

# ***Resources for Beginning Vegetarians (and the Already-Converted)***

## **First...**

A few book ideas to get you started:

- **Diet for a Small Planet** by Francis Moore Lappe

While not directly promoting vegetarianism, this book provides perspective on the wastefulness of land, grain, water, energy, and other resources, at a time when millions of people around the globe are dying annually due to hunger and its effects. Great explanation of the issues connected to our diet and level of consumption.

*"We got hooked on grain-fed meat just as we got hooked on gas guzzling automobiles. Big cars 'made sense' only when oil was cheap; grain-fed meat 'makes sense' only because the true costs of producing it are not counted."* - Diet for a Small Planet

- **Diet for a New America**  
*and*
- **The Food Revolution: How Your Diet can Save Your Life and the World**  
both by John Robbins

After declining to inherit the Baskin-Robbins ice cream chain, the author offers these books about how changes to your diet can impact the way you live and create a more compassionate and sustainable world.

## **Next...**

Aren't sure you're getting all the nutrients you need? Check out:

- **The Tufts University Guide to Total Nutrition** by Stanley Gershoff

This book does a nice job of highlighting important nutrients within a balanced diet and how to make sure you include them year-round.

- **The Vegetarian Way: Total Health for You and Your Family** by Virginia & Mark Messina

The Messina's provide a comprehensive look at transitioning into a healthy vegetarian lifestyle. This is another great resource to have on hand.

## Then...

Vegetarian cookbooks are plentiful. Take care, however, that you aren't trying to cook from a cookbook that requires 'gourmet' ingredients, as these can end up costing a fortune. Below, a few tested favorites:

- **Moosewood Cookbook** (from veggie restaurant in Ithaca, NY)
- **Betty Crocker's Vegetarian Cooking** (practical as always)
- **More with Less** (great resource published by the Mennonites)
- **Feeding the Whole Family** (recipes for all ages)

## Finally...

For more information about vegetarianism—along with an abundance of delicious recipes—visit these websites:

- The Vegetarian Resource Group - <http://www.vrg.org/>
- The Vegetarian Channel - <http://www.thevegetarianchannel.com/>
- The International Vegetarian Union - <http://www.ivu.org/>

## Last but certainly not least...

Looking for special someone who shares your love of vegetarianism? Look no further. ;) )

- <http://www.veggiedate.com/>
- <http://www.veggiematchmakers.com/>

Remember that vegetarianism isn't necessarily all or nothing. Whatever we can do to limit our consumption is already a step towards being more respectful of our world's finite resources. Most of the developing world's population lives on a vegetarian or near vegetarian diet not by choice, but because they can't afford the increasing costs of animal products. Every time we choose to 'go vegetarian,' we are acting in solidarity with our neighbors around the globe.

*Resource page prepared by Amy Rhoades*