

Capital Veg News

THE OFFICIAL NEWSLETTER OF THE NATIONAL CAPITAL VEGETARIAN ASSOCIATION

Dec 2007/Jan 2008

The great NCVA vegan chocolate taste test

It was a profound sense of civic duty that compelled five NCVA members to gather recently at a local Bridgehead coffeehouse to put half a dozen different kinds of vegan chocolate through a rigorous and stringent taste test.

"It was a bit of a stressful way to spend an evening, but I feel really good about being able to help vegetarians and vegans in the Ottawa area make the right chocolate choices," said NCVA executive director Mark Faul as the results were being tabulated.

Mark and NCVA president Pamela Eadie each contributed bars from their own private stash, and were joined by taste testers Camille Labchuk, Todd Switzer, and Diana McGlinchey.

The chocolate under scrutiny? Terra Nostra rice milk chocolate, Rapunzel semisweet with hazelnuts, Terra Nostra dark truffle, Green and Blacks 85% dark, Cocoa Camino 70%, and raw Dr. Vie Chocos+.

Rapunzel semisweet with hazelnuts

Most of the judges had never heard of Rapunzel brand previously, which is



The NCVA taste test crew.

available at the Wheatberry on Main Street.

"This is really good," exclaimed Diana after her first bite. "What's good about this is it's vegan, and NOT a dark chocolate."

"It has a good balance of sweetness and bitterness," chimed in Camille.

Mark commented on its excellent consistency, and the fact that the label clearly specified that the chocolate is made with non-bone char processed vegan sugar.

www.rapunzel.com

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For your health

"Where do you get your protein?"

By Natasha Kyssa

Despite the advertising hype from the meat and dairy industries, it is very easy to fulfill protein requirements on a vegan diet. All plant foods contain protein. Studies show that vegetarians get plenty of protein provided that a varied diet is followed with sufficient calories. In fact, you'd need to be in a state of starvation to be protein deficient.

Proteins are made up of a chain of amino acids, which are the building blocks of the human body. They help build, repair and maintain all cells and tissues in the body. During digestion, protein is broken down into amino acids which are then absorbed and used to make new proteins in the body. The body does not use whole proteins - it

must break them down into amino acids.

Protein is found in abundance in plant foods, which is the best source because it is in the pre-digested, easy to assimilate form of amino acids. Unlike animal protein, plant-based protein sources also contain healthy fiber, vitamins, minerals, antioxidants and phytochemicals. Cooking denatures the molecular structure of protein, causing amino acids to become coagulated as well as reduces the amount of usable protein. In his book "How to Get Well", Dr. Paavo Airola, Ph.D., N.D. notes that you only need one-half the amount of protein in your diet if you eat protein foods raw instead of cooked.

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Vegan for:
7 years

"I would eat almost everything."

Pre-Vegan favorites:
Yorkie bars.

Mark Faul



Vegan for:
2 years

"I wasn't huge on chocolate."

Pre-Vegan favorites:
Bounty, Hershey's Cookies and Cream

Diana McGlinchey

Terra Nostra Dark Truffle

While the consensus was positive overall, this particular chocolate did not win quite the same accolades as its previous competitor.

"It's kinda crumbly," said Camille as she eyed the rest of the bars in the centre of the table.

"It's a bit like baking chocolate," added Diana. "It crumbles when you bite it."

Todd noted that while it was a bit chalky at first, it got better after a few bites, and after polishing off his hunk, Mark declared it to have a good aftertaste.

www.terranostrachocolate.com

Terra Nostra Rice Milk Choco

Ah, the nostalgia of being a kid and eating chocolate so low in cocoa content that it was barely deserving of the name chocolate.

Most of the taste testers had already tried this particular type of chocolate, or had heard of it and wanted to try it.

"It reminds me of when I was a little kid," said Diana.

"It's almost too sweet," said Todd. "It is really sweet," piped up Camille in agreement.

Mark noted that this kind is probably the closest thing to mainstream chocolate that most people would recognize. "And it's the creamiest," he said.

Pamela, who had tried it over a year ago when it first came out and didn't care for it, said she was surprised that this time around she found herself wanting another piece.

www.terranostrachocolate.com

Dr. Vies Chocos +

This bar, made in Quebec, was generally liked amongst taste testers, although all were in agreement that it is not a suitable "transitional" bar for someone who is new to being a vegan or vegetarian.

"They do it for me," exclaimed Mark, who eats a primarily raw food diet.

"It tastes healthy, but I like it," said Diana thoughtfully, adding, "It doesn't taste like what I think most people think chocolate should be."

Sugar addict Camille said while it's a healthy way to get a chocolate fix, if you're hardcore for chocolate, "it might not work."

Todd felt that it tasted more like a power bar than a chocolate bar, a sentiment echoed by Pamela.

<http://drviechocos.com>



Vegan for:
1 year

"Chocolate- it's not just for dessert."

Pre-Vegan favorites:
Reese Peanut Butter cups, Toblerone bar

Todd Switzer



Vegan for:
3 years

"If I could eat chocolate for every meal, I would."

Pre-Vegan favorites:
Anything with nuts, caramel, or peanut butter inside. Turtles.

Pamela Eadie

Green and Blacks 85%

Green and Blacks is perhaps one of the most popular dark chocolates in the world.

But that wasn't enough for Camille. "I don't like the taste of this one as much," she said. "It is creamy though."

Diana found it to be quite bitter, but really smooth and with a great texture.

Todd didn't like the aftertaste, but Diana did, claiming it's way better than other 85% cocoa chocolate she's tried before.

Pamela had a huge surprise when she tried it, having written it off a few years ago. "This is so creamy!" she exclaimed. "I didn't like this chocolate at all the last time I tried it."

www.greenandblacks.com



Vegan for:
2.5 years

"I was a bit of a sugar addict"

Pre-Vegan favorites:
After Eight wafers

Camille Labchuk

Cocoa Camino 70% dark

Local fair trade co-op Cocoa Camino makes a variety of chocolate bars, but the taste testers stuck with plain.

"I actually find it to be more bitter than the Green and Blacks," said Diana. "It's not as creamy either. But I am impressed that it's 100% fair trade."

For his part, Mark declared it "Not too sweet, not too bitter."

Todd and Camille both found it a bit chalky, but liked the way it balanced sweet and bitter.

www.cocoacamino.com

The Results

Each judge graded their sample on a scale of 1 to 10, and then the numbers were added up for a mark out of 50.

1. Terra Nostra rice milk chocolate 44
2. Rapunzel semisweet with hazelnuts 42
3. Terra Nostra dark truffle 39
4. Green and Blacks 85% dark 38
5. Cocoa Camino 70% 37
6. Dr. Vie Chocos + 28

Who liked what

"For me it was a three way tie," declared Diana. "I liked the rice milk chocolate, but it was sweet and I couldn't have it all the time." Her other favorites were the Rapunzel, and the Terra Nostra dark truffle.

Mark favoured the rice milk chocolate as an excellent transitional chocolate, which he would recommend to people who are just giving up conventional chocolate. "But the Rapunzel and the dark truffle surprised me with their rich and smooth flavour," he said.

The raw chocolate is his personal favorite, because of the diverse flavours that come from the fruit and nuts in the bar.

Todd couldn't help but favour the Rapunzel bar. "I like the nuts and the balance of sweet and bitter," he said, admitting he had anticipated preferring the rice milk choco.

Camille couldn't choose a favorite, but cited the rice milk chocolate for its smooth creaminess, and the Green and Blacks for its creaminess and antioxidants. "I thought some of the others were too chalky," she said.

Pamela was won over by the Green and Blacks 85%. "That really surprised me," she said. "I think our tastes really change the longer we are vegan. I know mine have."

Veg Q & A

By Joanne Charlebois

Q: I think that animals should have rights, but I feel that going vegan is too extreme. Can't I show my support for animal rights by eating vegetarian food most of the time and only eating free-range, organic animal products when I do eat them?

A: Because eating animal products is so common and accepted in society, there is a misconception that while veganism may be a political statement, meat- and dairy-eating is politically neutral. This is not true — the action of eating meat, dairy, or other animal products implies that you accept the idea that it is okay for us to use animals, including to kill them unnecessarily (as it is certainly not necessary for human health to eat animal products, and “free-range” animals, even those who are exploited for their milk or eggs, have their lives cut short just like those raised in factory farms).

Support for “free-range” animal agriculture and the idea of “better” or “more humane” conditions for the animals does not have anything to do with animal rights, but rather animal welfare. Animal welfarism says that it is okay to use animals as long as certain standards are followed with respect to their welfare before they are killed, while animal rights mean that animals should have the right to live out their lives on their own terms. This starts with the right not to be considered someone’s property, for while animals are property, people can do whatever they like with them including killing them for personal or economic use. The property owner’s right to make the most of his or her property will always take legal precedence over the interests that the animal



Seek out other vegetarians and vegans to spend time with, like at NCVA potlucks, so you don't feel like the only vegetarian around.

property has in not being harmed.

An animal rights position says that no matter how well the animal is treated, it is still wrong to use his or her body as a production machine (such as in the case of dairy, eggs or honey) or as a commodity itself (such as in the case of meat, leather, etc). These are rights violations (which lead to suffering).

Therefore, when we talk about “animal rights”, we need to be aware that the many forms of institutionalized animal exploitation in our society, including the use of animals for food, clothing, medical testing, entertainment, and other purposes, violate the most basic right that animals would need to be accorded by humans, the right not to be considered property. If you are serious about wanting animals to have rights, the first thing to do is to stop participating in violating their rights, in order to live in a manner consistent with your ethics. This does mean going vegan as the minimal baseline.

Veganism may seem overwhelming at first, but remember that nearly all vegans were once in your position, and succeeded in making the transition. You can do it as well. Your taste buds do adapt, and most vegans find that they end up discovering so many new foods and recipes that they are eating a greater variety of delicious food than they ever did before. Social situations became easier as you become more comfortable with polite but firm ways of expressing your commitment to avoiding animal products.

Be sure to also seek out support so that you don't feel alone in your beliefs and lifestyle - for starters, take advantage of NCVA activities, or look for like-minded friends online. There are plenty of great resources out there. You will no doubt end up finding veganism very enjoyable and fulfilling, knowing that you're living in a manner that is consistent with your belief that non-human animals should have rights too!

NCVA Potluck Update

Each person should bring a VEGAN dish (with ingredient list) that serves between 10-12, as well as your own plate, cutlery, and beverage. Also, please bring a serving utensil for your dish.

Admission is \$1 for NCVA members, and \$2 for non-members to cover facility rental.

Potlucks are held the second Saturday of each month between 6:30-9:30 at the Jack Purcell Recreation Centre, near Elgin and Lewis Streets in downtown Ottawa.

Please sign up for the NCVA's online mailing list at www.ncva.ca to receive notification of upcoming potlucks, other events, and a digital copy of Capital Veg News. You can also join the NCVA's facebook group to receive notifications.

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Photos: Pamel a Eadie

Some of the delicacies from a recent vegan potluck.

A vegetarian or vegan diet for improved athletic performance

How athletes, including bodybuilders, can benefit from a plant-based diet

By Mark Coates

While traveling to a 30km road race several years ago, I spent some time reflecting on my various running performances over the years. One thing that stood out was that I had some of my best race times when I ate very little meat. This got me thinking. Was a plant-based diet healthier for me?

Would I have more energy and thus better athletic performances if I cut meat from my diet? What about other animal products like milk? I decided to test out a vegetarian diet for a few weeks to see how it would affect my running. I haven't looked back.

I shifted from being a lacto-ovo vegetarian to becoming a vegan, and my focus turned more towards strength training, ultra marathon running, and eventually to natural bodybuilding. I would encourage any athlete to give a plant-based diet a try, and in this article I'll give you some idea of what the diet looks like.

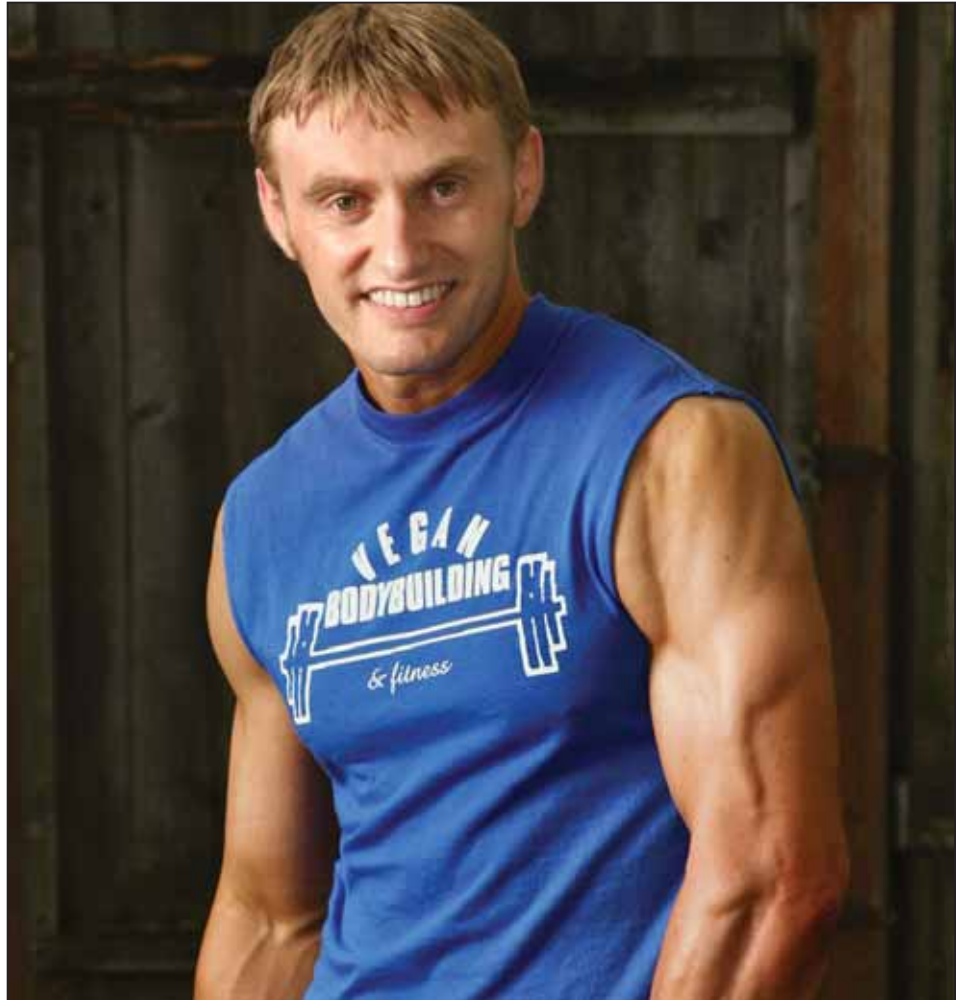
Vegetarian is a catchall phrase used to describe anyone who does not eat meat. Lacto-ovo vegetarians, who consume milk and eggs, are the most common type and represent the diet that most people picture when they think of vegetarianism.

A vegan does not eat any animal products, including meat, eggs, and dairy. Vegans chose this lifestyle for a variety of reasons, including animal rights, health, and environmental issues. Some vegans eat only raw-foods.

Vegetarianism is appealing to bodybuilders because a plant-based diet can provide all the nutrients the body needs, without many of the unhealthy components of animal products. The reality of factory farming in North America means that the animals people eat have been raised in overcrowded unhealthy conditions, and fed a potentially dangerous cocktail of antibiotics and hormones.

Regardless of your stand on the ethics of animal farming, modern factory farming techniques should be a cause for concern to any athlete who cares about the quality of what goes into their body. Also, not eating animal products means that you are not consuming any LDL or "bad" cholesterol, will greatly reduce your consumption of trans and saturated fats, and will increase your intake of fiber, antioxidants, and other micronutrients.

These properties of a vegetarian diet can be a major advantage for a bodybuilder. Several excellent books about the health benefits of vegetarianism and veganism are available, including *Becoming Vegan* by Brenda Davis and Vesanto Melina, *The Vegetarian Sports Nutrition Guide*, and



Robert Cheeke is a world-renowned vegan bodybuilder who shows that excellent results can be achieved on an entirely plant-based diet. Photo provided by Robert Cheeke.

The Food Revolution by John Robbins.

The first and most common objection that I hear to vegetarianism is, "It would be too hard for me to stop eating meat." Well, changing any habit is hard at first, but if you believe that the pay-off is greater than the costs, you'll have no problem making the switch.

For people who have been eating meat for a long time, making the decision to eat a plant-based diet will be a significant change in your life. The most difficult obstacle to overcome is the lack of accommodation of vegetarianism in our society. Restaurants often have only one or two vegetarian options, and many grocery store items have hidden animal products such as casein or gelatin. This is especially true in the world of bodybuilding where foods and supplements such as whey protein, eggs, and meat are considered staples. However, as more and more people opt for vegetarianism, products

catering to this group are coming onto the market.

Even in the nearly three years that I have been vegetarian, I have seen a noticeable increase in the number of animal free products, foods, and supplements. Furthermore, eating unprocessed whole foods provides your body with more nutrients and fewer empty calories.

When I became a vegetarian I started eating a significantly GREATER variety of foods, because I had to stop relying on packaged, pre-made foods. This means I now get more vitamins and minerals than I did when I ate meat.

Protein Requirements

When people first learn that I'm vegan, I am often asked, "So how do you get enough protein?" I often reply by asking them how

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Message from the President

We all choose to be vegetarians for one reason or another, and sometimes in the rigours of daily life we lose touch with those reasons; our own personal reasons, as well as the many other reasons that make being a vegetarian so worthwhile to ourselves, the animals, and the planet.

It isn't always easy to follow a path that only a small percentage of people are following, no matter how strong your convictions may be. We live in a world that in many ways revolves around food, and it's almost never vegetarian.

Whatever your personal reasons for choosing a vegetarian or vegan lifestyle are, there are some truths that we should all remember as we head into a new year.

Firstly, a plant-based diet can provide all the necessary health-giving vitamins, minerals and nutrients that the human body needs. Except for in perhaps extremely rare situations, people do not require animal products to enjoy good health, and to thrive.

Secondly, a plant-based diet is much more environmentally sound than what the vast majority of people are eating. Food miles matter, and are something we should be conscious of, but calorie for calorie a plant-based diet is almost always more green than one that includes eating animals and their byproducts. Raising animals for their meat is incredibly inefficient and uses far more resources such as water, grains, and farmland than simply eating plants.

Thirdly, the single best way to ensure animals are spared is to not eat them, or their products. It's that simple.

In my experience, spending time with like-minded people can be an important aspect of keeping our reasons for being vegetarians fresh in our minds. The NCVA potlucks have been a wonderful way of bringing vegetarians, vegans, and veg-friendly people together to eat inspired and delicious food. It's wonderful seeing how people who have previously been isolated as the only veg person in their lives are now coming together and forming new friendships.

If you haven't come out to one yet, I suggest you do. They're only the first step in building a strong vegetarian community in the National Capital region.



Photo: Alain Chan

NCVA President, Pamela Eadie

News Bites

A few more reasons not to eat meat

Courtesy of tastebetter.com

World Cancer Research Fund release megareport

The World Cancer Research Fund has spent the last five years gathering the input of more than 200 scientists, and they've produced a report of their findings. It is, according to The Guardian, "the most authoritative overview of the role that food, drink, obesity and exercise play in causing cancer." Wanna know what it says? Vegetables good. Fruits good. Red meat bad. Processed meat very bad. Alcohol meh. Vigorous daily exercise good. Breastfeeding good (for babies!). Sugar bad. Being lean all your life good. If you're still thinking "yeah whatever," taste this: the report states that a third of cancer cases could be avoided by following these guidelines. The individual items in the report aren't anything especially new, but it's exciting to see it all compiled in one place by a health authority.

<http://tastebetter.com/story/1052300243>

Target seeks to cover their butts with new warning label

This gets filed under "I think I knew this, but since I didn't have to worry about

it, I half-forgot about it, because I could, as opposed to meat eaters, who forget it because they pretty much have to": red meat is commonly treated with carbon monoxide to keep it looking red and fresh. You may remember carbon monoxide as the stuff that comes out of the exhaust pipe of your car. Mmmmm, yummy. It seems that the Target department stores in the United States are looking to put a warning on their meats that are treated (tainted?) this way. Oh, not because the CO is potentially toxic, because the government would never ever (ever) allow contaminants into the food supply, but because they're worried that people might use the colour of the meat as a gauge of whether or not it's still fresh (some would say "not totally decayed yet"). They're awaiting government approval for the labels, because you can't admit to deceiving customers without getting permission first. Go food safety!

<http://tastebetter.com/story/1052300257>

What are the odds of that? Study says Atkins leads to increased heart disease

Let's take a moment to make fun of the Atkins diet like it's 1999: a new study has found that the Atkins diet raises your risk of heart disease. I know, I know, how can this

possibly be news? And yet, people are still trying the stupid diet out. And sure enough, people are still ending up the same weight as before or greater a year after. That's not based on a scientific study; it's based on observing everyone I know who's tried Atkins. Newsflash: following a set of dietary rules is work, and eating whatever you want whenever you want is easy. In general, people will trend towards the easy and away from the work. And let's be honest, following a plant-based diet isn't always easy either. I'm not trying to put veganism in the same category as fad diets here, because that's precisely why people can stick to a vegan diet for decades when others can't follow something like Atkins for more than a few months - it's about something bigger than you (no pun intended). A plant based diet may or may not lead to weight loss or increased health (though the odds are certainly in your favour), but it can definitely lead to decreased animal cruelty and increased environmental sustainability compared to a typical North American diet. The personal rewards, I've found, are much broader and have a more lasting impact than any "miracle diet" I've ever seen.

<http://tastebetter.com/story/1052300248>



much protein I need. They look surprised and usually are not able to answer the question.

An unfortunate myth first propagated in the 1970's is that different vegetable proteins must be combined within the same meal in order to be effective, making the vegetarian diet appear to be a delicate and difficult balancing act. More recent research has revealed that virtually all vegetarians eat significantly more protein than their bodies require, and that the cumbersome task of combining proteins is simply not necessary.

A wide range of vegetables, fruits, grains, and nuts provides all the protein you need, regardless of whether they are consumed at the same meal. Furthermore, several sources of plant protein such as soybeans are complete proteins, meaning that they contain every single amino acid.

Supplements

Although a plant based diet that incorporates a variety of whole foods can provide all the nutrients a body needs, supplements can improve your diet and can compensate for any of those days when you just don't have the time to eat well rounded meals.

A complete daily multivitamin is recommended for anyone, vegetarian or not, to ensure that no vitamin or mineral is neglected. Vitamin B12 and iron are sometimes a concern for vegetarians, but the combination of a healthy diet and a daily multivitamin provides plenty of these vitamins.

Many vegetarians also choose a protein supplement such as VEGA, or soy protein bars for quick and filling meals or snacks.

Conclusion

A vegetarian diet is an excellent way to ensure that you are getting all the nutrients that your body needs while avoiding many of the less healthy constituents of animal products. Vegetarianism can help you to achieve your athletic goals, regardless of whether you are a runner, a bodybuilder, or any other type of athlete.

Although a diet of steak, eggs, and whey protein supplements is more common, it does not mean that they are inherently better for bodybuilders than vegetarian options. Give vegetarianism a try and see if it works for you. I know that it did for me.

Mark Coates is an Ottawa-based vegan ultramarathon runner and bodybuilder. This article first appeared on www.bodybuilding.com.

Recipe Corner

Holiday baking without animal ingredients

By Vanessa Holm

Although the holidays are quickly approaching, I haven't given a single thought to decorating and gift-giving. However, I've started to collect new recipes for cakes, cookies and desserts that I want to try out on my family and friends over the holidays. While there are a number of special Christmas recipes that I like to make, here are two of my family's favourites that only make an appearance during the holidays.

Lebkuchen

Lebkuchen is a German Christmas cookie that dates back to the Middle Ages. While my grandmother's recipe call for honey, eggs and milk, here is a vegan version that is remarkably similar to the traditional one. This is a large recipe and makes many cookies. You might want to try a half recipe to start.

- Oil one 8x8" cake pan, and one 10.5 x 15.5 cake pan
- heat in a large saucepan: 1 1/3 cups molasses or syrup, 3/4 cups sugar
- add: 3 Tbsp margarine
- sift together and add: 2 cups all purpose flour, 1 tsp baking powder, 1/2 tsp. baking soda
- add: 1/2 cup blanched almonds, 1/4 cup chopped citron, 1/4 cup chopped candied orange or lemon peel, 1/4 tsp ginger, 1/2 tsp cardamom, 2 tsp cinnamon, 1/8 tsp cloves
- add: 1 1/2 to 2 cups more flour (the dough will be extremely stiff, but should be sticky to the touch)
- the dough can be aged, covered overnight in the fridge, or put into pans
- bake 25 minutes at 350 degrees

- cover warm cake with citrus glaze (see below) and cut into diamonds
- for citrus glaze, mix 1 1/4 cups icing sugar, 1/4 cup lemon juice (or orange, lime, etc - I prefer orange), and 1 tsp vanilla

Christmas Fruit Cake

This fruit cake is very easy and delicious. While this cake is rich and sweet, it has no added sugar or fat. If you like dark fruitcake, you'll enjoy this recipe.

Ingredients:

2 cups cooking dates with stones removed

1 cup water

1/4 cup brandy or sherry (or water)

1 1/4 cups whole wheat pastry flour

3 cups mixed dried fruit (I use a mixture of dried and candied fruits)

2 tsp baking powder

1 tsp allspice

4 Tbsp orange juice

- Heat the dates and water (and brandy or sherry) until the dates are soft
- remove from heat and mash with a fork
- add all the other ingredients and mix well
- spoon into a greased 2 lb loaf pan and level the top
- bake at 340 degrees for about an hour and a half (don't overcook)
- once cooled, the cake can be glazed or iced



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Animals (such as cows) rely on plants for protein. Instead of getting this protein directly from plants, we kill the animal (who has ingested it from plant sources) and get our protein second hand. Meat protein is in a form that the body cannot assimilate easily, nor use effectively. The body must work hard to break down this animal protein into amino acids, causing stress in your body.

As well, animal products are high in artery-clogging cholesterol, saturated fat and toxic residues. T. Colin Campbell, PhD., and author of "The China Study", states that there is "a strong correlation between dietary protein intake and cancer of the breast, prostate, pancreas and colon." Excess protein consumption can also result in the accumulation of uric acid, kidney damage, dehydration, over-acidity in the body, inflammation, autotoxemia, intestinal putrefaction, and is linked to many illnesses including heart disease, osteoporosis, diabetes, arthritis and cancer. A high protein diet also causes premature aging and lowers life expectancy.

How Much Is Enough?

Many nutritionists now feel that 20 grams of protein daily is enough, and warn of the potential health dangers of consistently

consuming more than this amount. Research now shows more convincingly that the previously high requirements of protein are outdated and incorrect, and that the actual daily need for protein is far less than what has long been considered necessary (remember that raw proteins are being utilized twice as efficient as cooked).

A good way of determining which foods provide sufficient protein is to consider the percentage of our total calorie intake that should be made up of protein, and then determine which foods meet these recommendations. The World Health Organization suggests that eating five to 10 per cent of our total calories as protein is sufficient. Athletes and very active people may require a higher percentage of calories from protein.

When eating a variety of living plant foods, you are getting more than adequate protein. The percentage of calories made up by protein in most fruits and vegetables is equal to or surpasses that of human breast milk, which is designed to meet human protein needs at our time of fastest growth. On average, fruits contain five per cent of calories from protein. Sprouted seeds, beans, and grains contain from 10 to 25 per cent of their calories from protein. Vegetables have from 20 to 50 per cent of their calories from protein

Excellent Sources of Protein

Seaweeds, algae, and leafy greens are very rich sources of good quality protein. A bowl of uncooked greens or sprouts may only contain a few grams of protein, but you can digest and assimilate it all because it still has all of the vitamins, minerals, and enzymes intact. Thus, this protein is far more beneficial to your body. Nuts and seeds contain protein, but are also high in fat.

- leafy greens, broccoli, cauliflower
- sprouts
- hemp, flax, chia, sunflower seeds
- Sprouted mung beans, peas, lentils
- algae, spirulina, chlorella, E3Live
- wheatgrass

Non-raw sources of plant-based protein

- Tofu, tempeh and soy products
- Wheat and other grain products
- Pseudograins such as quinoa, amaranth, millet
- Beans, peas, lentils and other legumes
- Rice
- Hemp protein powder
- Nuts and seeds

About NCVA

The NCVA is a not-for-profit membership-based organization created to educate the public about the health benefits of a plant-based diet for the improvement of public health. Our goal is to reach as many people as possible - whether or not they are vegetarian.

Why Join - Member benefits

Local Discounts The NCVA is working with local businesses to establish a member discount card

Making Life Easier for You We are working for you to increase the number of businesses that accommodate plant-based diets

Take Action Volunteer with the NCVA or run for the board of Directors

Be Heard With a large membership base we can act as a representative voice in the National Capital Region

Support a Healthier Community The more people we reach with our message, the healthier the population in the National Capital Region

Support the NCVA

Donation: \$20 \$50 \$100 \$_____

The NCVA does not issue membership cards, and we currently only accept cash or cheques - you can pay using credit cards online: WWW.NCVA.CA

Name: _____
(please print clearly)

Address: _____

City: _____ Postal Code: _____

Phone: _____

Email: _____

Contact me about volunteering? Yes No

Please subscribe me to your newsletter Yes No

Mail to: 185 Pretoria Avenue, Ottawa, ON. K1S 1X1