

V Alaska Vegetarian Society Newsletter

October 2011

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[Our Vegan Story](#) *Bruce & Becky Roberts' Vegan Story*

I was actually told previously by a dietitian that a vegan diet would be the best choice for me, but she said it in such a way that I got the message, "Good luck with *that!* You don't stand a chance." It was obvious that she wasn't a vegan herself and couldn't imagine anyone being able to eat that way. So even though she knew it was the best, she didn't actually recommend that I do it.

But you know what? This has been so easy! I really love the food. We learned in our very first *Food for Life* class that the food was delicious, so I don't miss my old diet at all. Of course, it helps a lot that Becky is a good cook! [Click here to read the article](#)



A **Deeper** **Look** *by Delisa Renideo*

[Help! I'm Vegan, but Can't Seem to Lose Weight!](#)

We vegans often pride ourselves on being "able to eat as much as we want without gaining weight," but if this were totally true, would there be any overweight vegans? Is there a catch somewhere?

First, let me say that many *are* able to lose weight easily after beginning a vegan diet. However, there are plenty of others who haven't had this experience.

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[Nutrition Nuggets: What About Those Vegan Convenience Foods](#) *by Delisa Renideo*

As more and more of us begin choosing a plant-based diet, food producers and manufacturers are responding. We can find many kinds of non-dairy milks, meat and cheese substitutes, frozen vegan pizzas and burritos, box mixes, organic tortilla chips, "energy" bars. . . Sounds great, doesn't it? We often talk about how much easier it is to be vegan now than it was 15 years ago, before there were so many vegan convenience foods.

It might be great -- if processed food was the goal.

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[Recipe of the Month: Mango Salad with Fresh Lime Vinaigrette](#)

[Click here to see the recipe](#)

[Healthy Holiday Cooking Classes](#)

Classes starting November 8, 9 & 10 in Anchorage, Wasilla & Eagle River

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