TCB CAFÉ Publishing & Media, www.cafeandre.com, 415-263-6800 “New Ideas for a New World”. If you are a member or friend of SFVS, you can purchase a copy online at a 30% discount. With free shipping included, the discounted price is \$13.95 (Regularly \$19.95). Be sure to mention the San Francisco Vegetarian Society and they will contribute \$3.00 for each discounted copy purchased.

Vegetarian 2006 Summerfest

The Annual Conference of the North American Vegetarian Society will be July 5 – 9 at Pitt-Johnstown (PA). Keynote Speakers include T. Colin Campbell, PhD, George Eisman, RD, Caldwell Esselstyn, MD, Michael Greger, MD, Milton Mills, MD, Howard Lyman, Gene Bauston, Erik Marcus, and more. Great Chefs include Ken Bergeron, Fran Costigan, Ann Gentry, Jill Nussinow, and Cherie Soria. Discounts for seniors, students, and NAVS members. Contact NAVS, P.O. Box 72, Dolgevill, NY 13329 or 518-568-7970 to register or for more information.

Meat Eaters & Global Warming

Re-produced from *Dawn Watch*

The ABC News website has an interesting piece, posted April 19, headed, “Meat-Eaters Aiding Global Warming?” and sub-headed, “New Research Suggests What You Eat as Important as What You Drive. Your personal impact on global warming may be influenced as much by what you eat as by what you drive.” It continues:

“That surprising conclusion comes from a couple of scientists who have taken an unusual look at the production of greenhouse gases from an angle that not many folks have even thought about. Gidon Eshel and Pamela Martin, assistant professors of geophysics at the University of Chicago, have found that our consumption of red meat may be as bad for the planet as it is for our bodies.

“If you want to help lower greenhouse gas emissions, they conclude in a report to be published in the journal *Earth Interactions*, become a vegetarian.

“In the interest of full disclosure, it should be noted that both researchers are vegetarians, although they admit to cheating a little with an occasional sardine. They say their conclusions are backed up by hard data.

“Eshel and Martin collected that data from a wide range of sources, and they examined the amount of fossil-fuel energy -- and thus the level of production of greenhouse gases — required for five different diets. The vegetarian diet turned out to be the most energy efficient, followed by poultry, and what they call the ‘mean American diet,’ which consists of a little bit of everything.

“There was a surprising tie for last place. In terms of energy required for harvesting and processing, fish and red meat ended up in a ‘virtual tie,’ but that’s just in terms of energy consumed. When you toss in all those other factors, such as bovine flatulence and gas released by manure, red meat comes in dead last. Fish remains in fourth place, some distance behind poultry and the mean American diet, chiefly because the type of fish preferred by Americans requires a lot of energy to catch.”

On the impact of changing your diet, Eshel says, “It is comparable to the difference between driving an SUV and driving a reasonable sedan.”

You can read the full article on line at: <http://abcnews.go.com/Technology/story?id=1856817&page=1>

On that page, at the end of the article, you’ll find, “What Do You Think? Chat About the Issue.” That gives vegetarians a great opportunity to chat about the many reasons for choosing a plant based diet besides the environmental issues. For example the consumption chicken, which rates higher than beef for environmental protection, involves some of the most gratuitous cruelty as birds are exempt from humane slaughter laws.

You can learn more about the impact of meat-based diets on animals, and see photos of their living conditions at www.FactoryFarming.com

Yours and the animals’,
Karen Dawn

Dining Out Coordinator Needed

If anyone is interested in this fun volunteer job, call our hot line, 415-273-5481.

Community Thrift Store

Clean out your garage, closets, and attics and donate your good items and clean clothes to the Community Thrift Store, 623 Valencia, San Francisco, 415-861-4910. Be sure to give them our #95 and we will receive a percentage of items sold.

CLASSIFIEDS

2nd Tuesday of the Month East Bay Vegan Outing

Join us in Berkeley on the 2nd Tuesday of each month for a vegan meal. Currently we are meeting at "India Foods", 2100 University Ave, at Shattuck Ave. This is 3 blocks north of the Berkeley BART station. We have a fresh buffet of 3 Indian Vegan items plus rice and vegan bread [or pakora]. And its only \$6 for all you can eat. 6 pm — 7:30 pm on the second Tuesday of the month. Please RSVP to howarddy2@att.net.

LEAFLETING AT KFC – Co-Sponsored by the Veggie Jews Tsedakah Brigade and The San Francisco Vegetarian Society

One Sunday a month, there will be an educational leafleting scheduled at the Kentucky Fried Chicken fast food restaurant on 1900 Irving and 20th Avenue, San Francisco. If you would like to be more active in promoting a humane healthy vegan diet and expose the inhumane treatment involved in factory farming, join Bonnie Knight,

SFVS member and coordinator of the event. Literature from PETA will be given to everyone to pass out. Afterward, those interested will adjourn to the Vegetarian Chinese Restaurant, Shangri-La, 2026 Irving Street, at 22nd for lunch and letter writing. If you can't make it to the leafleting, come for lunch. Contact veggiejews@cyberonic.com or 415-665-1583 to sign up or for more information.

Assistant for Prez

Dixie Mahy is looking for someone to work with her who is good at composing letters to assist her in the overwhelming correspondence she does for World Vegetarian Day as well as the Society's business. It is interesting and helpful corresponding with potential speakers, net working with other organizations, contacting the media, etc. It would be necessary to be able to do e-mail as well as access to a printer for hard copy mailing. Call 415-885-2251 afternoons or evenings.

Graphic Artist needed to help design WVD poster, post cards, etc. Call 415-885-2251 if artistic and interested in volunteering.

Please disregard the "Request to Join" or "Renew" if you already have. Checks are sometimes posted after the mailing labels have been made. Duplicates may also be the result of different lists your name appears on. We appreciate your patience in deleting any duplicates. Contact: tracyinfo@aol.com for direct corrections or call our hot line: 415-273-5481.

Look for our next issue in September.

Join us for Memorial Day and 4th of July Potlucks

San Francisco Vegetarian Society
for Health and Humanity
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NOTE: If your membership is about to expire (see date on label), then we urge you to renew now!

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