

UK'S ONLY
VEGGIE MONTHLY!



118 GREAT
FOOD
IDEAS

Cook Vegetarian!

AUGUST 2009, £3.25

meat-free food made easy

85
& **Quick
Easy**

**Seasonal
Recipes**

**Summer
Sorted!**

A WEEK OF
DINNERS FOR
YOUR GUESTS

**JUST
£35**



Chill...

**Delicious cool-down ideas from
homemade ices to inventive salads**

**MAKE IT
TONIGHT!**

Only £1.86 a portion

+PLUS

**BBQ ideas using
your favourite veg**

- * New Potatoes
- * Sweetcorn
- * Asparagus
- * Aubergine



James Martin
whips up rustic
Mediterranean
family fare



Rose Elliot
inspires us with
her summery
fruit creations

480



In demand

What's all the fuss about dairy-free?

People cut out foods like milk and cheese for all sorts of reasons – like these!

● Intolerance issues

Some of us can't digest a sugar in milk called lactose, while others are allergic to a protein in milk called casein

● Ethical reasons

Vegans don't eat any animal products or by-products, which includes dairy goods such as milk and cheese as well as honey and eggs

● The calcium question

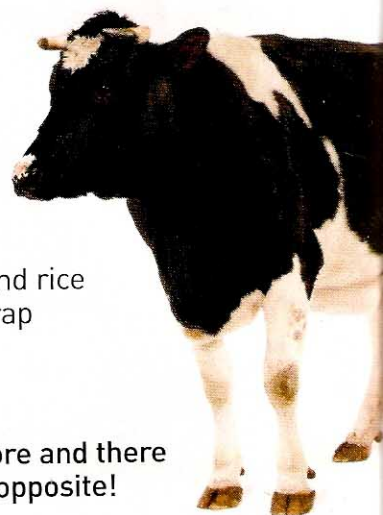
Going dairy-free does not necessarily lead to a calcium deficiency – top up your intake by opting for tofu processed with calcium sulfate and dark green leafy veg

● Smart choices

Other calcium rich non-dairy foods include soya and rice milks, orange juice fortified with calcium, blackstrap molasses, tahini and almonds

● Awesome alternatives

You can choose from oat, goat's, rice milk and more and there are tons of other replacements these days – see opposite!



3 Top Dairy-free Foods

PLAMIL EGG-FREE MAYONNAISE £2.12, WWW.PLAMILFOODS.CO.UK

Not as eggy-tasting as regular mayo, which actually improves its flavour. Surprisingly tasty stuff



MEDIUM CHEDDAR-STYLE SHEESE £2.49, WWW.BUTEISLAND.COM

Goes nicely with pickle in a sarnie and would work well as a pizza or bake topping and even for yummy sheese on toast.



SWEDISH GLACE SMOOTH VANILLA ICE CREAM £1.70

Made from soya milk, this gorgeously creamy ice cream will rival any dairy version.



WE LOVE

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Health Q&A



Our nutritionist Emma Wells talks summer slimming

I'm going on holiday at the end of August and would love some tips for quick weightloss

"If you follow a fad diet that cuts down your calories too much or skip meals you're running the risk of slowing down your body's metabolism. This will result in it holding on tightly to whatever you do give it and so can make weightloss harder.

It's much better to eat small regular meals and snacks making sure they all contain some protein as this helps you to feel fuller for longer and keeps blood sugar levels stable, meaning less cravings. Salads are fab but watch

out for hidden calories in dressings. Also cut back on booze, which goes straight to the waistline.

Try this sample menu: Eat a poached egg on a slice of wholemeal toast for breakfast; 2 tbsp mixed bean and lentil salad with a side salad and a yoghurt and herb dressing for lunch and a Quorn fillet and brightly coloured vegetables for dinner. Snack on an apple and a few almonds in the morning and an oatcake with cottage cheese in the afternoon."