

## **Addendum to article “Feed the Children”**

Hello again,

I realized that after I sent this article that there may be several questions (which I am commonly asked) such as:

1. Where do I get my protein and calcium if I reduce the amount of animal products in my diet?

Answer: Legumes, beans (including soy), meat substitutes, nuts, and lentils provide more than enough protein as well as fiber and anti-oxidants. It is a myth that we need animal protein to survive. We can also get by with much less protein each day than the average American consumes. Many health and nutrition experts say we only need about 15 % of our daily calories to be from protein.

Calcium is not only found in cow’s milk. It is found in green vegetables (collard greens, bok choy, okra, etc.), figs, oranges, beans, and tofu to name a few sources. Calcium from dairy is also not well absorbed which explains why we have so much osteoporosis and hip fractures despite all the milk that Americans consume.

2. Any good restaurants that I can go to that serve a meatless cuisine?

Answer: Chicago Diner, Soul Food Vegetarian, Udupi Café, Arya Bhavan, Andhra Bhavan, and many other restaurants in the Chicago area have meatless options and great meat substitutes (veggie burgers, veggie chicken and veggie turkey, gyros made out of soy or seitan for example). Even Subway, Burger King, White Castle, and Taco Bell have meatless and dairy- free options as well as meat substitutes.

I hope that was helpful.

Enjoy!

Dr. Nagella