



How to be a Healthy Vegetarian/Vegan!



16Mar09

www.SupremeMasterTV.com

1



Sources of Information:

The Supreme Master Ching Hai International Association

and

www.PCRM.org

PHYSICIANS COMMITTEE FOR
RESPONSIBLE MEDICINE

Susan Levin, MS RD
Staff Dietitian

2



AGENDA

- ❖ What is a vegetarian?
- ❖ Fears of becoming one!
- ❖ Alkaline vs Acid Diets
- ❖ 5 Essential Nutrients
- ❖ Greens
- ❖ 30+ Tips incl. Veggie Children

This information sharing is a compilation of information from various experts in the field of nutrition plus our own valuable experience. But YOU are your own best expert.

www.SupremeMasterTV.com

3



What's a vegetarian?



www.pcrm.org

4

Two Types of Vegetarians that we recommend



- **Lacto Vegetarian:** A lacto veggie diet excludes meat, fish, poultry and eggs but includes dairy (cheese, milk, yogourt ...).
- **Vegan:** A vegan diet excludes all animal products including meat, fish, poultry, eggs, dairy products, honey, and any foods containing by-products of these ingredients.

A Vegetarian/Vegan does not eat flesh from animals, fish and birds.

www.suprememastertv.com

5

If you don't eat meat . . . what's left to eat?



Many of us were raised with a big piece of meat on our plates and we pushed the healthy side dishes to the ends of the plate where they played a minor role . . . the salads and veggies.

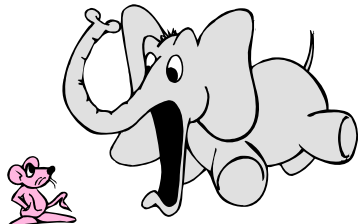


www.SupremeMasterTV.com

6

OKAY, be honest now ...

What fears



do you have about being a Vegetarian/Vegan?



www.SupremeMasterTV.com

7

- Fear of not getting enough protein
- Fear of getting sick from lack of nutrients
- Fear my partner will think I'm weird!
- Fear my kids will leave home!
- Fear I'll give up because I don't know how to do it properly
- Fear that I'll get too healthy
- How do I replace turkey at holiday time?
- My friends won't invite me over any more.



www.SupremeMasterTV.com

8

In 1931
Otto Warburg won
the Nobel Prize
for showing that
cancer thrives
in acidic conditions.

High acid diet



Inflammation



Disease

How often do doctors
check our pH along with
our blood pressure
and temperature?



Most meats and eggs
are highly acidic

Most fruits, greens
and vegetables
are alkaline forming.

**Recommended daily: 70% alkaline
and 30% acid forming foods**

Source: "Acid Alkaline Diet Simplified" by Michael Murray



Highly Acidic	Highly Alkaline
Most Breads	Avocado, tomato, cucumber
Beer, wine, coffee, black tea	Granulated soy (cooked, ground)
Eggs	Lima beans
Milk	Soy lecithin (pure)
Cheese	Soy nuts (soaked then dried)
Meats: Beef, chicken, pork, fish	Beans: soybeans fresh, white navy, green
Fruits: banana, mandarin orange, pineapple, raspberry,	Fresh red beet
Wheat	Red radish and black radish
Canned foods	Grasses: alfafa, barley, kamut
Nuts: peanuts, pistachios	Dandelion
Mushrooms	Cabbage, lettuce, kale, celery, garlic, cilantro, ginger
Artificial sweeteners	

www.SupremeMasterTV.com

13

What we think, we become.



I, _____, am now a happy and healthy vegetarian/vegan because I eat the right foods for my needs.

My heart is happy knowing that I care deeply for the welfare of my animal and bird friends.

I am green and I help save the planet.

www.SupremeMasterTV.com

14

What we think, we become.



In order to believe these belief systems, our conscious mind beliefs must be congruent with our subconscious beliefs. They must shake hands in agreement. If you would like to achieve this congruency, think of the number "10".

What image or word comes to mind?

What does it mean to you? How will it help you in this new journey?

www.SupremeMasterTV.com

15

What is food?



What is dead (ie animals) cannot create life.

Life (live food) creates another life.



Animals are not food.

www.SupremeMasterTV.com

16



Become a Veggie in Stages

- Avoid eating all beef immediately.
- Avoid eating all meat and eat just fish.
- Cut back eating meat or fish to 1 day a week.
- Cut back eating meat or fish to 10 days/month.
- Don't eat meat, fish, or eggs at all.
- Don't eat meat, fish, eggs, or dairy at all.



And be a Hero!

We treat all living creatures as our dearest friends.



We love them – not eat them.



Be Veg! Go Green!
Save The Planet



RDA: Five Essential Nutrients

- Iron** 8 mg for adults & postmenopausal women
18 mg for pre-menopausal women
- Protein** 40-60 grams (see formula)
- Calcium** Women and Men: 1,000 milligrams (mg)
- Vitamin B₁₂** Women and Men: 2.4 micrograms (mcg)
- Vitamin D** RDA women: 400 I.U. Men: 200 I.U.

Sources: Nutritionist Cynthia Sass, RD, works for the American Dietetic Association and is a vegan. Susan Levin, Staff Dietician, PCRM.org

How do I get iron if I don't eat red meat? (RDA = 8 mg, 18 for pre-menopausal women)

Food	Iron Content
Oatmeal, 1 cup cooked	1.6 mg
Black beans, 1 cup cooked	3.6 mg
Garbanzo beans, 1 cup cooked	4.7 mg
Soybeans, 1 cup cooked	8.8 mg
Peanut butter, 2 tablespoons	0.6 mg

www.pcrm.org

21

How do I get iron if I don't eat red meat?

Food	Iron Content
Apricots, dried, ¼ cup	1.5 mg
Broccoli, chopped, 1 cup cooked	1.3 mg
Swiss chard, 1 cup cooked	4.0 mg
Blackstrap molasses, 2 tablespoons	7.0 mg

www.pcrm.org

22

More Iron sources

peas spinach
 lentils fortified cereals
 soy milk dried fruits
 tofu dandelion greens
 pumpkin seeds potatoes baked with the skin on
 cashews
 sunflower seeds

As a Veggie Elite you begin to have fun experimenting with more and more good-for-you food!

Tip: eating foods that contain Vitamin C improves the absorption of iron.

www.SupremeMasterTV.com

23



Protein

- **You can get all the protein you need without eating meat.**
- **No combining necessary!**
 - You don't need to worry about combining your proteins.
 - As long as you get varied amino acids throughout the day (or even week), you will be fine.



www.pcrm.org

24





How much protein do you need?

Standard American recommendation calculation:

$$0.36 \times \text{lbs} = \text{ ____ } \text{ grams protein}$$

example: $0.36 \times 125 \text{ lbs} = \underline{45} \text{ grams}$



Too much protein

Consuming too much protein for a few weeks may not result in any long-term ill effects.

However, women who ate more than 95 grams of protein a day were 20 percent more likely to have broken a wrist over a 12-year period when compared to those who ate an average amount of protein.



Feskanich D, Willett WC, Stampfer MJ, Colditz GA. Protein consumption and bone fractures in women. *Am J Epidemiol.* 1996;143:472-9.

Protein

60 grams of protein (RDA = 40-60):



• Breakfast

- Cereal with soymilk: 9 grams
- Toast with almond butter: 5 grams



• Lunch

- 1 cup black bean soup: 11 grams
- 1 veggie burger on whole-wheat bun: 17 grams



• Dinner

- Tofu stir-fry over brown rice: 18 grams





More Protein Sources

- | | | |
|-----------------|-----------|--------------------------|
| lentils | rice | kamut |
| beans | potatoes | spelt |
| peas | kale | buckwheat |
| soy milk | carrots | amaranth |
| tofu | oatmeal | soy protein powder |
| almonds | salba | brown rice protein . . . |
| walnuts | spirulina | |
| sunflower seeds | quinoa | |
| brazil nuts | | |





1.5 pounds a week of almonds and a pint a day of a combination of 10 oz. of carrot juice and 6 oz. of spinach juice provides enough protein for an entire week. WOW!

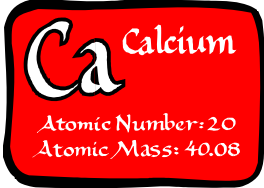



www.SupremeMasterTV.com 29


Calcium



- Plants do contain calcium.
- Most of the world doesn't drink milk because they are lactose intolerant. This is a normal development for mammals.




www.pcrm.org 30



No shortage of calcium here.

www.pcrm.org 31

Calcium



- Most people of Asian, African, Mediterranean, Native American, South American decent, and some Hispanics and Jews are lactose intolerant.
- Who isn't? Those of Northern European decent. Their ability to digest lactose is thought to be due to a genetic mutation.
 - Lactose Persistent

www.pcrm.org 32



Prevalence of lactose intolerance

Lactase deficiency is present in up to 15 percent of persons of northern European descent, up to 80 percent of blacks and Latinos, and up to 100 percent of American Indians and Asians.

Swagerty DL, Walling AD, Klein RM. *Am Fam Physician*. 2002;65(9):1845-50.

www.pcrm.org

33



Calcium

What about your bones?

- Vegetarians around the world have rates of osteoporosis that are lower or similar to non-vegetarians.
- Many factors play a role in determining how healthy our bones are: physical activity, protein intake, sodium intake, smoking habits, alcohol intake, sunlight exposure, etc.

www.pcrm.org

34



Research shows

Vegetarians have normal bone mass as compared to non-vegetarians.¹

In fact, consuming fruits and vegetables shows a protective effect on bone mass.²

¹ New SA. Do vegetarians have a normal bone mass? *Osteoporos Int*. 2004(9):679-88.

² Larsson CL, Johansson GK. Young Swedish vegans have different sources of nutrients than young omnivores. *J Am Diet Assoc*. 2005;105:1438-1441.

www.pcrm.org

35

Calcium - Where do you get calcium from if not from a cow?

- Dark green leafy vegetables: kale, Swiss chard, collards, etc.
- Broccoli
- Chinese cabbage
- Tofu processed with calcium
- Dried figs
- Kiwi
- Legumes such as pinto beans, black beans, garbanzo beans
- Almonds and sesame seeds
- Calcium-fortified orange juice or soymilk



www.pcrm.org

36

Calcium - LOSS



Protein:

The more animal protein we eat, the more calcium our bodies have to pull from our bones to neutralize the acidity of our blood.

Sodium:

- The more sodium we eat, the more calcium we excrete.
- So, the less processed foods we eat, the more calcium we retain.

www.pcrm.org

37

Calcium – LOSS



Caffeine:

In soft drinks, coffee, etc. – caffeine causes calcium loss.

www.pcrm.org

38

Calcium – GAIN



• Sun exposure

More sunlight = more Vitamin D = more calcium absorption

• Your body adjusts to the amount of calcium it needs

When it needs more, it absorbs more.

www.pcrm.org

39

Calcium – GAIN



• Exercise

The more exercise you do, the more calcium you hang onto.

• Bone health note

Fruits and vegetables provide **vitamin C** to build collagen, which forms the basic network of tissue within your bones.

www.pcrm.org

40

How can I get enough calcium from non-dairy sources?

Food	Calcium Content
<i>Dairy Sources</i>	
Milk, skim, 1 cup	300 mg
Mozzarella cheese, 1 ounce	183 mg
<i>Non-Dairy Sources</i> RDA = 1000 mg	
Blackstrap molasses, 1 tablespoon	172 mg
Bok choy, 1 cup	160 mg
Navy beans, 1 cup	123 mg

www.pcrm.org

41

How can I get enough calcium from non-dairy sources? (RDA = 1,000 mg)

Food	Calcium Content
Orange juice, calcium-fortified, 1 cup	300 mg
Tofu, processed with calcium, ½ cup	200 mg
Soymilk, fortified, 1 cup	300 mg
Collard greens, 1 cup	360 mg

www.pcrm.org

42

Salba – Ancient Seeds



The brilliant Aztecs, reknown for their extraordinary health, used Chia (Salba) to sustain themselves on long arduous trading expeditions relying on Salba for their only source of nourishment! In a 12 gram serving – 2 Tbsp:

Fibre	4.2 g
Protein (all essential amino acids)	2.6 g
Omega 3	2.5 g
Omega 6	.76 g
Omega 9	.25 g
Calcium	93 mg
Magnesium	46 mg
Iron	1.56 mg
Niacin	9 mg
Vitamin A	25 mg

www.SupremeMasterTV.com

43

Salba



100 grams of salba provides:

70% of RDA of Calcium and 50% of Iron!

WOW!

Salba contains more Omega 3 fibre and antioxidants than flax seeds. And more calcium than sesame seeds. Vitamin C!

www.SupremeMasterTV.com

44

Hemp Hearts



More required amino acids (protein) than milk, meat or eggs.

A complete protein source – more balanced and digestible than soy.

Contains about 47% oil, 86% of which is omega, 3, 6 and 9.

Contains all the essential or omega fat required for human health.

WOW!

www.SupremeMasterTV.com

45

Nature is Totally Brilliant



***“Let your food
be your medicine and
your medicine your food.”***

- Hippocrates

www.SupremeMasterTV.com

46

Vitamin B₁₂



- **Vitamin B₁₂** (also called cobalamin) is difficult to consume from plants as our agricultural practices have depleted the top soil of this naturally occurring nutrient.
- **What can vegans do?**
 - Fortified soymilks and breakfast cereals
 - Vitamin pills

www.pcrm.org

47

Good vegetarian sources of vitamin B₁₂

Food	Vitamin B ₁₂ Content
Wheat Chex [®] , 1 cup	2.4 mcg
Veggie burger, 1 patty	1.5 mcg
Veggie breakfast links, 2 links	3.6 mcg
Soymilk, fortified, 1 cup	3.0 mcg

www.pcrm.org

48

More Sources of B12



blue-green algae
non-dairy milks
tempeh
veggie "meats"
maca
aloe vera
brewers yeast
barley grass
dong quai
fortified foods including cereals . . .

Take a sublingual supplement . . .

www.SupremeMasterTV.com

49

Essential Fatty Acids



(for a healthy brain, organs, skin ...)

Omega 3: salba, flax oil, hemp oil, soya, dark green leafy veggies . . .

Omega 6: salba, oils (borage, evening primrose, hemp, safflower, sunflower, corn), nuts, sesame seeds, legumes . . .

Omega 9: salba, olive oil, avocados, almonds, peanuts, cashews . . .

www.SupremeMasterTV.com

50

So what should a vegetarian diet look like?



www.pcrm.org

51

The New Four Food Groups



Grains

Vegetables

Fruit

Legumes

www.SupremeMasterTV.com

52

The New Four Food Groups

Grains: 5 or more servings per day

- Whole wheat bread
- Pita
- Tortillas
- Rice
- Barley
- Oats
- Pasta
- Cereal



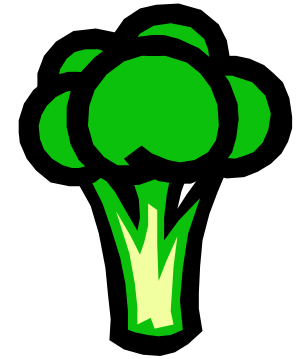
www.pcrm.org

53

The New Four Food Groups

Vegetables: 3 or more servings per day

- Kale
- Collard greens
- Squash
- Carrots
- Peppers
- Broccoli
- Sweet potatoes



www.pcrm.org

54

The New Four Food Groups

Fruit: 3 or more servings per day

- Apples
- Bananas
- Grapes
- Kiwis
- Oranges
- Cantaloupes
- Grapefruit



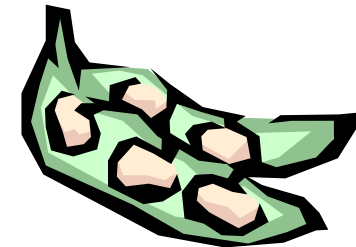
www.pcrm.org

55

The New Four Food Groups

Legumes: 3 or more servings per day

- Lentils
- Peas
- Black beans
- Hummus
- Tofu
- Soymilk
- Veggie "meats"



www.pcrm.org

56



Now, let's talk SMOOTHIES!

With high oxygen content in chlorophyll and high mineral content in green plants, **greens** are **THE** most alkalizing food that exist on our planet.

By including green smoothies in our diet we can keep our bodies alkaline and healthy. Smoothies are **easily absorbed**.

www.SupremeMasterTV.com

57



Strawberry Field

- 1 cup strawberries
- 2 bananas
- 1/2 bunch romaine
- 2 cups water



Igor's Favorite

- 1/2 bunch spinach
- 4 apples
- 1/2 whole lime with peel
- 1 banana
- 2 cups water



"Green for Life" by Victoria Boutenko

www.SupremeMasterTV.com

58



It's so Easy!

- Use a good blender.
- Add your ingredients.
- Blend and drink.



It literally takes 2 minutes.

www.SupremeMasterTV.com

59



Do you have a cold body?

- Add a chunk of ginger to your smoothies.
- Drink ginger tea made from fresh ginger.

(5 slices of ginger to 6 cups of water).

Boil 15 minutes.



www.SupremeMasterTV.com

60



Children LOVE Smoothies!

Make your GREEN smoothies every morning and add, if you like, salba, flax or hemp oil, brown rice powder, kelp, and whatever tickles your fancy.

No more worries about your children receiving all their nutrients ...



www.SupremeMasterTV.com

61



The Fastest Way to Alkalize Your Body is with Greens and Sprouts.

Add Sprouts to your Green Smoothies ...

Add salba!

www.SupremeMasterTV.com

62



Organic Produce vs Conventional Produce

Vegetable	Calcium*	Magnesium*	Iron**
Spinach			
Organic	96	203.9	1584
Commercial	47.5	46.9	49
Tomatoes			
Organic	23	59.2	1938
Commercial	4.5	4.5	1.0

* = millequivalents per 100 grams dry weight

Source: "Green for Life"

** = trace amounts parts per million dry matter

www.SupremeMasterTV.com

63



FYI

Kale and cilantro are the strongest vehicles to remove heavy metals from your body.

(One pound of kale has even more protein than the RDA.)

www.SupremeMasterTV.com

64



30 Tips!

Are you ready?

www.SupremeMasterTV.com

65

TIP #1



Avoid the soda and French fry trap



- None of us is immune to junk food.
- It can be hard to avoid these foods because of social pressure.

www.pcrm.org

66

TIP #2



Stocking the vegetarian pantry

Convenience Foods:

- Frozen vegetable stir-fries
- Frozen vegetarian meal kits
- Soup in a cup
- Boxed rice pilaf



www.pcrm.org

67

TIP #3



Top ten vegetarian convenience foods

1. Soymilk
2. Powdered vegetarian egg replacer
3. Vegetarian burger patties and hot dogs
4. Whole grain breakfast cereals
5. Tempeh and tofu
6. Canned beans
7. Frozen entrées
8. Hummus, nut butters
9. Instant soups
10. Marinara sauce



www.pcrm.org

68



Fact:

The average family eats only 8-9 different dinners repeatedly!

Therefore, thinking of 8-9 different vegetarian/vegan dinner menus seems doable right?

Here's how we can do that . . .

www.SupremeMasterTV.com

69

TIP #4



Celebrate three vegetarian meals that you already enjoy!

- Stir fries
- Three bean chili
- Pasta primavera
- Veggie soups
- Other? _____



www.SupremeMasterTV.com

70

TIP #5



Think of three regular dishes and substitute the meat with natural protein

- shepherd's pie with peas, edamame, lentils
- cabbage rolls with lentils
- stir fries with teriyaki tofu
- beef stew with veggie mutton

www.SupremeMasterTV.com

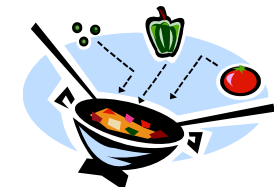
71

TIP #6



Check out veggie cookbooks and find three new recipes!

Guess what?



www.SupremeMasterTV.com

72

It's that easy!

www.SupremeMasterTV.com

73

TIP #7



Breakfast and Lunch options

- ✓ Protein shake or Yummy Green Smoothies
- ✓ Hot Oatmeal
- ✓ Amazing Vegan French Toast
- ✓ Scrambled tofu with turmeric
- ✓ Sandwiches with hummus or white bean pate
- ✓ Pasta salads
- ✓ Bean or Lentil soups
- ✓ Nachos and salsa maybe soycheese



www.SupremeMasterTV.com

74

TIP #8



Start Your Day with a Delicious Powdered Protein Shake

Or, better yet, a REAL smoothie!



www.SupremeMasterTV.com

75

TIP #9



Eat Simply

- ✓ Baked potato with steamed edamame & salad with fresh sprouts
- ✓ Falafels with green salad or coleslaw
- ✓ Brown rice with peas topped with sunflower seeds
- ✓ BBQ thick slices of marinated veggies + marinated tofu
- ✓ Soups – make 2 gallons and freeze
- ✓ Veggie burgers . . .
- ✓ Tortilla filled with black beans, green onions, tomatoes ... fry lightly. Yummy . . .

www.SupremeMasterTV.com

76

TIP #10



Ethnic grocers offer valuable choices

- ✓ Stuffed grape leaves
- ✓ Falafels
- ✓ Eggplant spreads
- ✓ Curries
- ✓ Stir fries



www.SupremeMasterTV.com

77

TIP #11



Keep Nuts and Seeds Around

Almonds, sunflower seeds, pumpkin seeds. Grind up the harder nuts and seeds. Eating walnuts at noon will keep you awake all afternoon.

TIP #12

Study the Protein Content of Vegetables

A variety of greens can supply all the protein we need to sustain each of our unique bodies.

www.SupremeMasterTV.com

78

TIP #13



Take enzymes and probiotics daily . . . If you are over 40.

The body slows down its production of enzymes after the age of 40. Take enzymes to assist the digestive process.

www.SupremeMasterTV.com

79

TIP #14



Think Positive Thoughts

Factors that potentially make us more acidic include hearing or saying harsh or bitter words, loud music and noise, traffic jams!, feeling jealous or wanting revenge, overworking and over-exercising, watching scary or stressful movies, listening to negative news on the TV, taking on a mortgage, paying bills . . .

See the positive side of everything in life!

www.SupremeMasterTV.com

80

TIP #15



Egg Substitutes

- ✓ Add extra water
- ✓ Use powdered egg replacer
- ✓ 1 heaping Tablespoon of soy flour or cornstarch plus 2 tablespoons of water to replace each egg
- ✓ One ounce of mashed tofu for each egg
- ✓ Half a banana replaces one egg in muffins etc.
- ✓ For veggie loaves and burgers, bind with tomato paste, mashed potato, bread crumbs, rolled oats.
- ✓ Salba gel.

www.SupremeMasterTV.com

81

TIP #16



Minimize Fatty Fried Foods

TIP #17

Get plenty of Rest and Sleep

TIP #18



Meditate Daily

With a fully enlightened living Master. Your package include application forms to learn our meditation methods ... Service is free of charge . Fill it out and give it to me.

www.SupremeMasterTV.com

82

TIP #19



Regular Exercise – Fresh Air

TIP #20

Drink lots of water ... 8 glasses

TIP #21

Reduce stimulants such as caffeine, alcohol, nicotine. None is preferable.

www.SupremeMasterTV.com

83

TIP #22



Hang out with Positive People

TIP #23

Cleanse liver/kidneys add lemon to warm water in the morning

TIP #24

Detox Bath in sea salt or Epsom salts regularly. To keep negativity away add sandalwood essential oil to simple body cream.

www.SupremeMasterTV.com

84



TIP #25

Give Gratitude Every Day and more goodness will come your way

TIP #26

Study Ways to Build Your Immune System

TIP #27

Study Natural Medicine.

Learn more about essential oils, homeopathy, healing teas . . .

www.SupremeMasterTV.com

85



TIP #28

Listen to Your Body

TIP #29

Feed Vegetarian Food to Your Beloved Pets



... they need greens, raw veggies ...

They give us so much love ... they deserve to be healthy too.

The oldest dog was a vegan! Bramble was 29 years old. She ate rice, lentils and organic veggies every day.

www.SupremeMasterTV.com

86



TIP #30

Educate your family and friends on:

1. Why be a veggie and
2. How to be a Healthy one!



www.SupremeMasterTV.com

87



Where To Buy Veggie Food

On-line

Supermarkets

Health Shops

Vegetarian Food Suppliers

Vegetarian Restaurants

www.TheCelestialShop.com

www.SupremeMasterTV.com

88



Change Your Life

Change Your Heart



Change Your Diet



No more killing

Be healthy and loving

www.SupremeMasterTV.com

89



“We deserve to live too.”

www.SupremeMasterTV.com

90



For more information

- ***Food for Life*** by Neal D. Barnard, M.D.
- **To order books on vegetarian diets**, please call the PCRM Marketplace toll-free at 1-888-260-8458 or visit <http://pcrm.safeshopper.com>
- **To order your very own FREE Vegetarian Starter Kit** www.pcrm.org
- www.NutritionMD.org for recipes!

www.pcrm.org

91



“Nothing will benefit human health and increase the chances of survival of life on earth as much as the evolution to a vegetarian diet.”

- Albert Einstein

www.SupremeMasterTV.com

92



The Reason for the urgency?

To Save this Planet ...

100% of the world

must be veggie

by the end of 2012.

www.SupremeMasterTV.com

93



Can we do it?
Yes we can!

www.SupremeMasterTV.com

94



**Would you be kind enough to email
this slide presentation to 50+ friends
and family members? They will also
want to help save the planet.**

<http://sites.google.com/site/compassionateearth/downloads>

www.SupremeMasterTV.com

95



**For fabulous veggie cooking
shows, recipes and great
entertainment, uplifting and
constructive news & programs:**

**Free 24/7 on the Internet.
14 satellites. Broadcasting to every
continent in up to 60 languages.**

www.SupremeMasterTV.com

96

