

## How to Cook and Eat Beans without Gas ©

**When I was becoming vegetarian**, the subject of how to avoid gas from a vegetarian diet was not discussed, never mind dealt with effectively. I suffered some very embarrassing moments. For vegetarians, who need the excellent nutrition that beans have to offer, this is a serious topic, finally properly dealt with, in public (if the internet isn't public, what is?).

**I've seen a paragraph or two here and there**, dealing with the subject of beans and gas, and I've heard and tried plenty of tips that didn't work! I had to put together a comprehensive understanding from these bits and pieces of information and misinformation, my own experience, and from studying basic Ayurvedic principles.

**I'm happy to share what I know**, because I have the feeling that the beans/gas issue is one that stops quite a few people from continuing a vegetarian diet, or being a well-nourished vegetarian.

**The seriously misunderstood bean** has been a staple of the human diet for many thousands of years, and a major source of high quality, inexpensive protein, combined with other foods. There are hundreds of varieties of beans and lentils available, with a corresponding range of tastes and nutritional qualities. Beans are adaptable to an immense number of delicious vegetarian recipes.

**How To Eat Beans Without Gas** was one of the first advice letters I published. 'Embarrassed' represents many people who have asked this question over the years. How do I know that so many people are concerned about beans and gas? Because, this advice letter and the bean report are the most visited pages on SV, after the [home page](#) and the [blog](#)!

**My answer to the letter was more of a short essay**. Since I found out that this is such a hot topic, I decided to make it a report, and put it out there on every page of the site, so the legions of people who want to know how to eat beans without gas might easily find it.

**This report is mostly unscientific**, and somewhat irreverent, but the information is based on many years of practice as a vegetarian, and should be helpful - at least that's my intention!

Judith Kingsbury, Savvy Vegetarian

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**Dear Savvy Vegetarian:**

**I became a vegan about six months ago**, and I've been eating beans for protein. There's only one problem. They give me terrible gas, which is really embarrassing. I don't want to stop eating them, because I think I need the protein, but how can I reduce the gas?  
Embarrassed In Chicago

## Dear Embarrassed,

This is a common problem for lots of new and some not so new veggies! There are four factors at work in your gastric distress:

- Your digestive system
- What kind of beans and how much
- How the beans are cooked
- Foods combined with the beans

### Your digestive system:

**When you make any kind of major dietary change**, your digestion takes years to adapt. When it's used to meat, then all of a sudden you're throwing beans down the hatch, your tummy protests: "Ack! Alien food. Does not compute!" This next bit isn't completely scientific, but it's my theory that your digestive system hasn't had time to develop the right kind of digestive enzymes to digest the foreign particles. Actually, I have noticed that nutritionists tend to say the same sort of thing, so maybe it's scientific, you never know.

**Also, when you become vegetarian or vegan**, you suddenly eat a lot more fiber, which, in broom like fashion, cleans out the years of accumulated garbage from your former carnivorous diet, tending to make you a public nuisance. Beans, coincidentally, are extremely high in fiber. That may or may not make you feel much better!

**Speaking of fiber and gas**, here's an interesting quote from an article<sup>1</sup> on the antioxidant value of fiber: "And fiber consumption, according to a new review, may help boost energy levels. The good bacteria in our colon eat half the fiber we swallow. Our colonic comrades ferment the fiber we eat into short-chain fatty acids, which our body then absorbs and sends straight to our muscles to be used as a ready fuel source. Of course, another byproduct of this fermentation product is gas, some of which is absorbed by other bacteria to produce even more fuel for us, but the rest of which is indeed excreted."

**It's natural for our intestines to product gas**, and there will always be a certain amount of intestinal gas, as part of the human condition. Our goal should be to avoid excessive, painful or putrid gas.

**We can minimize the production of gas** by breaking down the fiber in beans before eating, by mashing or grinding, as in Refried Beans, or Hummus. We can also minimize gas from beans by soaking and cooking them well, eating them in combination with other foods, not eating excessive amounts, and chewing them well, just as your mother always told you!

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<sup>1</sup> From Figs Fight Fatigue by Dr. Michael Greger in his newsletter 'Latest In Human Nutrition', April/June, 2005 issue.

**Give your digestive system a chance** to adapt to a different diet and clean itself out. As mentioned above, some gas may accompany this process.

### **What kind of beans, and how much?**

**Some beans are easier to digest than others.** Pinto beans, adzuki beans, black-eyed peas, black beans, and chickpeas are relatively benign. Indian pulses, such as split mung beans (mung dhal), or red lentils (masoor dhal) are very easy to digest. Navy beans, soy beans green or yellow split peas, or green lentils, are harder to digest, and therefore more gaseous. Soybeans are much better as tofu, tempeh, miso, and shoyu. Sprouted beans and lentils are always more digestible.

**As for how much beans to eat,** they are nutrition powerhouses, and a little goes a long way. 1/4 to 1/2 cup cooked is the average serving size.

### **How the beans are cooked:**

**In my humble experience,** and that of many other vegetarian and vegan cooks both famous and obscure, not to mention every nutritionist I ever came across, beans should always be cleaned, rinsed, then soaked, whether or not they are pressure-cooked. The general principal is, long slow soaking, and long slow cooking is best for beans.

**Soaking loosens the skins,** and releases the gas-causing oligosaccharides (I think that's how you spell it!) and converts the complex sugars into digestible form. How long to soak depends on the bean, but they should double in size, and be smooth. Chickpeas should be soaked overnight, up to 24 hours. It speeds things up to start with boiling hot water, and change the water several times. *Add nothing but water to the beans during soaking.*

**You can also speed up soaking time** by bringing the beans & water to a boil, skimming the foam, and then taking them off the heat to carry on soaking. Do the same with a pressure cooker, bringing the beans up to pressure, and then turning off the heat.

**When cooking,** discard the soaking water, and use fresh. Your plants or garden will appreciate the soaking water. Cover 1 –2 inches with cold fresh water, bring to a boil, skim the foam, and boil ten minutes uncovered. Again, this loosens the skins, and releases gaseous chemicals.

**If gas continues to be a problem,** even after following these directions, follow the advice given by elderly Bulgarian housewives, of bringing them to a boil, draining the water, and starting again three times.

**Don't add salt or baking soda** to beans when cooking, because the sodium prevents them from softening. But you can add a few fennel or cumin seeds, a slice of ginger, a bay leaf, or a 3" strip of dried kombu seaweed. Or add all of the above if you wish. These help to soften

the fiber, convert the sugars, and add nutrients to make beans more digestible. Cover and simmer until very tender.

**If you're going to cook and soak beans**, it's worth making extra to freeze for future recipes. **Likewise, with most bean dishes** that you make, you can freeze extra for another day. This isn't as nutritionally optimal or as tasty as eating everything freshly made, but it's a far better option than processed or fast food.

**Note about canned beans:** Always drain and rinse them before eating. These are more likely to cause gas than those you cook yourself, because they're not cooked the same way, and they're not fresh cooked. However, sometimes it's necessary to take a social risk for the sake of convenience.

Bean Cooking Chart			
Dried Beans (1 cup)	Soaking Time	Regular Cooking Time	Pressure Cooking Time
Adzuki	1 – 2 hours	45 - 50 min.	15 - 20 min.
Black (Turtle)	4 – 6 hours	45 - 60 min.	15 - 20 min.
Black-Eyed Pea	4 hours	1 hr.	10 min.
Chick-Pea	overnight	1 1/2 - 2 1/2 hr.	15 - 20 min.
Fava	overnight	45 - 60 min.	not recommended
Kidney	overnight	1 - 1 1/2 hr.	10 min.
Lentil, Red	1 – 2 hours	20 - 30 min.	5 - 7 min.
Lentil, Green	2 – 4 hours	30 - 45 min.	6 - 8 min.
Lima	overnight	60 - 90 min.	not recommended
Lima, Baby	overnight	45 - 50 min.	not recommended
Mung	overnight	1 - 1 1/2 hr.	8 - 10 min.
Pea, Split	2 – 4 hours	35 - 40 min.	not recommended
Pinto	overnight	1 1/2 hr.	10 min.
Soybean	overnight	3 hr.	15 min.

White (Great Northern, Marrow, Navy, Pea)	overnight	45 - 60 min.	4 - 5 min.
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## Basic Bean Recipe for Vegetarian and Vegan Cooking

This recipe is for kidney beans, but you can substitute pinto beans, or garbanzo beans, or black beans - any kind of beans.

### Cooking Tips:

- Soaking and cooking time will vary for each kind of bean, so if you're using more than one kind of bean in a recipe, it's best to cook them separately.
- Different beans also are different colors, so even if the cooking time is the same, separate cooking will avoid a gray unappetizing mess.
- They've had enough soaking when they've doubled in size and have no wrinkles.
- They've cooked long enough when they're completely soft.
- Slow cooking and pressure-cooking are excellent ways to cook beans, but be sure to boil them and skim the foam before putting in the slow cooker or sealing the pressure cooker

### Bean Recipe:

1 c. dried kidney beans

Sort and clean the dried beans

Soak the beans in hot water for four hours, or overnight in cold water

Drain and rinse

Place in medium saucepan, cover with cold unsalted water

Add bay leaf, fresh ginger slice, cumin seeds or dried kombu as desired

Bring to boil uncovered, boil for ten minutes, and skim the foam

Cover and simmer for 1 - 2 hours.

Check the water level occasionally

OR cook 9 min at high pressure in a pressure cooker

OR put in a slow cooker on medium and cook 4 – 8 hours

If you don't want all the bean cooking liquid, freeze it for use in soup stock, or sauce; feed it to your garden, your plants, or your pets

### More bean recipes:

- [Barley Bean Veggie Soup \(vegan\)](#)
- [Eclectic Pasta Stew \(vegan\)](#)
- [Kidney Bean Pasta Soup \(vegan\)](#)
- [Refried Beans \(vegan\)](#)
- [Slightly Garlicky Hummus \(vegan\)](#)

- [Tabouleh - Middle Eastern \(vegan\)](#)
- [Tasty Pasta Salad \(vegan\)](#)
- [White Bean Italian Style Soup \(vegan\)](#)

### **Beans and Protein:**

**Beans are an excellent source of protein**, crammed with minerals and B Vitamins, low in fat (except for soybeans), high in fiber, and should be the main source of vegetarian protein. But this report is primarily about how to cook and eat beans. For detailed information about vegetarian protein, see the SV article, [Vegetarian Protein - Myth and Reality](#)

### **Foods combined with beans:**

**Beans are high in protein**, but except for soybeans, aren't complete protein by themselves. In my humble opinion, soy foods are most edible in traditional forms – e.g. tofu, soymilk, tempeh, miso, soy sauce and maybe Edamame (green soybeans). [More info on soy food safety](#)

**I'm not aware of contra-indications** for other beans, except for chickpeas, which have casein, an allergen for some people.

**Anyway, beans are extremely varied**, delicious, and most digestible combined with whole grains, vegetables, and sometimes a little cheese or yogurt (dairy or non-dairy). One example is burritos with whole-grain tortillas, refried beans, shredded cheese and sour cream. Or an Indian dhal with yogurt based drink or other dish. Indian recipes often combine yogurt and panir cheese with beans. Rice and wheat with beans is a good nutritional trio.

**A general rule about food combining:** It isn't at all necessary to do all the combining in one dish or one meal. Just eat a wide variety of nutritious whole foods throughout the day, and your body will do the balancing and combining.

**Spicing makes beans much easier to digest.** That's because herbs and spices are packed with vitamins, trace minerals, and natural pharmaceuticals, all of which alter the chemistry of food, and balance nutrition.

**Good spices for beans and lentils** are fennel, coriander, cumin, ginger, turmeric (for chick peas, and Indian dhals), paprika, asafetida (hing), cayenne, black pepper, and salt. Dry roast spices, or heat in a little oil or ghee to bring out the flavor and reduce any bitterness. Herbs such as thyme, bay leaf, basil, rosemary, marjoram, oregano, cinnamon sticks are also good. Consult recipes for proportions.

**You may be surprised to hear** that garlic, onions, and the cabbage family, can be serious gas causing agents, so try to avoid combining them with beans. If you are a big garlic and onion consumer, it may be that as much as beans which causes your embarrassment.

**Beans are low in fat**, except for whole soy. Although low fat diets are popular ways to reduce weight, for optimal nutrition and digestion, some fat in the diet is necessary, and definitely helpful in digesting beans. In general, 15 - 20% of dietary calories should come from fat.

**Consult a good vegetarian cookbook**, or experiment, if you're an adventurous cook, but go easy until you hit on agreeable combinations and amounts.

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**A few other hints to avoid gas:**

**Drink lots of water**, especially first thing in the morning, also herbal teas.

**Eat plenty of** sweet, juicy fresh fruit to help clean your digestive tract.

**Exercise regularly.** Yoga is wonderful for digestion. So are walking, bicycling, and swimming.

**Eat beans mostly with your main meal**, when you're hungriest. Ideally, according to [Ayurveda](#), the ancient preventative health system of India, the main meal should be lunch because that's when your digestive power is at its peak. That's also when there are likely to be many other ingredients to combine with the beans and make them socially acceptable.

**Eat beans in [soups and stews](#).** The additional liquid, with the extra softening of the fiber, and also being cooked with the other ingredients seems to make beans more digestible.

**Grind or mash beans before eating**, as in [hummus](#), [refried beans](#), or falafels. That breaks down the fiber that, as previously mentioned, contributes to the gas causing attributes.

**For best digestion**, have something lighter for supper, and try not to eat late. This is another bit of Ayurvedic advice, which has worked well for thousands of years. The theory is that your digestive system needs a break for twelve hours every night, so it can clean house and take out the garbage. Try this, unless you have a good reason not to, like you're still growing, or pregnant, or for medical reasons. But always eat only when you're hungry!

**When you're a new vegetarian or vegan**, your digestion may not be able to keep up with your ideals.

**If you're having severe distress**, it's okay to back track a bit on the vegetarian regime - to give your poor digestive tract a break. Have an egg or cottage cheese or a few nuts instead of beans. Or eat mung dhal or red lentils. Or go for a higher percentage of high quality whole grains in your diet.

You might even benefit from the odd bit of chicken or fish for a while. That advice may seem heretical, but it's better to go back & forth between veg and non-veg for a while than to decide

that you can't stand being a human balloon, vegetarianism is bogus, and go back to being a hard-core meat eater!

Judith Kingsbury, [Savvy Vegetarian](#)

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## Feedback on the Bean Report:

**Thanks for the article.** I am currently serving as a Peace Corps volunteer in Bulgaria. One thing you may want to include in this is the importance of rinsing the beans while they boil. In Bulgaria, to get rid of the gas, people will bring the beans to a moderate boil for 10 minutes, then pour the water out and start again with fresh water. They typically do this 2 – 3 times as they cook the beans. It seems to help. - GK

**SV Response:** You're welcome, and thanks for the info! I have several questions, if you wouldn't mind: Do they soak the beans before cooking, as well as change the cooking water, or does that take the place of soaking? And how long do they cook the beans? What kind of beans, usually?

**Back To SV:** Actually, they do both. The old ladies in town here have universally advised me to soak the beans over night, drain out the soaking water and then with new water, bring it to a boil. Once its boiled 10 minutes or so, drain out the water and start again, then repeat...

Cooking times seem to be about 2 hours or so on a gentle boil. My rule of thumb now is when I can mash a bean with a fork on the side of the pot, its done, and that seems to take 2 hours or so, even with the overnight soak.

I can describe the beans they have here, although not sure I know what they are in English. The most common bean is a big white one. Then we've got pink beans, which taste a lot like pinto beans (which I suspect they are). We also have big red beans, about the same size as the white ones.

I am an athlete, and on my PC allowance the only way I've found so far to get enough protein is beans... a lot of beans. If you've got a favorite recipe, please feel free to send it my way.

**Favorite Recipe:** Hmmm! My favorite bean recipe is a well spiced soupy stew served over a grain, which could be rice, quinoa, couscous, bulgar, pasta, kashi, soba noodles, or with flat bread. Or the stew could incorporate barley, rice, quinoa, bulgar, or pasta – e.g. [Vegetarian Chili](#). Typical spices would be ginger, fresh or dried, jalapeno or cayenne, pepper, fresh or dried, paprika, cumin, coriander, fennel, bay leaf, or cinnamon stick, not necessarily all at once. Also try fresh or dried herbs – basil, thyme, marjoram, oregano, fresh parsley and cilantro. Experiment with different combos and see what you like. Garlic is good, but keep in mind that it's gaseous. Different veggies seem to go with different spices and herb combos.



The veggies can literally be whatever's cheap and plentiful in the market. Sauté veggies and spices in oil before adding the beans and liquid, if you like - it makes the dish much richer. Most of the [bean recipes on Savvy Veg](#) are variations on this theme, and truly, you don't have to eat the same dish twice for weeks on end.

My other favorite bean recipe is a hummus or refried bean sandwich or wrap. Recipes for both are in the SV Bean Recipe section.

I think your Bulgarian ladies may be on to something – will give it a try - Judith Kingsbury

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**Question:** I read the report about beans and:

1. I would like to know if it is very important to take off the skin of the beans to avoid gas
2. If we take off the liquids after cooking is it good to avoid gas (I need only protein of the beans)

**Answer:**

1) Bean skins: When beans have been soaked well and cooked until soft, a few skins won't cause problems. Soaking the beans will loosen the skins. After rinsing and covering with water, bring them to a boil. Then boil for several minutes. Then skim the foam and any loose skins. When the beans have cooked, you can also skim and discard loose skins if you like.

2) Cooking liquid: You can discard the cooking liquid of beans, but it won't give you gas, and there are lots of good things you can do with the liquid.

You can make a sauce for the beans. Reduce the liquid by cooking the beans and liquid without a lid, then thicken the liquid with one or two tablespoons of tomato paste, thinned with water, add some herbs and spices like basil, oregano, thyme, bay leaf, ground coriander, cumin, paprika, pepper, cayenne (just a pinch!), salt. It's better if you heat the spices in oil first. Add a few vegetables and you have a stew, which you can serve over rice or with tortillas.

You can freeze the bean liquid to use later for a soup stock. If you want to make refried beans, use some of the cooking liquid to thin the beans. If you really don't want that nutrient rich liquid, pour it on your garden, if you have one, or on a lucky plant, or feed it to your dog. Pouring it down the drain should be the last resort.

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**More Feedback:**

Thank you much for providing your report "For Vegetarians And Others: How To Eat Beans Without Gas". I would like to provide some brief feedback in hope that it may be helpful.

**A brief background about us:**

Very recently, in October of this year, myself and five of my colleagues converted to absolute vegetarianism, from a health oriented, yet carnivorous diet that contained abundant organic

animal products. Remarkably, we are all competitive athletes (marathons, triathlons and other) and are quite active, running at least 8 mi. daily and also weight training daily with intensity. We live on our sustainable-living farm outside of Tucson Arizona and now grow most everything in our greenhouses that we consume. Because of our high level of physical activity, we are a very good test group for the nutritional considerations of a vegetarian diet.

We encountered many challenges through our transition into vegetarianism. In fact some of us became ill and physically disabled through malnourishment at first, but quickly solved these problems and advanced to a high level of health and well being. Now, through vegetarianism, we have all achieved much better health, and actually become stronger and more enduring physically than when we followed our non-vegetarian diets. We are finding it necessary to consume approximately 100 grams of high quality vegetable protein daily.

### **Concerning your report:**

#### Strengths:

- 1) it is wonderful that effort is made to make a contribution to knowledge that will practically assist vegetarians - we found much impractical info and absence of info during our transition to vegetarianism
- 2) you clearly identify the major issue about beans and vegetarianism - a high bean diet is difficult to endure because of the gas problem, and it may well likely motivate many persons to give up their ambition of vegetarianism
- 3) your explanation that beans must be well cooked is somewhat helpful

#### Weaknesses:

- 1) your report might seem to give hope for a solution, yet falls short on delivering a real solution
- 2) Soaking beans before cooking - our tests found that this practice has only very negligible if any benefits toward reducing gas
- 3) combining beans with particular foods - our tests found this practice has no effect on reducing gas
- 4) consuming less beans - yes this produces a lesser gas problem, but it is not practical where someone has a high need for nutrition
- 5) you state that beans do not provide complete proteins, but this is incorrect because soybeans provide a complete protein

### **Suggestions for improvements:**

- 1) the report should include a tangible solution that will solve the gas problem for most vegetarians. It should acknowledge that vegetarians' relationship with beans is primarily most likely nutritionally based, whereas they are eating the beans to obtain adequate protein. Hence, the real problem may be not how to avoid gas with beans but rather how vegetarians can attain adequate protein, particularly on a diet that contains no animal products whatsoever.

2) The solution that we found to be real and practical is to go with some specific soybean products mostly exclusively as our sources of protein (tofu, soymilk, and tempeh). Through this approach our gas problems and nutrient deficits were resolved, and we are now able to obtain high levels of high-quality protein and better physical fitness than we have ever before experienced.

3) You might include a section on taking synthesized or extracted enzymes (example Beano) along with beans in an effort to eliminate the gas problem. We tested this concept extensively when consuming cooked beans, and found it had absolutely no efficacy whatsoever.

Thank you again for your report, and for your effort to assist fellow vegetarians. If you should be near Tucson AZ, please contact us and visit us at our sustainable living farm for a vegetarian dinner party!

Best regards, your comrade in glorious vegetarianism,

### **SV Response:**

First, congratulations to your group on becoming vegetarian, and being there to help each other with the transition. Sounds like you have a great place. And thanks for the invitation! But don't worry - I'm not much of a traveler, so will probably not show up on your doorstep any time soon.

Re: soybeans being complete protein - thanks for bringing that omission to my attention - I've made note of that in the report.

You mentioned restricting your bean intake to soy, but I hesitate to recommend that as a general rule. Soy is very difficult to digest, and many people are allergic to soy - it has something like 16 known allergens. For people with low thyroid, it can cause weight gain and depression. I have heard from many new vegetarians who've run into serious problems with over eating soy products. So regardless of its high quality protein, I tell people to be cautious with introducing soy.

Re: Not having to soak beans - most cooks and nutritionists would disagree - I certainly do, my experience upholds the practice, and so I'll continue to recommend soaking beans. Soaking gives rise to sprouting, which raises the nutrient levels astoundingly – protein not least.

Re: Beano - I didn't mention it, because I also don't think it's effective. Some people do, but I'd rather give people long-term dietary solutions than a quick fix.

Re: Combining beans with other food - you're right that it may not have a big effect on gas problems, because beans aren't the only cause of gas, but, it will ensure complete protein, and overall good nutrition, and will help prevent eating too many beans, which is definitely a contributing factor!

You recommended a more tangible solution in the report to the need for protein in a vegetarian diet, rather than the problem of gas. Several points here:

1) I question whether you actually need nearly as much protein as you're eating. Everything I've read or heard about athlete's protein requirements leads me to believe that the real need is for adequate calories, and plenty of fuel, in the form of high quality carbohydrates. I refer you to an excellent book by a well-known nutritionist and expert on vegetarian nutrition, Vesanto Melina, "The New Becoming Vegetarian". On pgs 55 - 57, she talks about protein, and general nutritional requirements for vegetarian athletes. Although she says that energy needs of athletes vary considerably depending on body size, body composition, gender, training and typical activity pattern, according to her chart, Recommended Distribution of Calories for Athletes, for endurance athletes such as yourselves, 12 - 15% of calories should come from protein, 25% from fat, and 65 - 70% from carbohydrates. So I'd say look at your calorie intake - is it enough for your activity levels? Then look at the ratios. You could need twice as much protein while conditioning and building muscle mass, but not long term. It's much more efficient to get your energy from carbs, rather than convert excess protein to energy. Perhaps your group might benefit from more research in this area?

2) The bean report came about because so many new vegetarians avoid beans as a protein source because of gas, and go for a lot of cheese, or a lot of soy, with weight gain, or adverse reactions. And they usually don't know how to cook beans or eat them. As you mentioned, comprehensive information is hard to find, so I wrote a report about it, which I think covers the topic pretty well. No doubt that it has shortcomings, though, and I appreciate your pointing them out so that I can make it better.

3) You're right that there's a big need for specific information about vegetarian protein, and it just happens I've recently written an [article on vegetarian protein](#).

Thanks again for writing to me. Most of the time I'm sending my reports off into the void, and it's always thrilling to hear back from a real breathing, thinking human being.

Judith Kingsbury

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### **Response to the Bean Report:**

Judith,

I want to thank you again for the article on beans without gas. You certainly were thorough in all you addressed about this situation. I choose situation, rather than problem, as I don't think beans have to be a gas problem.

I had looked into this for sometime and basically was familiar with the information you gave and the tips you suggested. I will be more aware of how I cook the beans. I wasn't that particular, but I will be now.

I have found some inconsistency with eating beans and I think a lot has to do with the normal variances we have in our bodies. Some meal that produces gas one day may not another day. I agree with you that it does take some 'building up' of gaseous foods. One's digestive system needs to get used to these foods gradually. - RR

## **Resources:**

### **eBooks:**

[Holiday Menus & Recipes](#)

[Easy Healthy Quinoa Recipes](#)

[Easy Healthy Tofu Recipes](#)

[Protein and Veg or Vegan Diet](#)

### **More Savvy Vegetarian Reports:**

[Ten Tips for Beginning Vegetarians](#)

[Socially Responsible Vegetarian](#)

[Vegetarian Nutrition](#)

[Veg/NonVeg Eat Together](#)

### **Useful SV Links:**

[Food Revolution by John Robbins](#)

[Happy, Healthy Vegetarian Pregnancy Or Breastfeeding](#)

[How to Get Enough Protein in Your Veg Diet](#)

[Magnesium is Critically Important to Your Vegetarian Health](#)

[Omega 3 Fatty Acids for Vegetarians and Vegans](#)

[Organic Food: What Is It and Why Should We Eat It?](#)

[Seeds of Deception - Genetically Engineered Foods](#)

[Vegetarians, Are You Getting Enough Vitamin B12](#)

[Vitamin D, What Is It, and How to Get Enough](#)

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**Happy Vegging!**

**Judith Kingsbury, Savvy Vegetarian**

**P.S. Feel free to forward this report to anybody you like!**

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