

## NW VEG E-BITS

February 2005

"How do you build up your bank account? By putting something in it every day. Your health account is no different. What I do today, I am wearing tomorrow. If I put inferior foods in my body today, I'm going to be inferior tomorrow. It's that simple." - Jack LaLanne (90 year-old health enthusiast who says he eats 5 or 6 fruits & 10 raw veggies every day)

(Editor's Note: Due to unforeseen circumstances, this issue of NW VEG E-BITS is being sent as a text-only document. Subsequent issues will feature the new & improved format with graphics. Thanks for your understanding :))

Check our website ([www.nwveg.org](http://www.nwveg.org)) for the details of our February Dine-Out at the new Veganopolis restaurant, our 3rd Sunday potluck, and other upcoming events.

## MARK YOUR CALENDAR: COMPASSIONATE LIVING FAIR

Sample great food, acquire some new recipes & learn some new ways to live a more compassionate lifestyle! NW VEG is organizing a Compassionate Living Fair in celebration of the 20th annual Great American Meat Out. The CLF will feature cooking demonstrations, speakers, documentary films and food samples. Join us on Saturday, March 19, from 10 am - 6 pm at Multnomah Friends Meeting Hall, 4312 SE Stark St., Portland. For more information, contact Marsha, event organizer, at [marsha@nwveg.org](mailto:marsha@nwveg.org). To volunteer for this event, contact Maggie at 503.493.2358 or [volunteer@nwveg.org](mailto:volunteer@nwveg.org).

For information about all our activities throughout March for the Great American Meat Out, check out our website calendar of events.

## FEBRUARY FEATURES TWO FANTASTIC SPEAKERS

Ingrid Newkirk, co-founder & president of People for the Ethical Treatment of Animals, has written a new book, Making Kind Choices, with ideas for living a more compassionate lifestyle. Ingrid is speaking at Powell's on Burnside, Friday, February 11 at 7:30 pm. For more info:

<http://www.powells.com/calendar.html#415>

Dr. T. Colin Campbell, nutrition and health researcher at Cornell University, and one of the primary researchers for the China-Oxford-Cornell Diet & Health Project, will be in Portland this month to speak about his book,

Wednesday, February 16, at 7:00 pm

Discussion and book signing. Topic: "Challenging the Status Quo: The Misunderstood Role of Nutrition in Health, Medicine & Society"

Amphitheaters at Adventist Medical Center

10123 SE Market St, Portland.

This event is free & open to the public.

Thursday, February 17, at noon

Discussion and book signing. Topic: "How Can Nutrition Be a Serious Component of Preventive Medicine?"

Adventist Medical Center

10123 SE Market ST., Portland.

This event is free & open to the public, but space is limited. Call

503.256.4000 for reservations

For more information about Dr. Campbell & the China Study, go to:

<http://www.thechinastudy.com/>

## VEGANOPOLIS NOW OPEN FOR BREAKFAST & LUNCH

George Black & David Stowell have moved from their popular Chef to Go food cart into their own vegan restaurant, Veganopolis. Veganopolis will be serving breakfast and lunch Monday - Saturday at 412 SW 4th Street downtown.

You can find out more and download a copy of their menus at

<http://www.veganopolis.com>. Portland State University's Daily Vanguard

recently featured a review of the new restaurant:

<http://www.dailyvanguard.com/vnews/display.v/ART/2005/01/26/41f7416990755>

## NAME OUR NEWSLETTER CONTEST DEADLINE NEARS

Are you a wizard with wordplay? Does tinkering with titles tickle you? With the New Year and our new changes, we're working on a new, improved newsletter. Instead of the dull "Northwest VEG Newsletter," we want a name that will grab someone's attention. Enter our "Name Our Newsletter Contest, and you could win some great veg stuff! If your idea is selected as the winning newsletter name, you will receive a \$25 gift certificate good for merchandise at one of our potlucks. Please send your suggestion to [charley@nwveg.org](mailto:charley@nwveg.org) by Feb. 10. The March/April edition will carry the new name.

## IN THE NEWS: AMERICANS ENCOURAGED TO ADOPT NEW WAYS OF EATING & EXERCISING

The new dietary guidelines for Americans were released a couple of weeks ago, and the buzz in the news hasn't stopped. Many news stories are reporting that the guidelines are much more demanding (some think too demanding) and even more confusing than before. Check out these sites for more info:

Dietary Guidelines for Americans 2005

<http://www.healthierus.gov/dietaryguidelines/>

Here you can download a copy of the guidelines, as well as access frequently asked questions, press releases, a special brochure designed for consumers, audio & video broadcasts & more.

The Case for Eating Fruits & Vegetables

<http://www.nynewsday.com/news/health/columnists/ny-dsroni4117484jan18,0,2573331.column?coll=ny-health-columnists>

"...The new U.S. dietary guidelines are wordy and rambling, and reading them is like reading tea leaves. But wade through and it becomes clear: The document is practically a vegetarian manifesto...." A column by Roni Rabin, from New York Newsday.

The Food Pyramid is Crumbling, But Will Most Americans Notice?

<http://www.csmonitor.com/2005/0119/p14s02-lifo.html>

"Uncle Sam would like you to finish your vegetables - 2-1/2 cups a day, along with two cups of fruit for an average 2,000-calorie-per-day diet. Bonus points if you walk briskly to the store to buy them. Think 90 minutes of exercise, five days a week, if weight loss is a goal." An article by Clayton Collins from the Christian Science Monitor.

Nine Servings of Fruits and Vegetables?

<http://www.nytimes.com/2005/01/18/health/nutrition/18cons.html>

(free registration required)

"The new dietary guidelines for Americans released last week are more detailed than ever, distinguishing, for example, between whole and processed grains and between trans fats and healthy vegetable oils. They are also more demanding." An article by Mary Duenwald from The New York Times.

You can find many more articles by going to a web browser such as news.google.com and searching for "dietary guidelines."

## RECIPE: PEANUT-OATMEAL BROWNIES

A delicious & decadent vegan treat to make for gatherings-or to reward yourself!

### Ingredients:

A:

- 1 c. whole wheat pastry flour
- 1 c. unbleached white flour
- 1/2-3/4 c. oats, long cooking

B:

- 1 1/2 tsp. Baking soda
- 3/4 c. brown sugar
- 3/4 c. white sugar
- 1 c. unsalted margarine (try Earth Balance)
- 3 tsp. EnerG egg replacer + 4 T. water
- 2 tsp. Vanilla
- 1 c. peanut butter, crunchy
- 1/2 c. peanut butter chocolate chips (try Tropical Source)

### Directions:

- \* Mix A ingredients together.
  - \* Mix B ingredients together.
  - \* Add A to B and mix well.
  - \* Spread into lightly greased 9 x 13" pan.
- Bake at 350° F for 25 + minutes, or until a toothpick comes out clean.