The VEGETARIAN Diet

Know your economics about food shortage.

It takes anywhere between 12 to 20 pounds of vegetable products (as animal feed) to produce one pound of meat (enough only to feed 2 humans).

The water resources on our planet are running out. It takes 60 liters of water to grow 1 kilo of wheat, 200 liters to grow I kilo of green beans, 3000 liters to produce 1 kilo of eggs, 8200 liters to produce 1 kilo of chicken 16400 liters to produce 1 kilo of pork and 50,000 liters to produce 1 kilo of beef (Source: Higher Taste).

The word vegetarian originated from the fact that people made vegetables their main staple. The American Indian references the word vegetarian with "bad hunter". Well, if you couldn't get any meat, you were left eating the foods from the garden and those things you could pick from bushes and trees. Vegetarians often consider meat as the harmful factor, and strict (vegan) vegetarians eliminate eggs and butter as these both come from animals, which is often the motivation for a vegetarian diet. But many vegetarians forget that vegetarian means the diet should be made up primarily of vegetables and as many of them raw as possible. Most modern vegetarians should say they eat a "meat free" diet, which is not the same as vegetarian, or what vegetarian should be. You see, the average vegetarian uses extreme amounts of carbohydrates like breads and pastas. While complex carbohydrates are no problem, most people are eating simple carbohydrates. Table salt and the extreme amount of additives and preservatives should also be eliminated from a vegetarian diet. Refined carbohydrates, table salt and modern preservatives (primarily sugar) are generally worst for the body than meat. I don't want to sound mean when I say this, but the average vegetarian is not a healthy person and most of that is due to the reasons mentioned.

I would definitely promote a vegetarian diet as long as that means refraining from refined carbohydrates and so many of the other toxic foods that are overlooked. Stick with my healthy lifestyle suggestions (but avoid the meat) and you will be a healthy vegetarian. Just be careful because many vegetarians don't get enough protein. But guess what, those vegetarians like lots of simple carbohydrates! If you eat plenty of dark green vegetables, you should have most of the protein you need, you can supplement with beans and legumes and even tofu, although I am not an advocate of any other soy product. I also think eggs are a good source of protein, especially if they are eaten raw and obtained from an organic, range fed source (you can cook them if you have to!)

Juicing is one of the most important health promoters. If you can't find the strength or metabolic tolerance to be vegetarian, you should consider juicing several times each week.

The best vegetarian diet is probably that promoted by Hallelujah Acres. I don't think they have the best supplements and they don't teach that you need to detox

the cause of the problem. But they promote an excellent vegetarian diet. There are two main links you will need to understand their program:

1. http://www.hacres.com/diet/explained.asp explains the basics of the Hallelujah diet.
2. http://www.hacres.com/diet/hallelujahday.asp explains what a vegetarian day looks like.

Hallelujah Acres has a great recipe section and support center to help keep you motivated in following a healthy diet.
http://www.hacres.com/recipes/recipes.asp

The MACROBIOTIC Diet Summary

Many people use the Macrobiotic Diet, which is a version of vegetarianism which has its origins in the orient. While many of the foods recommended in Macrobiotic are from the orient, make sure that you follow the first rule listed below. The exotic vegetables and spices from the orient do not often metabolize well in other races and anything you do not digest or metabolize becomes toxic waste in the body. Following are the most condensed Macrobiotic principles:

- All foods consumed should be organically grown, locally grown, and in-season.
- Best are foods that will store without artificial preservation or refrigeration.
- Use solar-evaporated sea water salts to season and prepare foods.
- Use oils sparingly and only use unrefined, cold-pressed, and organically grown seeds such as sesame, corn, safflower, sunflower, and flaxseed.
- As a primary source of protein, use beans and bean products frequently, along with whole grain and vegetable dishes.
- Chew each mouthful thoroughly before swallowing.

What to avoid:

- Foods and beverages containing refined sweeteners, chemical dyes, synthetic flavorings or seasonings, refined oils, chemical preservatives.

- Foods and beverages grown with chemical insecticides, herbicides, fungicides, chemical fertilizers, produced by bio-engineering, or grown under hot-house conditions.

- Beverages which are carbonated, sweetened, or contain alcohol. Meat, poultry, animal fat, eggs, dairy.

- All tropical fruits and other foods which must be imported from warmer climates.

Food preparation:

Recommended cooking energy should include wood or gas, avoiding electric and microwaves.

It is recommended to use this variety of cooking methods most often: pressure cooking, steaming, stewing, water sautéing, boiling, blanching, marinating, pressed salad, pickling.

The following methods should be used much less frequently: oil sautéing, stir frying, deep frying, tempura, baking, raw salad, dry roast, and barbecue.

Beverages:

A variety of traditional teas are recommended, including bancha, kukicha, barley tea, brown rice tea, organic green tea, Mu tea, or corn silk tea. Other beverages include carrot, celery, or vegetable juice, naturally processed amasake and soymilk, and organic fruit juices (fresh squeezed if possible. Natural spring or well water is preferred for cooking and drinking.

Whole Grains:

The majority of the Vegetarian/Macrobiotic diet consists of cooked whole cereal grains. It is important that grains are organic, unrefined and ground at the time of use if possible so that vital minerals are not destroyed. If they are, the grain becomes a simple carbohydrate (bad).

Whole cereal grains include brown rice, barley, millet, corn, whole wheat, whole oats, rye, kamut, quinoa, and buckwheat. Whole cereal grains that can be eaten occasionally include sweet brown rice, whole grain noodles, cracked wheat, rolled oats, corn meal, and couscous.

Vegetables:

Vegetables should be the second most frequently consumed food group. Vegetables which should be used regularly include kale, collard greens, watercress, broccoli, cauliflower, cabbage, onions, squash, Brussels sprouts, carrots, turnips, daikon, burdock, and scallions. Vegetables that can be eaten occasionally include celery, chives, cucumber, mushrooms, lettuce, peas, and string beans. Tomatoes, potatoes, and peppers should be eaten rarely.

Beans, Soy, and Sea Vegetables:

Beans will provide the highest amount of protein in the diet and amount to approximately 10% of food consumption. Beans that can be used regularly include azuki beans, chickpeas, lentils, and black soybeans. Beans which can be eaten occasionally include kidney beans, pinto beans, whole dried peas, and lima beans.

Soy products which are recommended for regular seasoning in soups and other dishes include miso, a fermented soy paste, and shoyu, a soy sauce. Beans and/or soy products such as tofu and tempeh are recommended to be eaten occasionally.

Sea vegetables which are recommended include kombu, watame, nori, hijiki, arame, dulse, irish moss, agaragar, and mekabu.

Various Foods:

Seeds and Nuts which can be included in this diet are pumpkin, sesame, sunflower, peanuts, walnuts, and pecans (raw or slightly roasted, never salted).

Seasonal fruits which can be included in this diet are apricot, peaches, apples, cherries, strawberries, pears, and grapes.

Natural sweeteners include rice syrup, barley malt, amasake, dried chestnuts, and organic apple butter.

Condiments which can be used regularly include gomashio (sesame salt), shiso powder, umeboshi (pickled salt plum), tekka, green nori flakes, brown rice vinegar, umeboshi vinegar, organic shoyu.