

How to be vegan in a grocery store...

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DAIRY DEPARTMENT

Many vegan dairy substitutes are made with cashews, so it is good to have raw cashews on hand. Most dairy items have vegan alternatives. If you can't find a premade vegan dairy-like item, finding recipes is just a Google search away. Remember that our sense of taste varies; if you try something that you don't like, try another version or another brand. Sometimes, I prefer the ones that I make my own.

1. Milk and Creamers - Look at the packaging to pick out the one that has what you need in terms of nutrients and flavor. Some come in different flavors, like vanilla or chocolate.
1. Soy milks have protein. Tend to be a little sweet.
2. Almond milk does not have protein unless it says it on the package
3. [Flax](#) Milk – Some have protein and Omega-3s
4. Hemp Milk – Has protein
5. Rice Milk and Coconut Milk – Probably no protein
6. Cashew Milk – Very creamy. No protein.
7. Pea Milk – Has protein and omega-3s
8. Oat milk
2. Eggs - Look in the baking section for egg replacers. They are available at most grocery stores because some people are allergic to eggs. You can also use ground flax seeds as an egg replacer. Follow Your Heart makes the [VeganEgg](#), and there is also [The Vegg](#).
<http://www.veganbaking.net/recipes/egg-replacers/flax-seed-egg-replacer> The liquid

(aquafaba) that garbanzo beans soak in can be whipped into a meringue.

<https://www.vegansociety.com/whats-new/blog/13-amazing-things-you-can-do-aquafaba>

3. Ricotta - <https://happyherbivore.com/recipe/tofu-basil-ricotta/> There are also commercial ricotta cheeses, such as by Kite Hill and Tofutti.
4. Sour Cream - <http://www.food.com/recipe/vegan-sour-cream-441071>
5. Parmesan Cheese – Some Go Veggie brand parm is vegan, but some is simply lactose free but not vegan. Read the labels. Nutritional yeast is a great parm substitute, and it's packed with B vitamins.
6. Cheese – Brands: Daiya. Chao. Go Veggie. Follow Your Heart. Miyoko's Kitchen. There are also numerous vegan cheese recipes online and in cookbooks. Be aware that some Go Veggie products, like some of their cheeses, are not vegan. The shredded mozzarella from Follow Your Heart is the closest thing I've found to dairy mozzarella in terms of taste and texture.
7. Cream Cheese – Tofutti makes one. Go Veggie has some that are vegan, but I don't think they all are. Kite Hill makes vegan cream cheese.

SKIPPING THE MEAT DEPARTMENT

To a vegan, the meat department would include fish, shellfish, birds, cows, pigs, lambs, goats, etc – any animal. Remember that our sense of taste varies; if you try something that you don't like, try another version or another brand. My husband avoided veggie burgers for decades after trying one that he hated. He finally tasted a different vegan burger (a Lightlife Smartburger) and now asks for them!

Head to the:

1. **Freezer Department** for frozen faux meats. These faux meats are great sources of protein. Some brands include: Gardein; Beyond Meat's faux chicken, ground "beef," and Beast Burgers; Boca (some are not vegan – read the package); Sun Burgers; Engine 2 veggie burgers; Dr. Praeger's veggie burgers; some Gardenburgers. Quorn now has some

vegan products, and the company has announced that they are changing all of their products to vegan. There are also some store brand vegan burgers.

2. **Produce Department** for refrigerated faux meats: Again, these are often excellent sources of protein. This is where you will usually find tofu and tempeh – both excellent sources of protein. Tofu and tempeh are soy based and come in many varieties. Tempeh is fermented, which offers some great health benefits. Google recipes for tofu and tempeh, because there isn't enough room here to adequately address these amazing foods and the varied ways in which they can be prepared. Faux meats in this department may be from Tofurky (the best Kielbasas (IMHO) with a ton of protein, sandwich “meats”), Field Roast (amazing faux sausages, stuffed roasts), Beyond Meat faux chicken, jackfruit BBQ from Upton's Naturals. Packaged Seitan, such as from Upton's Naturals and No Evil Foods (made from wheat gluten and high in protein). No Evil Foods also makes delicious sausages. Lightlife makes amazing hot dogs, burgers, and ground “meat.”
3. **Canned Vegetable Aisle** for dry and canned beans: Beans are high in fiber and protein. Some are high in iron.
 1. Canned beans are fast and easy to prepare; you just need to drain the water (for those who saw my first in and meringue).
 2. Dry beans are so affordable and not difficult to make. There are ways to cook them without soaking overnight (Google or look on the package). I prefer to rinse and then soak mine overnight. A friend in Peru taught me to drain the water and re-boil at least 3 times to remove gas forming compounds. Some people cook their beans in a pressure cooker, and that takes less than 30 minutes.
 3. Canned soups. Minestrone and Lentil soups are usually vegan. A skilled vegan knows, however, to always check out the ingredients.
 4. **Bulk Bins and Dry Good Aisle:** TVP (Textured Vegetable Protein) is soy based and high in protein. Dried beans and nuts. Nuts are loaded with protein and good fats that help us stay satiated. Chick pea (garbanzo bean) flour is high in protein and used in many

vegan recipes. Vital wheat gluten is used to make seitan – great recipes are a Google search away. I love the seitan recipes from The Gentle Chef cookbook.

5. **Asian Food Aisle/Section:** Packaged silken tofu. These are excellent protein sources that are often used in savory and sweet dishes. Canned jackfruit soaked in brine has a meaty texture and is a great substitute for things like pulled pork; look up recipes online.

NAVIGATING CONDIMENTS AND SEASONINGS

You'll see that many condiments are naturally vegan, like mustard, but there may be those occasions when some company adds something non-vegan, like honey. It's always important to look at labels. Also, vegans try to avoid palm oil that is involved in destruction of rain forests and responsible for the deaths of many orangutans. Also, some vegans will not buy vegan products from companies that test on animals (e.g., Unilever).

SWEET

1. Instead of Honey : <http://www.vegan.com/honey/>
1. Agave
2. There actually are vegan honeys on the market, which are not from bees. Bee Free syrup is called Honee and is made from apples. There is a dandelion honey from Northern Italy that is vegan. <http://www.vegan.com/honey/>
3. Brown Rice Syrup
4. Coconut nectar
5. Date paste and date syrup
6. Yacon root syrup
2. Sugar – Traditional sugar, even brown sugar, is not vegan because it is processed with bone char. Non-vegan sugar is whitened through a charcoal from cow bones. Some sugars are labeled as vegan sugar.
1. Organic evaporated cane sugar, organic cane sugar, and organic dehydrated cane juice

2. Turbinado sugar
3. Beet sugar
4. Coconut sugar
3. Other Sweeteners
1. Stevia is vegan
2. Molasses
3. Barley Malt
4. Fructose and dextrose
5. Sucrose – Check with the company to make sure it is not from regular cane sugar produced through bone char
6. Very ripe bananas
4. Chocolate syrup: Hershey’s syrup is vegan. Google for homemade recipes.
5. Caramel: Not typically vegan, but there are plenty of recipes available on the web.
6. Whipped cream: Dairy whipped cream is not vegan. So Delicious makes amazing vegan whipped toppings. You can find coconut milk whipped cream recipes online.

SAVORY

1. Instead of egg-based mayo
1. Vegenaïse (There are many yummy flavors) by Follow Your Heart
2. Just Mayo by Hampton Creek (again, many yummy flavors) – Large jars are less expensive at Target.
3. Nayonaïse by Nasoya
4. Whole Foods brand vegan mayo

5. Hellmann's now has a vegan mayo
6. Fabanaise from Sir Kensington's
2. Tartar Sauce – Follow Your Heart has a great vegan tartar sauce. Find vegan tartar sauce recipes on the web. Traditional tartar sauce is typically not vegan
3. Worcestershire sauce: Not vegan because it is made with anchovies (fish). There are vegan Worcestershire version, though (Annie's makes one). There are also recipes on the web.
4. Liquid smoke – Typically vegan.
5. Parmesan cheese – Not vegan, but nutritional yeast (Nooch) is a great substitute and very high in nutrients.
6. Broth: Vegetable broth is easy to find. There are also vegan versions of chicken and beef broth. Homemade vegetable broth is worth the time and effort. Clam broth is not vegan.
7. Mustard is vegan, unless it has something non-vegan added to it, like egg based mayo or honey
8. Ketchup is vegan, unless it has something non-vegan added
9. Barbeque sauce is typically vegan
10. Tahini: Made from ground sesame seeds, is vegan. If it is used in Tzatziki sauce, then it is not vegan unless it is made entirely non-dairy.
11. Lemon and lime juice are vegan.
12. Horseradish: Vegan
13. Sauerkraut: Vegan
14. Sriracha is vegan, unless it has something non-vegan added.
15. Salt is vegan.
16. Spices and herbs are vegan.

17. Salsas should be vegan.
18. Pickled relish and pickles are vegan.
19. Hot sauces should be vegan, although I have seen some that are not.
20. Vinegar is vegan.
21. Soy sauce, tamari, and Bragg's Liquid Aminos are vegan.
22. Miso is vegan.
23. Oils: Unless it's lard or butter, it's probably vegan. See my comment about palm oil above. Red palm oil is different than the palm oil that is destroying our rainforests and is generally a good alternative. Magic Vegan Grease tastes like bacon.
24. Bacon bits: Bac-os contain no animal products but are made with sugar, which is probably processed through bone char. If it says "real bacon," then it's not vegan. Many Bacon Salt products from J&D are vegan, but check the package. Bac'Uns by Frontier are vegan.
25. Salad Dressing – If it has dairy or gelatin...or bacon...it is not vegan. Just Mayo, Follow Your Heart, and Daiya make delicious vegan salad dressings.
 1. Ranch dressing – There are many vegan ranch dressing recipes on the web.
 2. Thousand Island/Russian dressing: Make it homemade with a vegan mayo.
 3. Go with a great oil and vinegar
26. Sour Cream: Not vegan because it is dairy. Look for vegan varieties, like from Tofutti. Make homemade vegan sour cream (my preference).
27. Butter: Butter is a dairy product, so it is not vegan. Earth Balance is vegan butter substitute that comes in many varieties and is pretty widely available; it's also delicious! Earth Balance uses a sustainable palm oil. It is also definitely worth making a homemade vegan butter. There are great recipes out there.