

# The Gleaner

Published bimonthly by

**Sacramento Vegetarian Society**

*For the animals. For your health. For our planet.*

## Happy Mother's Day

Illustration: FCIT

### CAMILLA KENDALL

*Organizer, Sacramento Animal Rights Meetup*

**M**other's Day is a time to tell your mother how much you love her or, if you are a mother, to be appreciated for the love you have given your child. But many mothers are overlooked on this holiday, along with all other days. They are forced to have baby after baby, only to have them immediately ripped away or to watch them be brutally killed right in front of their eyes. They must face the pain and longing for their stolen or killed baby time and time again. They must face being raped, brutalized, poked, prodded, infected, and injected all because humans have decided they like the taste of their milk. Yes, I am referring to a dairy cow—the forever giving, but always forgotten, mother.

Our affection for dairy cows has very little to do with love, respect, and appreciation, but much to do with money, mass production, and hedonism, which is reflected by their tortured lives in a factory dairy farm. If you have any compassion in you, the truth behind dairy will shock you.

Most small dairy farms have been replaced by factory dairies that enclose and confine hundreds or even thousands of cows. These cows are artificially inseminated once a year and are almost immediately separated from their calves. The male calves, deemed useless, are either slaughtered immediately or used for veal, while the females are recycled into the dairy farm. This

impregnation-lactation cycle continues for three to five years, until the milk production declines, then the cows are typically slaughtered and ground up for fast food hamburgers.

Dairy cows are injected with bovine growth hormone, bred to produce unnatural quantities of milk, and fed high-calorie, hard-to-digest diets that cause mastitis (udder infection), bloat, liver abscesses, stomach ulcers, and deadly bacterial growth. The dairy farmer's solution to this is not to change their practices, but to, instead, inject these tortured mothers with antibiotics.

You may think you are safe if you only buy from organic dairy farms, but these cows still undergo the impregnation-lactation cycle, their male babies are ripped away and sold at stockyards, their udders can still become infected from milking practices, and you still have high levels of hormones and fat produced by a lactating mother! So, unless your goal is to be fat, unhealthy, and increase your risk for heart disease and cancer, you might want to stop consuming dairy.

Most every mother can empathize with the pain felt if separated from their newborn, but for those who have never experienced it, here is a personal story by a fellow SVS member, vegan, and mother, Janet Weeks.

*My first little son was born slightly jaundiced. A common occurrence, the doctor assured me, and readily treatable with special lights. The only catch was, while I was discharged from the*

*hospital two days or so after giving birth, my little son had to remain for several more days.*

*Now, intellectually, I understood the situation and I knew this was best for my baby. But, emotionally and physiologically, I was frantic and utterly inconsolable. My breasts swelled painfully with milk, but there was no baby to nurse. My eyes swelled with ceaseless tears, and there was no baby to hold. This is how I know that when a mother is separated from her newborn, the pain experienced is beyond belief. Imagine, then, what a mother cow must suffer when her newborn calf is taken from her. She hasn't the ability to understand why and so her suffering is a thousand times worse.*

If you think this is just anthropomorphizing an animal, you only have to listen to a mother cow bellow for her stolen baby to realize cows have all the same instincts as any other mother.

But we humans can make Mother's Day a happy day for all by switching to a plant-based diet, free from all animal products.

And please encourage others to do the same over Sun Flour Bakery or Uncle Eddies vegan cookies and a cold glass of Silk soymilk, Rice Dream, or Pacific organic almond milk.

You can also make a wonderful Mother's Day vegan lasagna with Follow Your Heart mozzarella, tofu, and Galaxy Nutritional Foods vegan grated topping. Every mother will love you for it!



# Sacramento Vegetarian Society

*For the animals. For your health. For our planet.*

E-mail: sacveggie@hotmail.com  
Mail: P.O. Box 163583, Sacramento, CA 95816-9583  
Phone: (916) 967-2472  
Web: <http://www.sacramentovegetariansociety.org/>

### **Mission Statement:**

*The Sacramento Vegetarian Society (SVS) is an association which recognizes vegetarianism to mean abstinence from flesh, including fish and fowl.*

*The Society encourages vegetarians and non-vegetarians to participate.*

*SVS will not discriminate on the basis of race, color, creed, sex, age, or sexual preference.*

*SVS operates on a non-profit basis.*

### **SVS Officers**

Linda Middlesworth, *President*  
Marty Maskall, *Vice President*  
Sheri Kindsvater, *Secretary*  
Don Knutson, *Treasurer*  
Mary Rodgers, *Public Relations Coordinator*  
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Marty Maskall, *Webmaster*

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is published bimonthly by SVS.

### **Submission Guidelines**

#### **Send submissions or inquiries to:**

Editor: [MRDROGERS@MACNEXUS.ORG](mailto:MRDROGERS@MACNEXUS.ORG).

**Submissions** of articles relating to the various aspects of vegetarianism, including nutrition, animal rights, environmental impacts of food production, and political issues are welcome, as are vegan or vegetarian recipes, editorial commentary, book reviews, and announcements of upcoming events. Submissions are accepted electronically as e-mail attachments. Contact the Newsletter Coordinator or check the website for formatting specifications.

#### **Submission deadlines for articles:**

**July–August 2009:** June 14, 2009;

**September–October 2009:** Aug. 17, 2009;

**November–December 2009:** Oct. 12, 2009

**January–February 2010:** December 20, 2009

# SVS Monthly Potluck

## Sunday, June 21

## 5:30 p.m.

## 1914 Alhambra Blvd. Sacramento

in the Sacramento Natural Foods Co-op's  
Community Services Room

followed by

### *"Processed People"*

This film, a finalist in the USA Film Festival, examines such questions as:

Why are we so fat?

What is health?

Health care or sick care?

Are we what we eat?

Do we need animal products?

What's the role of exercise?

What's a processed person?

Can you "de-process" yourself?

What happens if we don't change?

Who needs to see this film?

**Potluck:** Bring a vegan or vegetarian dish for six, your utensils, a list of ingredients, and mark whether your offering is vegan or vegetarian. We prefer that you bring a vegan dish, so all attendees, most of whom are vegan, can partake of all offerings. Free entrance with potluck dish; \$4 for those who arrive empty handed.

Want to bring a vegan dish to the potluck but don't know what to fix? Call the SVS Veggie Mentor, Linda Middlesworth, at (916) 798-5516.

### *In July:*

We are pleased to announce that economist Jennifer Fearing, the Humane Society of the United States Sacramento Representative, will be our guest speaker for July. Fearing, who was instrumental in the passage of Proposition 2 last November, will discuss:

#### **Advances for Farm Animals: One Advocate's Perspective**

Fearing, who gave up a lucrative job to be an advocate for animals, also writes for VegNews and was featured on the front page of the Los Angeles Times in April.

## From the President

### LINDA MIDDLESWORTH

Our March potluck had over 35 people and the food was so delectable. I appreciate, as I know we all did, the effort put into your dishes to share.

I know sometimes it is hard to cook when you are busy. On those days you can bring a plant-based dish from the Co-op deli or pick up something from a restaurant. Even Papa Murphy's has a vegan pizza that you can cook at home for about 12 minutes. I know, I have done so when my Sunday was just too packed with things to do.

Our March presentation was greatly informative, featuring "Clinical Nutrition, 2008" a DVD featuring world-class nutrition expert Dr. Michael Greger, followed by a special question-and-answer period provided by our own Dr. Don Forrester, recently retired from Kaiser.

As you heard, both dairy and eggs are in the harmful category. But keep eating kale, red cabbage, red delicious apples, raisins, pecans, and especially acai berries, white and green tea, and cloves, among other foods listed in the nutrition article on page 4.

Our membership is growing, and I know we can keep our potlucks interesting by continuing to provide quality speakers and videos.

Kim Sturla, founder of Animal Place, was our speaker in April. She gave us an interesting view of some of her animal rescues with a slide show. We can see from her information, that breeding animals for meat, dairy, or eggs is cruel on so many levels. If you care about animal welfare, you need to stop eating meat, dairy, and eggs and become a pure vegetarian.

As always, I invite our members and friends to enjoy the company of people who like to widen their food palate and

enjoy tasty dishes, who love animals and want to protect them, who want to take care of their own health, and who wish to protect our planet from harm.

Our SVS tag line encompasses our mutual goals:

*For the animals. For your health. For our planet.*

See you at the next potluck!

## Calendar

Send calendar entries for the July–August '09 issue by July 1, to [MRDROGERS@MACNEXUS.ORG](mailto:MRDROGERS@MACNEXUS.ORG). Locations are in Sacramento unless otherwise noted.

### Fri., June 12

**Eileen's Kitchen.** 6–8 p.m. 1914 Alhambra Blvd. *Seasonal, organic, vegetarian community dinner;* benefits Soil Born Farms. Live music. Registration required, SNFC: 916-455-COOP. \$25.

### Sat., June 13

**Farm Sanctuary Tour.** 10–12 p.m. Penultimate tour of the Vacaville rescued farm animal sanctuary. \$10 per person; advance registration is necessary. Register at <http://www.animalplace.org/events.html#day>. Directions will be sent to paid registrants.

**SVS Dineout.** 6–8 p.m. **Crepeville**, 1730 L Street. Optional Second Saturday Art Walk after dinner. RSVP at [sacveggie.org](http://sacveggie.org) or [events@sacramentovegetariansociety.org](mailto:events@sacramentovegetariansociety.org).

### Sat., June 20

**Vegetarian Cooking Class.** 1–3 p.m. **Lotus Garden Meditation Center**, 7225 Lincoln Avenue, Carmichael. \$15. Learn how to improve health and vitality through healthy vegetarian eating choices. Includes demonstrations, explanations, a sampling plate, recipes to take home, and loads of practical tips. Reservations are required and space is limited, so please call or e-mail to sign up. Visit <http://www.lotusgardenmeditation.org/about-meditation-classes-sacramento> for more information. E-mail: [info@lotusgardenmeditation.org](mailto:info@lotusgardenmeditation.org); Phone: (916)-944-8577

### Sun., June 21

**SVS Monthly Potluck.** 5:30–7:30 p.m. 1914 Alhambra Blvd. Bring a vegan (preferred) or vegetarian dish for six, a list of ingredients, and your utensils. Free with potluck dish; \$4 for those who arrive empty handed. Program: *Processed People* film. See page 2.

### Sat., June 27

**Farm Sanctuary Tour.** 10–12 p.m. Final tour of the Vacaville rescued farm animal sanctuary. \$10 per person; advance registration is necessary. Register at <http://www.animalplace.org/events.html#day>. Directions will be sent to paid registrants.

### Sun., June 28

**Half-off Day.** 11 a.m.–8:30 p.m. **Noble Vegetarian Restaurant**, 5049 College Oak Dr., #A, Sacramento. All-vegan menu half price all day. For info, call 916-334-6060, or visit [www.noblevegetarian.com](http://www.noblevegetarian.com).

### Fri., July 10

**Eileen's Kitchen.** 6–8 p.m. 1914 Alhambra Blvd. *Seasonal, organic, vegetarian community dinner;* benefits Soil Born Farms. Live music. Registration required, SNFC: 916-455-COOP. \$25.

### Sun., July 19

**SVS Monthly Potluck.** 5:30–7:30 p.m. 1914 Alhambra Blvd. Bring a vegan (preferred) or vegetarian dish for six, a list of ingredients, and your utensils. Free with potluck dish; \$4 for those who arrive empty handed. Program: *Advances for Farm Animals: One Advocate's Perspective*. See page 2.

### Sat., July 11

**SVS Dineout.** 6–8 p.m. **Pangaea Cafe**, 2743 Franklin Blvd., Sacramento. Optional Second Saturday Art Walk after dinner. RSVP at [sacveggie.org](http://sacveggie.org) or [events@sacramentovegetariansociety.org](mailto:events@sacramentovegetariansociety.org).

# About Nutrition

## Highlights from Dr. Greger's DVD

LINDA MIDDLESWORTH

President, Sacramento Vegetarian Society

Dr. Michael Greger, a leading expert on nutrition, is a physician specializing in clinical nutrition and is Director of Public Health and Animal Agriculture for the Humane Society of the United States.

Dr. Greger's DVD lecture "Clinical Nutrition, 2008," offers practical advice on how best to feed ourselves and our families to prevent, treat, and even reverse chronic disease. Dr. Greger bases this advice solely on the latest, most groundbreaking nutrition research published in peer-reviewed medical journals. He takes each food and shows us which are harmful, which are neither harmful nor helpful, and which are the healthiest foods for us.

Here is a recap of his informative, entertaining DVD shown at the SVS potluck in April.

**Top food** to eat is acai berry, then artichokes, turmeric, pecans, plums, pomegranates, blueberries, cocoa powder, carrot.

**Flavorings:** Aspartame is harmful, MSG is harmless, black pepper is helpful.

**Vitamins:** Taking *Vitamin A* and *E* supplements correlates with decreased lifespan. *Beta carotene* is not recommended.

*Vitamin D* supplements are necessary if you live in an area that gets little sunshine. Meat eaters as well as vegans need to supplement with *vitamin B-12* because we no longer have sufficient B-12 in our water and soils.

**Beverages:** Filtered *coffee* is good for you as the filter removes harmful chemicals. *Tea* is much healthier than coffee and *white tea* is the healthiest, followed by *green tea*. *Red tea* is helpful. *Honeybush tea* is good. *Chamomile tea* slows the growth of cancer cells.

Some *herbal teas* may contain carcinogenic hydrocarbons.

**Grains:** Eating *oatmeal* correlates with increased lifespan.

**Soy** is helpful; its phytoestrogens suppress the more harmful estrogens which promote cancer. It can cut your

risk of dying from breast cancer by 50 percent. *Soy milk* can help reduce LDL cholesterol, help with weight loss, and decrease the risk of diabetes.

**Meat:** *Pork* can harbor tapeworms. All meat consumption drastically increases your risk of arthritis. *Chicken, beef, bacon* and *all animal flesh* are harmful. Meat eaters have a larger breakdown of DNA compared to vegans. *Hot dogs* are mainly made up of blood vessels, cartilage, etc., and have less than 10 percent meat. Ingesting them is harmful to your health.

**Fish** contains high levels of dioxins. Breast milk in fish eaters contains dioxin, mercury, and flame retardants.

While wild-caught fish has lower levels of chemicals, and these fish contain beneficial omega-3 fatty acids, you still are eating a high cholesterol and saturated fat "food."

We need to eat what the fish eat: *golden algae* ... to get long-chain DHA (one of the essential omega 3s) (250 mg per day). We can get short-chain DHA by eating walnuts and ground up flax seeds.

Tapeworms and other parasites are often found in wild fish. Farmed fish contain antibiotics.

**Dairy** is a great food, if you are a cow. It is a leading source of saturated fat, cholesterol, manure, pus, bacteria, etc. The USDA allows 300 million pus cells in one glass of *milk*. Dairy is a main cause of many chronic diseases and skin disorders (e.g., acne, excema).

**Eggs** are harmful. People who eat one egg per day have a higher level of mortality from all causes.

**Spices:** Among the healthiest of foods are cloves and oregano.

**Fruit:** *Oranges* are much healthier than *orange juice*. *Fresh apples* are best, then *dried apple, applesauce, juice* last. *Red delicious apples* are best, then *Granny Smith*, then *gala*, then *golden delicious*.

*Currants* are better than *raisins* but both are good. *Golden raisins* are best.

Due to high antioxidant levels, *strawberries* are a number-one health food.

Cooked *tomato* is much better than fresh.

**Vegetables:** *Red cabbage* is best, *red lettuce* is best, *red onion* is best.

Lightly steamed *broccoli* is better than raw. *Broccoli sprouts* protect against UV radiation.

Eat *whole carrots*, not *baby carrots*.

The acrylamides in *French fries* have been linked to both ovarian and breast cancer.

**Mushrooms:** *Porcini* is best followed by *white button*, then *morel*.

**Legumes:** *Black beans* are number one, followed by *lentils, edamame*, and *tempeh*.

**Nuts:** *Pecans* are number one, followed by *walnuts, hazelnuts* and *pistachios*.

**Water** from the tap is healthier than bottled water.

For more from Dr. Greger, go to <http://www.drgreger.org/talks/#nutrition>.

# Veggie Star: Lisa DeCarlo

This is the first of an ongoing series of profiles of SVS members.



Photo: Lisa DeCarlo

**Age:** 35

**Occupation:** *Environmental Attorney*

**SVS: When did you become a pure vegetarian (aka vegan)?** *I had been a vegetarian since I was 13, but finally committed to veganism 8½ years ago.*

**SVS: Why did you become vegan?** *I could no longer ignore all the information out there that showed that dairy and egg consumption supports much more abusive farming practices, and much more suffering, than meat eating does.*

*My main reason for becoming a vegetarian was that I could not justify killing an animal for the sake of my taste*

*buds, but for a long time I operated under the assumption that dairy and eggs were okay because the animals were not killed. Only later did I realize that in the end, after years of horrible suffering, they are all killed. That is when I became vegan.*

**Hobbies:** *Reading, Hiking with my dogs, Gardening, Yoga, Rescuing and rehoming stray cats.*

**Someone who inspires you and why:** *Linda and David Middlesworth—talk about a power couple on behalf of animals! They are so tireless in their advocacy for animals—I wish I had one-fourth of the energy of just one of them. Combined they are truly a force to be reckoned with.*

# News to Use

Do you have any news items to share with our readers? Send to the Gleaner editor at [mrodgers@macnexus.org](mailto:mrodgers@macnexus.org). Please be sure to indicate the original source of your submission.

## Swine Flu Outbreak Linked to Smithfield Factory Farms?

The outbreak of a new flu strain—a nasty mash-up of swine, avian, and human viruses—has infected 1,000 people in Mexico and the U.S., killing 68.\* The World Health Organization warned that the outbreak could reach global pandemic levels.

Is Smithfield Foods, the world's largest pork packer and hog producer, linked to the outbreak? Smithfield operates massive hog-raising operations in Perote, Mexico, in the state of Vera Cruz, where the outbreak originated. The operations, grouped under a Smithfield subsidiary called Granjas Carroll, raise 950,000 hogs per year, according to the company Web site.

The U.S. disease-tracking blog Biosurveillance published a timeline of the outbreak containing this nugget, dated April 6:

*Residents [of Perote] believed the outbreak had been caused by contamination from pig breeding farms located in the area. They believed that the farms, operated by Granjas Carroll, polluted the atmosphere and local water bodies, which in turn led to the disease outbreak. According to residents, the company denied responsibility for the outbreak and attributed the cases to "flu."*

*However, a municipal health official stated that preliminary investigations indicated that the disease vector was a type of fly that reproduces in pig waste and that the outbreak was linked to the pig farms. It was unclear whether health officials had identified a suspected pathogen responsible for this outbreak.*

The possible link to Smithfield has not been reported in the U.S. press. The link is being made in the Mexican media, however. "Granjas Carroll, causa de epidemia en La Gloria," declared a headline in the Vera Cruz-based paper La Marcha. No need to translate that, except to point out that La Gloria is the village where the outbreak seems to have started. Judging from the article, Mexican authorities treat hog CAFOs with just as much if not more indulgence than their peers north of the border, to the detriment of surrounding communities and the general public health.

The Mexico City daily La Jornada has also made the link. According to the newspaper, the Mexican health agency IMSS has acknowledged that the original carrier for the flu could be the "clouds of flies" that multiply in the Smithfield subsidiary's manure lagoons.

**Source:** Tom Philpott, Grist.org, April 25, 2009. See the original article at: <http://www.grist.org/article/2009-04-25-swine-flu-smithfield/>.

\* As of June 5, 2009, the Centers for Disease Control and Prevention estimated the total number of swine flu (H1N1 flu) cases in the United States and Mexico at 13,217, and confirmed 27 deaths due to this flu strain. The World Health Organization's estimates of worldwide swine flu cases as of June 5 are 24,607 cases and 133 deaths. —Ed.

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## Sacramento Earth Day "Ungreens"

This year, for the first time in its history, meat was sold at Sacramento's Earth Day event. Does the Environmental Council of Sacramento, this year's sponsor, not understand the environmental implications of animal agriculture or the eco-benefits of a plant-based diet?

SVS is considering boycotting the event next year, should this trend continue. *To express your disappointment over this inexplicable step backwards, drop Graham a note at [execdirector@ecosacramento.net](mailto:execdirector@ecosacramento.net) ... and maybe include the link below.*

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## Belgian city plans "veggie" days

The Belgian city of Ghent may be first in the world to go vegetarian at least once a week.

Starting May 14, there will be regular weekly meatless Thursdays, in which Ghent's civil servants and elected councilors will opt for vegetarian meals.

Ghent means to recognise the impact of livestock on the environment.

The UN says livestock is responsible for nearly one-fifth of global greenhouse gas emissions, hence Ghent's declaration of a weekly "veggie day."

Public officials and politicians will be the first to give up meat for a day. Schoolchildren will follow suit with their own *veggiedag* in September.

It is hoped the move will cut Ghent's environmental footprint and help tackle obesity.

Around 90,000 so-called "veggie street maps" are now being printed to help people find the city's vegetarian eateries.

**Source:** Chris Mason, BBC News, May 12, 2009. Go to <http://news.bbc.co.uk/2/hi/europe/8046970.stm> for the original article, a photo of a sailor rowing an eggplant-shaped canoe, and a short interview with Tom Balthazar, Deputy Mayor of Ghent.

Mr. Balthazar makes a clear, compelling case for his city going vegetarian once a week. *You might want to send the link to your mayor or city councilmember.*

# Recipes

## Pasta con Asparagi

Makes 4 servings

This recipe from *The Best in the World* cookbook, edited by Neal Barnard, M.D., has been lightened by sautéing with water or vegetable stock instead of oil.

### Ingredients:

- 1 to 2 tablespoons water or vegetable stock
- 1 medium onion, chopped
- 1 28-ounce can tomatoes, chopped
- 2 pounds fresh asparagus
- 1 tablespoon chopped fresh basil
- ¼ teaspoon ground sage
- 8 ounces spaghetti

**Heat** water or vegetable stock in a large, nonstick pan.

**Add** onion and **sauté** over medium heat for 3 minutes, until translucent.

**Add** tomatoes, asparagus, basil, and sage.

**Bring to a boil, cover, and simmer** for 7 minutes. Remove from heat and keep warm.

**Cook** pasta according to package directions, omitting any fat or salt.

**Drain** pasta and place in a serving bowl.

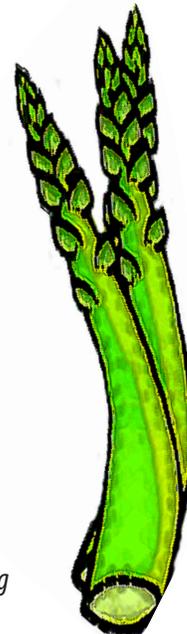
**Add** the asparagus mixture and **toss**.

**Serve** immediately.

**Tip:** Because asparagus tips cook faster than the thicker ends, you may wish to thin the asparagus with a potato peeler or chop off the ends.

**Nutrition Information per serving**  
( $\frac{1}{8}$  of recipe):

- Calories: 305
- Fat: 1.9 g
- Saturated Fat: 0.3 g
- Calories from Fat: 5.5%
- Cholesterol: 0 mg
- Protein: 13.1 g
- Carbohydrates: 61.9 g
- Sugar: 7.5 g
- Fiber: 7.4 g
- Sodium: 301 mg
- Calcium: 103 mg
- Iron: 4.1 mg
- Vitamin C: 56.8 mg
- Beta-Carotene: 999 mcg
- Vitamin E: 2.1 mg



## Cannellini Beans with Kale

Makes 4 servings

Kale is an excellent source of calcium while the cannellini beans are high in protein and low in fat. This dish can be served alone or on toast.

### Ingredients:

- 1 large onion, thinly sliced
- ¾ cup vegetable broth, divided
- zest and juice from 1 lemon
- 2 bunches curly kale or dinosaur kale, chopped or torn into bite-size pieces
- 2 15-ounce cans cannellini beans, drained and rinsed
- 2 tablespoons sesame seeds
- 1 teaspoon toasted sesame oil (optional)
- 1 teaspoon Bragg Liquid Aminos

**Preheat** a large wok or skillet over medium heat.

**Add** onion and ½ cup broth and **sauté** for 3 minutes.

**Add** kale, the remaining ¼ cup broth, beans, and lemon zest and juice.

**Cook** on low until tender.

**Sprinkle** with sesame seeds, oil, if using, and Liquid Aminos.

**Nutrition Information per serving**  
( $\frac{1}{8}$  of recipe):

- Calories: 295
- Fat: 4.1 g
- Saturated Fat: 0.7 g
- Calories from Fat: 11.6%
- Cholesterol: 0 mg
- Protein: 18.6 g
- Carbohydrates: 50.6 g
- Sugar: 4.6 g
- Fiber: 13.5 g
- Sodium: 501 mg
- Calcium: 259 mg
- Iron: 7.2 mg
- Vitamin C: 71 mg
- Beta-Carotene: 13099 mcg
- Vitamin E: 2.8 mg

**Source:** Physicians Committee for Responsible Medicine: Cancer Project

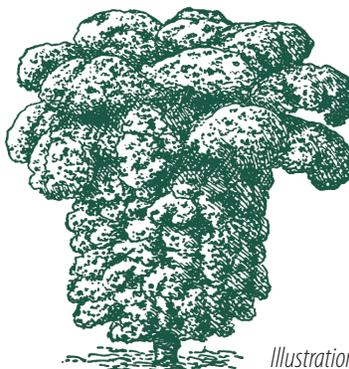


Illustration: FCIT



## Sacramento Vegetarian Society

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### Fish Still Not a Healthy Choice

HOPE FERDOWSIAN, M.D., AND SUSAN LEVIN, R.D.

Proponents defend fish consumption as a boon to cardiovascular health. That's because some species contain omega-3 fatty acids, which may help guard against heart disease. But fish are also surprisingly high in cholesterol and artery-clogging saturated fat, which accounts for 15 to 30 percent of fish fat. Chinook salmon, for example, derives 55 percent of its calories from fat, and some species are higher in cholesterol than steak. Only part of the fat in fish is omega 3; much of the remaining fat is saturated.

That raises an important question: Why not avoid fish and obtain omega-3 fats from walnuts or other healthy

plant sources, which have no cholesterol or methyl mercury? A new study in the American Journal of Cardiology shows that adding walnuts to a high-fat meal reduces negative changes in arteries.

Walnuts increased the elasticity and flexibility of the arteries by 24 percent for those with high cholesterol.

It's no surprise that the fishing industry wants to sell Americans more fish. But savvy consumers will think twice before taking the bait.

**Source:** Oct. 24, 2006, Providence Journal.  
Hope Ferdowsian is a Physicians Committee for Responsible Medicine public-health specialist.  
Susan Levin is a PCRM nutritionist.

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### Restaurant updates

Check often for updates to the SVS online restaurant list. Here are a couple of recent additions:

**Green Goddess**, a vegan, raw restaurant at 450 N Street, Sacramento, inside the State Board of Equalization Building. Green Goddess serves smoothies, soups, salads, wraps, sushi, sandwiches, cookies, tapas, etc.

Open 9 a.m. to 3 p.m., Monday through Friday; 916-519-6288.

**Papa Murphy Pizza**. There are dozens of these pizza parlors, where you can order vegan pizza, in the greater Sacramento area. Check them out!

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*For the animals. For your health. For our planet.*

**SacVeggie.org**

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### Sacramento Vegetarian Society Membership Application

Detach and mail this form with a check made out to SVS. | Send to: SVS, P.O. Box 163583, Sacramento, CA 95816.

Name(s) \_\_\_\_\_  
Street \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_ Fax \_\_\_\_\_ E-mail \_\_\_\_\_

Individual member: \$20/year     Family membership: \$33/year