

# Food for Thought

Vegetarian & Vegan Society (VegSA) Inc.

## Newsletter

Issue 4/11 – December 2011

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*What's been happening?*

## VegSA Update

### ◆ The International Vegetarian/World Animal Day picnic

Though quite a small event, was enjoyed by members from VegSA, Adelaide Vegans, Animal Liberation and others. It was a great opportunity to share ideas and excellent food. Due to the public holiday attendance was low - but these two important international events should not be ignored. Hopefully there will be similar events again in the future to celebrate.

### ◆ The Vegan Festival

Held on November 13 was perhaps the highlight of our year. The crowd was bigger than ever and many people visited our stall, asking questions, taking literature and our fliers. Whitmore Square is an excellent location and the weather was kind.

VegSA would like to thank Don and Beryl Dispain who worked all day on the stall and proved to be impressive "sellers". Pam Marshall for the loan of her gazebo. Ken Lawson and Robert Sanders for erecting and dismantling it and those who helped on our stall and VegSA members (and others) who helped at the event and, of course, Shane Ward and Grace Love (Kas) whose planning made the whole thing possible. A great result all round!

### ◆ The Vegetarian Singles Group

Now up and running and has already hosted two events. Currently the plan is to have a dinner or lunch alternately on the third Saturday each month with picnics on 1st Sunday. including joining in VegSA's annual picnic on Feb 5th. Congratulations to Corin for getting all this "off the ground". (**For contacts and details of events see Diary Dates - last page**).

### ◆ VegSA Group Activities

**Southern Group** has continued to meet monthly at Great Nature at Christies Beach, but recently for the first time ventured further a field visiting The Green Room at Willunga (in conjunction with the Vegewise Group). Everyone who visited this new (to us) vege venue were impressed with the quality of the food and plan to visit again soon.

**Northern Group** was happy to see the addition of Carrot Heads (Port Adelaide) and Ms Chowkie (Blair Athol) to the VegSA Eateries list and have enjoyed visits to both. Prior to this, (when no veg. eateries were available in the area) the group had been exploring the veg.

offerings available at some of the non-veg establishments. The Northern Group have used this as a means to encourage local venues to offer more meals for vegetarians/vegans and where appropriate offer advice about suitable dishes and ingredients. They plan to continue visiting non-veg. venues as well as Carrot Heads and Ms Chowkie as often as possible.

**Vegewise** have now visited all the vegetarian venues available in the CBD at least once. They have also ventured further to see what is on offer in non-vegetarian establishments that offer meals for vegetarians. There has been a mixed success with a some venues offering good vegetarian options while others being somewhat disappointing. Whilst it might seem counter-productive for a vegetarian group to be visiting non-vegetarian venues it has provided the group with some useful information:

1. The best venues offering both vegetarian and non-vegetarian cuisine - particularly useful when no suitable vegetarian places are available. For example: only two of the eateries on the VegSA Eateries List are open on Sunday evening (both are in the suburbs) - visitors to Adelaide city (and locals) may appreciate knowing about suitable alternatives in the city.
2. Vegetarian places on the whole offer better vegetarian food than non-vegetarian (as you would expect). Organic non-vegetarian eateries usually offered the best vegetarian food. Not only do they have more vegetables on offer, but the quality was better with such options as fresh juices, fresh salads and quality healthy ingredients. (Organic non-vegetarian eateries seem to be the best alternative when vegetarian venues are unavailable. The downfall being that many of these venues are only open during business hours!)
3. Vegetarian eateries are generally cheaper. Difficult to prove if you don't normally buy non-veg food - but on the whole vegetarian meals in a non-veg venues seemed dearer than equivalent meals from a vegetarian venue.

Note: Each of the sub-groups were free to act independently, plan its own activities and formulate its own way of operating so long as this is in line with VegSA's objectives (as set out in the Constitution). Members are encouraged to comment on this subject if they wish.

## OBITUARY

*We were saddened to hear recently of the passing of our longstanding member **Arnold Ward**. As well as a very generous supporter of VegSA Arnold acted as Honorary Auditor for several years. He was also active in promoting other environmental groups, especially in opposing the introduction of genetically engineered crops into Australian agriculture. VegSA sends its condolences to Arnold's family. He will be greatly missed.*

# Products on the Market

◆ **THE KIND CLEANER:** Paul ("The Kind Cleaner") arrives at your place on his bike with trailer. He uses "ethically sourced, all natural products that leave your place spotless and smelling clean" He says, "The environment is not somewhere out there. It's where you live, eat, work and play. I will treat it kindly" [www.thekindcleaner.com.au](http://www.thekindcleaner.com.au)

Contact Paul on 0401 920 041 or [hello@thekindcleaner.com.au](mailto:hello@thekindcleaner.com.au)

◆ **NUTRITIONAL HARMONY:** Dietary specific groceries delivered to your door. Specialising in low-allergy, vegetarian, vegan, kosha, halal etc. Order and pay on line. Delivery cost \$6 for inner metro, \$7.50 outer metro. For products list phone 8244 4004 or see

www.nutritionalharmony.com.au Nutritional Harmony is also at Brighton Market 9am-1pm every 2nd Thursday & last Saturday of each month at 1/444 Brighton Road, Brighton (Nr Jetty Road).

◆ **SUGAR FREE CEREALS:** *Many commercial cereals have quite a high % of sugar. Sugar free cereals are available:*

**In bulk** (and avoid packaging): **Puffed rice** (\$7.50) and **wheat flakes** (\$18.50) (Prices from Goodies and Grains, shop 22 Central Market Plaza, Gouger St, Adelaide.)

**In packets** (available in most supermarkets):

**Sanitarium's Puffed Wheat.** info: [www.sanitarium.com.au](http://www.sanitarium.com.au) ph 1800637392

**Abundant Earth's Puffed Millet** also **Organic Puffed Millet** in health section or health shops. Info: [www.abundantearth.com.au](http://www.abundantearth.com.au)

**Uncle Toby's\* Shredded Wheat (100% wholegrain) and Oatbribs (55% oats + wheat + salt).** Info: 1800 025 768 or [www.uncletobys.com.au](http://www.uncletobys.com.au)

\*Note Uncle Toby's is associated with Nestle so might need to be approached with caution

## In the Media

### ◆ CAN SLAUGHTER-FREE MILK DELIVER WHAT IT PROMISES

(posted by Katie Waldeck on <http://www.care2.com/greenliving/can-slaughter-free-milk-deliver-what-it-promises.html#ixzz1YsYXU9oK> Sep 21, 2011)

U.K. based Ahimsa Milk is the first and only company that sells "slaughter-free" milk -milk that is produced without killing any cows, calves or bulls. In conventional dairy production, dairy cows are usually impregnated yearly and pumped with hormones to produce as much milk as possible. But dairy cows can't produce milk forever - and that's when they're slaughtered. Calves and bulls are also slaughtered when they're no longer "useful". Rather than face death when they can't produce milk, Ahimsa Milk's cows will retire to a sanctuary to live out the rest of their lives. Ahimsa Milk's economic model is undoubtedly more humane - but is it realistic? Erik Marcus of Vegan.com writes:

Start thinking about the feed, veterinary costs, and housing costs involved and it's clear that the future financial obligations entailed by a glass of slaughter-free milk dwarf its production costs. And that goes double if the cows are receiving high-quality veterinary care, and are given spacious accommodations during their productive lives and their retirements. Now also consider that at four calves per cow, two of those calves will be males. Are they really going to give these two males accommodations and veterinary care for their natural twenty year lives? While slaughter-free milk is certainly far more humane than conventional milk products, it's not exactly a realistic model for the dairy industry to adopt. In the meantime, though, perhaps dairy-free milks are your best option.

### ◆ TAX ON UNHEALTHY INGREDIENTS - but not in Australia yet!

Starting from October 1, Danes will pay a tax on each pack of butter, pack of crisps and pound of mince, even though less than 10 percent of Danes are clinically obese, compared to over 20% in UK and 34% in USA. The tax is expected to cut consumption of saturated fat by close to 10pc, and butter consumption by 15pc. In September Hungary imposed a tax on all packaged foods containing unhealthy levels of sugar, salt and carbohydrates and products containing more than 20 milligrams of caffeine per 100 millilitres of the product. <http://www.care2.com/causes/a-fat-tax-in-denmark-should-it-happen-in-the-us.html#ixzz1ZmHwgP2X>

## Eateries Update

**Congratulation to "Katta" number 20 on the VegSA Eateries list!**

*It's taken a few years to get there but we have just added number 20 to our eateries list (and*

still counting. We have added 4 in the last 12 months.) Congratulations to number 20 - Sammeer at: **KATTA (Vegetarian & Vegan Delights)**: 1/467 Fullarton Rd, Highgate (500m north of Cross Rd on west side, near IGA). Cuisine is "West & South Indian", some dishes with milk or butter (no egg, of course). Vegan dishes are identified on the menu and most dishes can be made vegan if informed in advance. Take-away tubs available in fridge for quick pick-up. Ph 7225 4166 or 0422 109 179. Open 11am to 8.30pm Mon – Sat, 11am to 4pm Sundays

## IRON IN OUR DIET

One of our older members was recently advised by her doctor to eat meat, as her iron levels were very low. As vegetarians and vegans are frequently asked, "What do you do about ensuring adequate iron from your diet?" Food for Thought checked several websites\* for information on the subject. We found this was substantially consistent over a number of sites. Here is a summary of what they say.

### Function of Iron

Iron is an essential part of haemoglobin (the part of the red blood cell that carries oxygen). It is also involved in energy metabolism. Iron deficiency is one of the most common nutritional problems around the world especially in young children, pregnant women, and the elderly. Restrictive vegetarian diets (including macrobiotic), however, can be associated with iron-deficiency anaemia.

### Types of Dietary Iron

Iron in food occurs as haem iron and non-haem iron. Approximately 40% of the iron in meat products is haem iron; 60% of the iron in meat and all the iron in plant foods is non-haem iron. The absorption by the body of the two types of iron differs, with about 20% of haem iron, and about 2% to 20% of non-haem iron, being absorbed.

### Enhancers of Iron Absorption

Vitamin C significantly enhances the absorption of non-haem iron, but must be consumed at the same meal. Fruits and vegetables also contain small amounts of other organic acids (e.g. citric acid and malic acid) that can enhance non-haem iron absorption.

**Inhibitors of Iron Absorption** Tannic acid (e.g. in tea) can reduce non-haem iron absorption by as much as half. Calcium and phytates (found in whole grains and legumes) can both reduce iron absorption. Take these away from iron source foods

### Dietary Sources of Iron - see table on P5

Good sources include legumes, whole grains, wheat germ, oatmeal, green leafy vegetables, peas, broccoli, potatoes, nuts, seeds, peaches and dried fruit. The use of iron cooking utensils and saucepans also contributes to dietary intake.

### Iron Absorption and Excretion

Iron absorption is largely controlled by iron stores in the body. If stores are depleted absorption is increased. If iron stores are increased absorption is reduced. Low iron levels over a long period of time can lead to iron deficiency anemia, symptoms of which include lack of energy, shortness of breath, headache, irritability, dizziness, or weight loss. The incidence of iron-deficiency anaemia in vegetarians is not significantly different from non vegetarians. (although restrictive vegetarian diets, including macrobiotic, can be associated with iron-deficiency problems). A simple blood test can assess this blood iron status.

## Recommended Dietary Intakes (RDIs)

Pre-menopausal women - 12-16 mg/day During pregnant 10-20 mg/day

Men - 7 mg/day, Post-menopausal women - 5-7 mg/day,

**CONCLUSION:** Eat plenty of iron rich veg foods at the same meal as those high in Vit C. but away from those high in calcium or phytates. Soak/sprout grains to reduces phytates.

**Websites consulted:** [www.vnv.org.au](http://www.vnv.org.au) (Vegetarian Victoria)

<http://www.betterhealth.vic.gov.au/> [www.mydr.com](http://www.mydr.com) [http://](http://www.care2.com/greenliving/12-top-vegan-iron-sources.html#ixzz1bwxgFmPD)

[www.care2.com/greenliving/12-top-vegan-iron-sources.html#ixzz1bwxgFmPD](http://www.care2.com/greenliving/12-top-vegan-iron-sources.html#ixzz1bwxgFmPD)

## VEGETABLE SOURCES OF IRON

source [www.vnv.org.au](http://www.vnv.org.au)

Food	Serving	<u>Iron</u> content (mg)
Cashew nuts	2 tbsp	1.0
Pumpkin seeds	2 tbsp	2.5
Tahini/Sesame seeds	2 tbsp	1.2
Sunflower seeds	2 tbsp	1.1
Molasses	1 tbsp	3.3
Licorice	50 g	4.4
Marmite (fortified)	5 g	1.8
Apricots (dried)	1/4 cup	1.5
Raisins	1/4 cup	1.1
Avocado	1/2	1.0
Prunes	1/4 cup	0.9
Kelp (cooked)	1/2 cup	42.0
Nori (cooked)	1/2 cup	20.9
Parsley (raw)	50 g	4.7
Potato, with skin (cooked)	1 medium	2.7
Spinach (cooked)	1/2 cup	1.5
Broccoli (cooked)	1/2 cup	1.0
Brussels sprouts (cooked)	1/2 cup	0.9
Some breakfast cereals (fortified)	100 g	10 (approx)
Textured Vegetable Protein (TVP) (cooked)	1/2 cup	2.0
Barley, whole (cooked)	1/2 cup	1.6
Wheat germ	2 tbsp	1.2
Bread, whole wheat	1 slice	0.9
Rice, brown (cooked)	1/2 cup	0.5
Tofu	1/2 cup	6.2
Soybeans (cooked)	1/2 cup	4.4
Garbanzo beans (cooked)	1/2 cup	3.4
Lentils (cooked)	1/2 cup	3.2
Navy beans (cooked)	1/2 cup	2.5
Pinto beans (cooked)	1/2 cup	2.2
Lima beans (cooked)	1/2 cup	2.2
Tempeh (cooked)	1/2 cup	1.8
Split peas (cooked)	1/2 cup	1.7
Kidney beans (cooked)	1/2 cup	1.5
Peas (cooked)	1/2 cup	1.2
Baked beans (cooked)	1/2 cup	0.7

# VegSA Diary Dates

- ◆ **VegSA ANNUAL PICNIC - Sunday February 5th from 12 noon at Hazelwood Park.** Davenport Tec (Backside of park) Hazelwood Park. Please bring vegan or vegetarian food to share, seats, crockery, cutlery, drinks, musical instruments, friends, family, vege news to share. For info contact VegSA (details below). .ALL WELCOME

Note: *Event cancelled if temperature is 36<sup>o</sup> or above*

- ◆ **PIZZA NIGHT - Sunday February 19th 5pm.** Meet at Godzilla's Pizza 3/542 Brighton Road, Brighton. Grab a vegetarian pizza to eat at the beach or park. (Godzilla keeps its vegetarian and vegan area separate from the non-vegetarian). Enquiries / bookings to Su 8326 1062 or vegsu2003@yahoo.com.au

- ◆ **Vegetarian Singles** (*meets 3rd Saturday each month, plus picnics on 1st Sunday*)

**Saturday 17th December** - lunch 12:30pm at Zenhouse.

**Sunday 1st January 2012** - New Years Day vegan picnic 1pm at Adelaide Botanic Gdns.

**Saturday 21st January** - Dinner 7pm at Sarah's Sister's (Semaphore).

**Sunday February 5th** - VegSA picnic at Hazelwood Park (see above).

**Saturday 18th Feb** - Lunch 12:30pm at Bliss.

**Sunday 4th March** - Vegan picnic 1pm venue TBA.

**Saturday 17th March** - Dinner 7pm at Meesu.

For more information please contact Su, email: vegsu2003@yahoo.com.au or Corin email: coco39@internode.on.net or phone Veg SA on 8260 2778

- ◆ **Vegewise Group** *3rd Tuesday each month - 12 noon (unless otherwise stated) at a vegetarian eatery or one with good veg options. Bookings: Joy 8326 0564 or 0428 832 605.*

**December 18 (Sunday) - VegSA Christmas Lunch** - 12 noon - John & Pauline Holzer, 2136A Gorge Rd, Cudlee Creek. Please bring food to share - BBQ available for use. (Phone from Cudlee Creek for directions 8389 2341 or 0419 035 227 if necessary).

**January 17 - Joy Discovery:** 13-15 Bent Street, Adelaide.

**February 21 - Katta:** 1/467 Fullarton Rd, Highgate

- ◆ **Northern Vegetarian Group** *Contact Karin 8281 7694 or 0466 972 112,*

**Sunday December 18th** - Join Vegewise for **Xmas Lunch** at Cudlee Creek (see above)

**Thursday February 16th** - 1pm **Fresh Mix Cafe:** Playford Civic Centre. Bookings: Linda 0412 994 861

**Saturday April 7th** 9am-1pm **VegSA Info stall** at One Tree Hill Market then visit Natalie's Kitchen

- ◆ **Southern VegSA Group monthly social get together: 2nd Saturday of the month** from 12 noon. Great Nature 3/48 Beach Rd, Christies Beach. No Booking but check details with Su: 8326 1062 email: vegsu2003@yahoo.com.au

## OTHER ACTIVITIES

**ADELAIDE VEGANS:** *Brings vegans together for networking and social gatherings.*

**Dinner every Friday evening** at various vegetarian restaurants in the Adelaide CBD. Bookings essential for dinners to enable the venue to reserve a table. For details and booking see 'EVENTS' page at: [www.adelaidevegans.org](http://www.adelaidevegans.org) or contact. John: [jbrasted@internode.on.net](mailto:jbrasted@internode.on.net) ph 0428 225 712 or Shane: [swardshane@yahoo.com](mailto:swardshane@yahoo.com) ph 0410 481 290.

**'Raw picnic' last Sunday each month** (except Dec 2011). Adelaide Botanic Garden ph Morgaine 0435519477.

**ANIMAL LIBERATION's FREE FILM SHOW - 'A Delicate Balance'.**

**Sunday December 11th**, 3pm (for 3.30 start). (unclassified) Brilliant film highlighting the affects our food has on our health and the environment.

Clarke Building, Glandore Community Centre, 23 Naldera St, Glandore. **Bookings essential** to 8296 3803 or diphilcorn@gmail.com REFRESHMENTS AVAILABLE

**NATURAL HEALTH SOCIETY (SA):** Meets 7.30pm 1st Tues each month (except Jan) Meeting & lecture at Unley Citizens Centre, 18 Arthur Street Unley. Further information: Secretary 8277 7207. website [www.naturalhealthsa.com.au](http://www.naturalhealthsa.com.au). **December 6th:** End of Year meeting, bring supper to share (or pay \$4). Speaker: "Biofortification of Food Crops with Micronutrients - Promotion of orange-fleshed Sweet Potatoes in Melanesia" by Dr Graham Lyon. **Feb 7th** TBA **March 6th:** Dr Maureen Roberts."Holistic & Natural approaches to mental health".