



*Go*  *Vegan!*

# GLOSSARY

By Amy Rachelle, ND

# GoVegan!

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## GENERAL TERMS

**Allergens:** An allergen is a usually harmless substance capable of triggering a response that starts in the immune system and results in an allergic reaction. The immune system responds by releasing chemicals that typically cause symptoms in the nose, throat, eyes, ears, skin or roof of the mouth. In addition to pollen, other common allergens include dust mites, animal dander, mold, medications, insect venoms and various foods.

**Amino Acids:** Amino acids, often referred to as the building blocks of proteins, are compounds that play many critical roles in your body. They're needed for vital processes like the building of proteins and synthesis of hormones and neurotransmitters. Some may also be taken in supplement form for a natural way to boost athletic performance or improve mood. They're categorized as essential, conditionally essential or nonessential depending on several factors.

**Animal Testing:** An animal test is any scientific experiment or test in which a live animal is forced to undergo something that is likely to cause them pain, suffering, distress or lasting harm. Animals used in laboratories are deliberately harmed, not for their own good, and are usually killed at the end of the experiment.

**Animal Rights:** Animal rights are the belief that animals have a right to be free of human use and exploitation, it means that animals deserve certain kinds of consideration—consideration of what is in their best interests, regardless of whether they are “cute,” useful to humans, or an endangered species and regardless of whether any human cares about them at all. It means recognizing that animals are not ours to use—for food, clothing, entertainment, or experimentation.

**Animal shortening:** Is butter, suet, lard, found in packaged cookies and crackers, refried beans, flour tortillas, and ready-made piecrusts.

**Aspic:** Industry alternative to gelatine; made from clarified meat, fish or vegetable stocks and gelatine.

**Biodynamic:** A system of farming that follows a sustainable, holistic approach which uses only organic, usually locally-sourced materials for fertilizing and soil conditioning, views the farm as a closed, diversified ecosystem, and often bases farming activities on lunar cycles.

**Carmine:** Carmine cochineal or carminic acid), is a red coloring made from a ground-up insect. Bottled juices, colored pasta, some candies, frozen pops.

**Casein:** The main protein present in milk and (in coagulated form) in cheese. It is used in processed foods and in adhesives, paints, and other industrial products.

**Conventional Produce:** In conventional farming, farmers utilize chemical fertilizers to enhance plant growth. Conventional foods are made using pesticides, chemical herbicides. In animal rearing, conventional farmers administer antibiotics and growth hormones to improve the growth and well being of the animals.

**Cold Pressed Juice:** Fresh pressed vegetables (and green apples as our only fruit) devoid of hybrids. It works by firstly crushing the produce then pressing the fruit & vegetables in order to get the highest juice yield with the highest nutrient content. This method of juicing is usually more time and labour intensive. Extracts maximum high potency because it has an auger that grinds, masticates, or is made from a press. We suggest the Hurom, Omega 8014, Greenstar, Angel Juicer, or Norwalk.

**Centrifugal Juice:** Work by using a flat cutting blade on the bottom of a rapidly spinning strainer. The cut produce is forced against the juicing strainer through the use of centrifugal force. This force separates the juice from the pulp through the tiny holes in the juicing strainer. Cheap, and there's a reason why. The motor and blade are known to destroy cellular structure in fruit and veg - and heat it up in the process which kills the juice. Avoid these juicers when you can.

**Collagen:** The main structural protein found in skin and other connective tissues, widely used in purified form for cosmetic surgical treatments. Made from the skin, bones and connective tissues of animals such as cows, chickens, pigs and fish.

**E Numbers:** Are codes for food additives that have been assessed for use within the European Union (the "E" prefix stands for "Europe"). They are commonly found on food labels throughout the European Union. Safety assessment and approval are the responsibility of the European Food Safety Authority (EFSA).

**Eat Local / Think Global:** Eating local is about supporting local farmers and businesses and, where you can (and where it makes sense), buying locally, it means thinking about where your food comes from, how far it's travelled, and eating what's in season. Also means asking questions of your local market; where their produce comes from and how much of it is sourced locally.

**Elastin:** Found in the neck ligaments and aorta of bovine, similar to collagen.

**Ethical Vegan:** Considered a “philosophical belief”, ethical veganism is protected under law in the UK. This person may also eat as a healthy, junk-food, raw vegan, plant-based, etc., depending on preference.

**Ezekiel bread:** Contains no sugar. It is also made from organic, sprouted whole grains. The sprouting process changes the nutrient composition of the grains significantly. In contrast to most commercial breads, which consist primarily of refined wheat or pulverized whole wheat, Ezekiel bread contains several different types of grains and legumes: 4 types of cereal grains: wheat, millet, barley and spelt and 2 types of legumes: soybeans and lentils.

**Food As Medicine:** “Food is Medicine” is a term which was originally coined by Hippocrates, the father of Western medicine; it was his belief that eating wholesome food is the basis for good health. Hippocrates believed that illness stemmed from inadequate nutrition and bad eating habits and that if people were to learn good eating habits then optimum health would be restored.

**Food Additives:** Any of various chemical substances added to foods to produce specific desirable effects. Additives such as salt, spices, and sulfites have been used since ancient times to preserve foods and make them more palatable. With the increased processing of foods in the 20th century, there came a need for both the greater use of and new types of food additives. Many modern products, such as low-calorie, snack, and ready-to-eat convenience foods, would not be possible without food additives. There are four general categories of food additives: nutritional additives, processing agents, preservatives, and sensory agents.

**Fasting:** Abstaining from food. There are many approaches: juice fasting, Master Cleanse, nutritional fasting, water fasting, dry fasting, are some of the few.

**Free Range:** A method of farming husbandry where the animals, for at least part of the day, can roam freely outdoors, rather than being confined in an enclosure for 24 hours each day.

**Factory Farm Animals:** A large industrialized farm on which large numbers of livestock are raised indoors in conditions intended to maximize production at minimal cost.

**Gelatine/gelatin:** A virtually colorless and tasteless water-soluble protein prepared from collagen and used in food preparation as the basis of jellies, in photographic processes, and in glue. Obtained by boiling skin, tendons, ligaments and/or bones and is usually from cows or pigs.

**Glycerides:** (mono-, di-, and triglycerides), from animal fats or plants, found in processed foods.

**Gluten Free:** A diet that strictly excludes gluten, which is a mixture of proteins found in wheat (and all of its species and hybrids, such as spelt, kamut, and triticale), as well as barley, rye, and oats. The inclusion of oats in a gluten-free diet remains controversial, and may depend on the oat cultivar and the frequent cross-contamination with other gluten-containing cereals.

**GMO:** Genetically modified organism (GMO), organism whose genome has been engineered in the laboratory in order to favour the expression of desired physiological traits or the generation of desired biological products.

**Grain-fed:** Grain-fed cows eat (mostly) an unnatural diet based on corn and soy during the latter part of their lives.

**Grass-fed:** Means that the cattle were allowed to forage and graze for their own fresh food. They may be given close substitutes like alfalfa during the winter, but unlike grain-fed animals, the emphasis is still on providing the closest thing to a natural diet as possible.

**Greenhouse emissions:** Any gas that has the property of absorbing infrared radiation (net heat energy) emitted from Earth's surface and reradiating it back to Earth's surface, thus contributing to the greenhouse effect. Carbon dioxide, methane and water vapor are the most important greenhouse gases.

**Healing Crisis:** Environmental toxins accumulate in tissue throughout the body, especially fat tissue. Additionally, the human body has bacterial colonies. When you cleanse your body, the toxins dislodge and the bacteria die off and release endotoxins. When the toxins and waste are dislodged, the body begins to flush them into the bloodstream to be filtered and eliminated. This sudden circulation of toxins can temporarily impact your well-being and symptoms of illness (sweating, fever, discomfort, etc.) may occur.

**Healthy Vegan:** Eats vegan for personal, planetary, and environmental health based on whole foods that support human, plant, and animal eco systems.

**Herbivores:** Animals that only eat plants. Apes, hippopotamus, monkeys, cows, horses, camels, zebra, deer, sheep, llama, and some dinosaurs. Plus birds, insects, turtles, tortoises, and some fish.

**High Raw:** High in raw food, low in cooked food.

**HPP:** High Pressure Processing (HPP) is a cold pasteurisation technique by which products, already sealed in its final package, are introduced into a vessel and subjected to a high level of isostatic pressure (300–600MPa/43,500–87,000psi) transmitted by water.

**Isinglass:** A gelatin from the air bladder of sturgeon and other freshwater fish, found in alcoholic beverages, some jellied desserts.

**Junk-Food Vegan:** Tends to eat vegan more for animal rights ethical purposes, from packages rather than whole-foods.

**Keratin:** Any of various sulfur-containing, fibrous, acidic or basic proteins from the skin, bones and connective tissues of animals such as cows, chickens, pigs and fish.

**Lactose:** Milk sugar. It is a disaccharide containing glucose and galactose units.

**MacroNutrients, MicroNutrients:** Nutrients can be divided into 2 categories: macronutrients, and micronutrients. Macronutrients are those nutrients that the body needs in large amounts. These provide the body with energy (calories). Micronutrients are those nutrients that the body needs in smaller amounts.

**Oleic acid:** (oleinic acid), Animal tallow found in synthetic butter, cheese, vegetable fats and oils, candy, ice cream, beverages, condiments.

**Organic:** Refer to agricultural products that are grown and processed without the use of fertilizers, growth regulators, livestock feeds, pesticides, additives, bio-engineered genes (GMOs). Organic farming is controlled by regulations which differ from country to country. The main concept of organic farming is to grow food without the use of synthetic materials or genetically modified crops.



**Pepsin:** Enzyme from pigs' stomachs, found in cheese.

**Plant Based/Flexitarian:** A whole-foods diet comprised of plants. May also contain low to zero amounts of animal products. This approach isn't strictly vegan. Products from animal sources may still be used, such as leather, and may include bee products - unlike a strict vegan. It's a more flexible approach for those wanting to eat more plants and less animal products, though not ready to give up all animal products such as a down feather comforter and pillows, petroleum based products like vaseline and cosmetics - and a host of other products that contain animal products.

**Raw Vegan:** Vegetable, fruits, nuts and seeds that are not heated above 118 degrees and contain no animal products or by products.

**Refined Food:** Highly processed foods that have been stripped of their original nutrient content and fibre. Refined white flour, white pasta, and white sugar are just some examples. ... As a result, the sugars are released gradually into the bloodstream.

**Shellac:** A resin secreted by the female lac bug on trees in the forests of India and Thailand. It is processed and sold as dry flakes (pictured) and dissolved in alcohol to make liquid shellac, which is used as a brush-on colorant, food glaze and wood finish.

**Stearic Acid:** (octadecanoic acid), made of tallow, other animal fats and oils, found in Vanilla flavoring, baked goods, beverages, candy.

**Suet:** Hard white fat around kidneys and loins of animals, found in margarine, mincemeat, pastries.

**Tallow:** Solid fat of sheep and cattle separated from the membranous tissues, found in margarine.

**Vegan:** A diet devoid of all animal products, and by-products. Nothing from an animal, plants only - dietary to lifestyle.

Example: no beef, chicken, fish, and all forms of meat. Dairy, including milk from cows, goats, etc.

No butter, cheese, cow/goat yogurt, etc. This also includes whey, casein, clarified butter, milk solids, lactate, and lactose. Vegans don't wear leather, suede, and other materials made from animals. They don't use animal based products in shampoo, wine, beer, cleaning supplies, etc.

For strict vegans this includes a diet free from bee products as well - such as: Honey Propolis Royal Jelly Beeswax Honeycombs.

Some vegans may still include these products when confident they are produced by ethical sources and that bees aren't harmed or endangered in making products.

**Vitamin A :** (A1, retinol) Vitamin obtained from vegetables, egg yolks, or fish liver oil, found in Vitamin supplements, fortification of foods.

**Vitamin D3:** Comes from fish liver oils or lanolin, found in supplements, fortified foods

**Whey:** A milk by-product, watery liquid that separates from the solids in cheese-making, Found in crackers, breads, cakes, processed foods.

## 🌿 HERBS & SPICES, SALT, & SALT REPLACEMENTS

**Burdock:** The taproot of young burdock plants can be harvested and eaten as a root vegetable.

Burdock root is very crisp and has a sweet, mild, and pungent flavour with a little muddy harshness that can be reduced by soaking julienne/shredded roots in water for five to ten minutes.

**Cardamom:** The name cardamom (or cardamon) is used as an herb from the ginger family. All the different cardamom species and varieties are used mainly as cooking spices in both sweet and savoury recipes - and as medicines.

**Chai:** Traditionally, Masala Chai is a bracing, strongly spiced beverage brewed with so-called "warm" spices. Most masala chai incorporates one or more of the following: cardamom, cinnamon, ginger, star anise, peppercorn, and cloves. Other possible ingredients include nutmeg, chocolate, cocoa, vanilla, licorice or saffron. Chai tea almost always has cardamom in it as it would be hard to classify a tea as being chai without it.

**Chili Powder:** A seasoning consisting of ground chilies mixed with other spices, such as cumin and oregano.

**Cilantro/Coriander:** Coriander is also commonly called cilantro. Coriander seed is a key spice in garam masala and Indian curries. It also acts as a thickener. The fresh leaves and stems are an essential ingredient in many Vietnamese foods, Asian chutneys, Mexican salsas and guacamole, and occasionally is used in sushi rolls. **Curry powder:** Most recipes and producers of curry powder usually include coriander, turmeric, cumin, and fenugreek in their blends. Depending on the recipe, additional ingredients such as ginger, garlic, fennel seed, cinnamon, clove, mustard seed, green cardamom, black cardamom, mace, nutmeg, red pepper, long pepper, and black pepper may also be added.

**Echinacea:** Popular herbal remedy, or botanical, believed to benefit the immune system. It is used especially to alleviate common colds and the flu.

**Fenugreek:** A leguminous annual Asian herb with aromatic seeds used in making curry, imitation vanilla flavouring, and some veterinary medicines.

**Fivespice Powder:** A mixture of spices used esp. in Chinese cooking, usually including cinnamon, cloves, fennel seed, pepper, and star anise.

**Galangal:** Two plants (genus *Alpinia*) of the ginger family, whose dried rhizomes yield aromatic substances used in medicines and flavorings.

**Garam Masala:** Garam masala is a blend of ground spices common in the North Indian and Pakistani cuisine, whose literal meaning is 'hot (or warm) spice'. There are many variants: most traditional mixes use just cinnamon, roasted cumin, cloves, nutmeg (and/or mace) and green cardamom seed or black cardamom pods. Many commercial mixtures may include more of other less expensive spices and may contain dried red chilli peppers, dried garlic, ginger powder, sesame, mustard seeds, turmeric, coriander, bay leaves, and fennel. While commercial garam masala preparations can be bought ready ground, it does not keep well, and soon loses its aroma.

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**Goldenseal:** Is a bitter, hepatic, alterative, antiscorbutic, anti-inflammatory, antimicrobial, laxative, emmenagogue, and oxytocin. Goldenseal is often used as a multi-purpose remedy, having many different medicinal properties. In addition to working as a topical antimicrobial, it can also be taken internally as a digestion aid, and can remove canker sores when gargled with. Goldenseal may be purchased in salve, tablet, tincture form, or as a bulk powder. Goldenseal is often used to boost the medicinal effects of other herbs it is blended or formulated with.

**Herbs' de Provence:** The mixture typically contains rosemary, marjoram, basil, bay leaf, thyme, and sometimes lavender flowers and other herbs.

**Horsetail:** A superb source of silica and calcium, necessary for bone and connective tissue repair and maintenance. Horsetail has traditionally been used to speed recovery from fractures and torn ligaments. Although abundant in nature, silica is poorly absorbed by the body. Silica is essential for healthy hair, skin and nails. Silica works on a cellular level and is part of the cartilage-forming cells and the fibre-building cells that form collagen.

**Jamaican All Spice:** All spice has a flavour reminiscent of cloves, cinnamon and a hint of nutmeg. Even though its name suggests a mixture of spices, allspice is a single berry from the Jamaican bayberry tree. Its heavy sweetness lends allspice a great deal of versatility.

**Lemongrass:** When slicing, if the outer layer seems fibrous, peel it off before proceeding. Such thinly sliced rounds of the inner stalk can be easily chewed with other salad ingredients for a refreshing burst of lemony herb flavour.

**Marine Minerals:** Concentrated mineral from the sea. Good salt replacement.



**Medicine Flowers Extracts:** These potent extracts from Medicine Flower taste amazing and contain no alcohol nor artificial preservatives. The flavour raw materials are derived from flowers, nuts, or fruits. The extracts are obtained through a proprietary cold process extraction technology, excluding diluents, colorants, preservatives, etc., all conducted at temperatures below 118F.

**Mineral Salt:** Salt containing high level of minerals... look for low sodium brand.

**Mirin:** An essential condiment used in Japanese cuisine. It is a type of rice wine similar to sake, but with a lower alcohol content and higher sugar content. The sugar content is a complex carbohydrate that forms naturally during the fermentation process.

**Mucuna:** A genus of around 100 accepted species of climbing lianas (vines) and shrubs of the family Fabaceae: tribe Phaseoleae and typically found in Tropical forests.

**Nama Shoyu:** A raw, unpasteurized Japanese-style soy sauce popular among those following a raw and vegan food diet

**Rosehips:** Also called the rose haw, is the pomaceous fruit of the rose plant. It is typically red to orange but may be dark purple to black in some species. Particularly high in Vitamin C, with about 1700–2000 mg per 100 g in the dried product, one of the richest plant sources. Rose hips contain vitamins A, D and E, essential fatty acids and antioxidant flavonoids. Rose hip powder is a remedy for rheumatoid arthritis. Attributed with the ability to prevent urinary bladder infections, and assist in treating dizziness and headaches. Brewed into a concoction, can also be used to treat constipation. Rose hips contain a lot of iron, so some women brew rose hip tea during menstruation to make up for the iron that they lose with the blood.

**Saffron:** Also called vegetable gold, an orange-colored condiment consisting of its dried stigmas, used to colour and flavour foods.

**Soy Protein:** A protein that is isolated from soybean. It is made from soybean meal that has been dehulled and defatted. Dehulled and defatted soybeans are processed into three kinds of high protein commercial products: soy flour, concentrates, and isolates.

**Sriracha:** A type of hot sauce or chili sauce made from a paste of chili peppers, distilled vinegar, garlic, sugar, and salt.

**Tamari:** A wider class of soy sauces, and is made with no (or very little) wheat, while traditional soy sauce does contain wheat.

**Turmeric:** Turmeric is of the ginger family. It is a significant ingredient in most commercial curry powders. Turmeric is used to protect food products from sunlight. thought to have many medicinal properties and many in India use it as a readily available antiseptic for cuts and burns. It is taken in some Asian countries as a dietary supplement, which allegedly helps with stomach problems and other ailments. It is popular as a tea in Okinawa, Japan. It is currently being investigated for possible benefits in Alzheimer's disease, cancer and liver disorders.

## 🍌 FRUIT

**Carob:** A powder made from the ground pods and seeds. A substitute for chocolate.

**Lucuma:** Is the fruit of the Pouteria lucuma tree native to South America. It has a hard, green outer shell and soft, yellow flesh with a dry texture and sweet flavor that's often likened to a mix of sweet potato and butterscotch

**Vanilla:** Also called vanilla bean, the fruit or bean.

## 🍌 NUT & SEED PRODUCTS

**Black Sesame Seeds:** Black sesame seeds are more rich in flavour than the white sesame. seeds are a prominent ingredient in Asian dishes as well. They are rich in manganese, copper, calcium, and iron.

**Black Tahini:** Made from black sesame seeds.

**Coconuts:** Young Thai coconuts are recommended for their meat only, the water contains very high sugar content because they are hybridised. Green coconuts are most preferred – the sugar in the water content is balanced – they are not hybridised. Flax crackers: Crackers made of flax seeds. Dehydrated below 118 degrees maintains nutritional integrity.

**Flax seeds:** Flax seeds come in two basic varieties, brown and yellow or golden, with most types having similar nutritional values and equal amounts of short-chain omega-3 fatty acids. One tablespoon of ground flax seeds and three tablespoons of water may serve as a replacement for one egg in baking by binding the other ingredients together. Flaxseeds contain high levels of lignans and Omega-3 fatty acids. Lignans may benefit the heart, possess anti-cancer properties and studies performed on mice found reduced growth in specific types of tumours. Initial studies suggest that flaxseed taken in the diet may benefit individuals with certain types of breast and prostate cancer. Flax may also lessen the severity of diabetes by stabilising blood-sugar levels. There is some support for the use of flax seed as a laxative.

**Hemp seeds:** Hemp seeds are highly nutritious, and contain beneficial omega fatty acids, amino acids, and minerals. The seeds can be eaten raw, ground into a meal, sprouted, made into “milk” (akin to soy milk), prepared as tea, and used in baking. Hemp seed also contains 20% complete and highly-digestible protein, 1/3 as edestin protein and 2/3 as albumins. Its high quality amino acid composition is closer to “complete” sources of proteins (meat, milk, eggs) than all other oil seeds except quinoa and soy. The ALA contained in plant seed oils by itself is sufficient for nutrition, as the human body is capable of converting it into other fatty acids. Look for pure hemp hearts (hulled hemp seeds) – rather than commonly sold hearts with seed matter.

**Nut & Seed milks:** Mixing water with nut and seeds, then blending and straining them creates a living alternative to traditional milks.

**Nut & Seed butters:** Pureed nuts and/or seeds processed to a butter.

**Tahini:** Pureed sesame seeds.

## 🌿 OILS, POLYNSATURATED OILS & REFINED OILS

**Be aware: all oils (except coconut) become rancid and therefore carcinogenic to the body when put to high heat)**

**Coconut Oil:** A white, semisolid fat or nearly colourless fatty oil extracted from coconuts. Also known as coconut butter. Coconut oil is a fat consisting of about 90% saturated fat. The oil contains predominantly medium chain triglycerides, with roughly 92% saturated fatty acids, 6% monounsaturated fatty acids, and 2% polyunsaturated fatty acids. Of the saturated fatty acids, coconut oil is primarily 44.6% lauric acid, 16.8% myristic acid a 8.2% palmitic acid and 8% Caprilic Acid, although it contains seven different saturated fatty acids in total. Among the most stable of all oils, coconut oil is slow to oxidize and thus resistant to rancidity, lasting up to two years due to its high saturated fat content. Unlike most oils, coconut oil will not be damaged by warmer temperatures.

**Flax Oil:** Also known as linseed oil. Fresh, refrigerated and unprocessed, linseed oil is used as a nutritional supplement. It contains high levels of omega-3 fatty acids, especially alpha-linolenic acid, which has been suggested to be beneficial for preventing heart disease and arrhythmia, reducing inflammation leading to atherosclerosis, and is required for normal infant development. Flax seed oil easily oxidizes. Rancid oils contribute to the formation of free radicals and may be carcinogenic. Rapidly becomes rancid with an unpleasant odour unless stored in the refrigerator. Even when kept under cool conditions it has a shelf life of only a few weeks. Is known to become carcinogenic with high heat.

**MCT Oil:** A supplement often added to smoothies, bulletproof coffee and salad dressings. Medium-chain triglyceride (MCT) oil contains medium-length chains of fats called triglycerides. Due to their shorter length, MCTs are easily digested and many health benefits are linked to the way your body processes these fats. Is most commonly extracted from coconut oil, as more than 50% of the fat in coconut oil comes from MCTs.

**Olive Oil:** Pale yellow to greenish oil obtained from the pulp of olives by separating the liquids from solids. It is a fruit oil obtained from the olive. Olive oil is a monounsaturated fat and, unlike butter, lard, and other fats, contains a large proportion of easily digested fats and no cholesterol. Olive oil is also a good source of vitamin E, which is thought to help protect humans against cancer and heart disease. Is known to become carcinogenic with high heat.



**Refined Oils:** An oil has been refined by using chemicals that are harmful to us. In short it means to 'purify'. ... It may mean the oil was treated with acid, or purified with an alkali, or bleached. It can also be neutralized, filtered or deodorized.

**Polyunsaturated Oils:** Polyunsaturated fats are usually liquid at room temperature and are referred to as "oils." They're found mostly in plant-based oils, seeds and nuts.

## 🌿 SEaweEDS

**Agar-Agar:** A gelatinous material derived from certain marine algae. It is used as a base for bacterial culture media and as a stabilizer and thickener in many food products.

**Algae:** A diverse group of aquatic organisms that have the ability to conduct photosynthesis. Certain algae are familiar to most people; for instance, seaweeds

**Arame:** A species of kelp. Arame is high in calcium, iron and is also harvested for alginate and iodine. It contains the storage polysaccharide laminarin and the tripeptide eisenin. Arame comes in brown strands, has a mild semi-sweet flavour and a firm texture.

**Dulse:** A red algae, it grows on the northern coasts of the Atlantic and Pacific oceans. It is a well known snack food, and in Iceland, where it is known as söl, it has been an important source of fibre through the centuries. Dulse is a good source of minerals and vitamins compared with other vegetables and it contains all trace elements needed for humans with a high protein content. It is a good source of dietary requirements, a handful will provide more than 100% of the daily amount of Vitamin B6, 66% of Vitamin B12, a day's supply of iron and fluoride, and it is relatively low in sodium and high in potassium. Fresh dulse can be eaten directly off the rocks before sun-drying. Sun-dried dulse is eaten as is or is ground to flakes or a powder.

**Phytoplankton:** Microscopic marine algae, also known as microalgae, are similar to terrestrial plants in that they contain chlorophyll and require sunlight in order to live and grow. Most phytoplankton are buoyant and float in the upper part of the ocean, where sunlight penetrates the water. Phytoplankton also require inorganic nutrients such as nitrates, phosphates, and sulfur which they convert into proteins, fats, and carbohydrates.

**Hijiki:** A brown sea vegetable growing wild on rocky coastlines around Japan, Korea, and China. It is a traditional food and has been freely sold and used as part of a balanced diet in Japan for centuries. Hijiki is known to be rich in dietary fibre and essential minerals. According to Japanese folklore, hijiki aids health and beauty and the thick, black, lustrous hair of the Japanese is connected to this regular consumption of small amounts of hijiki.

**Irish Moss:** A species of red alga which grows abundantly along the rocky parts of the Atlantic coast of Europe and North America. In its fresh condition the plant is soft and cartilaginous, varying in colour from a greenish-yellow, through red, to a dark purple or purplish-brown. The principal constituent of Irish moss is a mucilaginous body, made of the polysaccharide carrageenan of which it contains about 55%; the plant also has nearly 10% of protein and about 15% of mineral matter, and is rich in iodine and sulphur. When softened in water it has a sea-like odour, and because of the abundant cell wall polysaccharides it will form a jelly when boiled, containing from 20 to 100 times its weight of water.

**Kelp:** Comes in flake and whole form – flakes are easiest to use. Kelp are large seaweeds (algae), belonging to the brown algae. Kelp grows in underwater forests (kelp forests) in clear, shallow oceans, requiring nutrient-rich water below about 20 °C. Rich in iodine and alkali.

**Kombu:** A dark brown seaweed of the genus *Laminaria*, used especially in Japanese cooking as a seasoning in soup stock.

**Nori:** The Japanese name for various edible seaweed species of the red alga. The term nori is also commonly used to refer to the food products created from these so-called “sea vegetables”. Finished products are made by a shredding and rackdrying process that resembles papermaking. Japan, Korea, and China are the current major producers of nori.

**Wakame:** a species of edible seaweed, a type of marine algae, and a sea vegetable. It has a subtly sweet, but distinctive and strong flavour and texture. It is most often served in soups and salads. Sea farmers in Japan have grown wakame since the Nara period.

## 🌱 SPROUTS

**Sprouts:** Are the germinating form of seeds and beans, are easy to produce. They require no soil, only water and cool temperatures. They emerge in two to seven days, depending on the type of seed or bean. In addition to raw alfalfa sprouts, other varieties include clover, sunflower, broccoli, mustard, radish, garlic, dill, and pumpkin, as well as various beans, such as mung, kidney, pinto, navy and soy, and wheat berries. Many are sold individually, some in mixtures. Studies on canavanine, an amino acid analog in alfalfa, have demonstrated benefit for pancreatic, colon and leukemia cancers. Plant oestrogen's are also abundant in sprouts. They increase bone formation and density and prevent bone breakdown or osteoporosis. They are also helpful in controlling hot flashes, menopause, PMS and fibrocystic breasts tumors.

## 🌱 SUPERFOODS & SUPPLEMENTS

**Amla Powder:** An Ayurvedic Herb Made from Amalaki Fruit, it comes from a type of fruit called Indian gooseberry. It is valued as a rejuvenating herb in traditional Indian medicine known as Ayurveda and has a long history of use as an ancient herbal rasayana.

**Ashwagandha:** An ancient medicinal herb. It's classified as an adaptogen, meaning that it can help your body manage stress, also provides numerous other benefits, it can boost brain function, lower blood sugar and cortisol levels, and help fight symptoms of anxiety and depression.

**Alkaline Booster:** Alkalizes water to an optimal pH, structures and clusters your water for optimal absorption. Activated ionic minerals, infuses your body with charged ions... the carriers of energy. An oxygen catalyst in the bloodstream, it is alkalizing, neutralizing, oxygenating and has a pH balancing effect on the body.

**Barley Protein:** Barley protein constitutes about 8–18% of the grain dry weight. Fermentation of the starch and subsequent processing to produce fuel ethanol result in a protein-rich fraction in which the protein is concentrated about three times compared to the grain.

**Bentonite Clay:** An effective detoxifier with substances that absorb toxins from our GI tract. Bentonite clay can never be absorbed by the body, so it's not poisonous. Taking Bentonite Clay with Psyllium Husk, the clay does the important duty of absorbing all toxic substances from our mucuous linings - it's like a magnet that attracts toxins. Psyllium Husk then finishes the job by "pushing" all these nasty substances such as mucoid plaque out of our body. Because clay is a drawing formula, nothing should be consumed one hour before or after taking it.

**Chaga:** A type of fungus that grows mainly on the bark of birch trees in cold climates, such as Northern Europe, Siberia, Russia, Korea, Northern Canada and Alaska. It produces a woody growth, or conk, which looks similar to a clump of burnt charcoal, the inside reveals a soft core with an orange colour. For centuries, chaga has been used as a traditional medicine in Russia and other Northern European countries, mainly to boost immunity, and overall health.

**Coconut Aminos:** Are a liquid made from the aged sap of coconut blossoms and salt. It is a low-glycemic, vegan, and gluten-free alternative to soy sauce, with 17 amino acids. Coconut aminos have about 65% less sodium than regular soy sauce.

**Chia Seeds:** One of the three primary foods of the ancient Aztecs, Mayas, Tehuantepecs, and Indians of what is now the American Southwest. Its benefits are wide-ranging: increased energy through a metabolically timed release of nutrients; greater endurance; and efficient weight loss based on the seed's swelling to seven times its size in the stomach, producing a feeling of fullness.

**E3 Live:** (fresh-frozen, liquid AFA) Is an all-organic wild-harvested aqua-botanical considered by renowned health authorities to be nature's most beneficial superfood. Physiologically, E3Live helps restore overall body/mind balance in numerous ways. Its field of action simultaneously includes the immune, endocrine, nervous, gastro-intestinal and cardio-vascular systems.

**Evacuease:** Eliminative/evacuative. Blood purifier, bile stone de-solver and remover Diuretic. Cascara Sagrada, senna, spearmint, virginia snake root, yellow dock, slippery elm, valerian root, green papaya, irish sea Moss, prickly ash, buckthorn, bark, wintergreen, pipsissewa, rosehips, hibiscus, anise, stevia.



**Grapefruit Seed Extract (GSE):** Is made by first converting grapefruit seeds and pulp into a very acidic. The finished product is a viscous, yellow-amber colored liquid that features a taste that is both bitter and acidic. GSE can affect the cell membranes of a diverse group of microbes with virtually no toxicity toward animal life.

**Juniper Berry Herbal Formula:** Powerful anti-microbial and herbal antibiotic. Golden Seal, echinacea root, echinacea leaf, pipsissewa, yellow dock, liquorice. Lecithin: an emulsifier that allows fat and water to mix. Made from soybeans, look for non-gmo (although this product has nutritional value, the author uses it occasionally for culinary purposes). Thicker, creates a creamy flavour (try Health Alliance brand).

**Maca:** (*Lepidium meyenii*) is a root-like vegetable shaped like a radish that grows high in the harsh climate of the Andes Mountains in South America at elevations up to 15,000 feet. Many of the compounds in maca have an effect on the central nervous system. Maca has alkaloids, steroids, tannins, saponins, and cardiogenic glycosides. Additional research indicates feeding maca to rats decreases the size of their prostate gland. An improvement in sexual desire in men has been observed within 8 weeks. Traditionally used to enhance fertility – there is some scientific evidence that it may be helpful for testicular health.

**MSM:** What is MSM? MSM stands for methylsulfonylmethane. MSM is an organic sulphur compound that exists to some extent in all living things. MSM is a basic nutrient required for the proper functioning of the body.

**Parasite Formula:** Kills parasites and their eggs. Ingredients unavailable.

**Phosphoric Drops:** Phosphorus is critical to healthy cell growth in many tissues of the body. Oath phosphoric acid provides acidic support for an alkaline environment – also said to loosen gall stones.

**Psyllium Husk:** Is derived from the husks of the seeds of *Plantago ovata*. Psyllium contains a high level of soluble dietary fibre, and is the chief ingredient in many commonly used bulk laxatives.

**Propolis:** A natural resin created by bees, used in the construction of hives. Propolis is produced from the buds of conifer and poplar trees, in combination with beeswax and other bee secretions. Historically, propolis was used in Greece to treat abscesses, by the Assyrians to heal wounds and tumors, and by the Egyptians for mummification. Effectiveness of propolis against herpes simplex virus types 1 and 2 and parasitic infections has been demonstrated. Numerous case reports have demonstrated propolis to be a potent allergen and sensitising agent, and therefore it should be used cautiously in hypersensitive individuals.

**Royal Jelly:** A honey bee secretion that is used in the nutrition of the larvae. It is secreted from the hypo-pharyngeal glands in the heads of young workers and used (among other substances) to feed all of the larvae in the colony, including those destined to become workers. Various health benefits may include B-complex vitamins such as pantothenic acid (vitamin B5) and vitamin B6 (pyridoxine). The overall composition of royal jelly is 67% water, 12.5% crude protein (including small amounts of many different amino acids), and 11% simple sugars, also including a relatively high amount (5%) of fatty acids. It also contains many trace-minerals, some enzymes, antibacterial and antibiotic components, and trace amounts of vitamin C.[1] Contrary to claims by many of those promoting its use, vitamins A, D, and E are completely absent from royal jelly.

**Sunflower Lecithin:** Is made by dehydrating a sunflower and separating it into three parts: oil, gum, and solids. The lecithin comes from the gum. It is processed through a cold press system like the one used to make olive oil.

**Toco's (Tocotrienol):** Stabilized wheat germ base (non heat process containing zinc, manganese, calcium, high in vitamin E, phosphorus, iodine, selenium, polysaccharides, carotenoids, amino acids, enzymes, and folic acid. Great for making recipes creamy.

**Trace Minerals:** Common trace minerals include iodine, copper, iron, cobalt, zinc, manganese and selenium. Minute portions can powerfully affect health. They are necessary for oxygen transport, energy metabolism, growth, and cell and nerve protection. They are essential in the assimilation and utilisation of vitamins and other nutrients. They aid in the digestion process and provide the catalyst for many hormones, enzymes, and essential body functions and reactions. They aid in replacing electrolytes lost through heavy perspiration or diarrhea. They also protect against toxic reaction and heavy metal poisoning.

**Vitamineral Green:** Not just another green powder. Essential amino acids (protein), antioxidants, fatty acids, chlorophyll, soluble and insoluble fibers, tens of thousands of phytonutrients, and a plethora of other synergistically bound, organic nutrients. 100% whole food nutrition.

**Vitamin C Crystals (Unbuffer):** Vitamin C Crystals provides Vitamin C crystal, which can be conveniently added to juice or sprinkled on food. Vitamin C is a water soluble vitamin that helps fight free radicals and to maintain a healthy immune system, especially during the colder months or change of seasons. An antioxidant and protects cells from damage, improves absorption of iron and helps the immune system to work properly.

**Zeolite:** Remove heavy metals and toxins, and balance body's pH levels. Said to be affective in the healing of cancer.

## SWEETENERS

**Lakanto:** Is derived from monk fruit, which looks like a small green gourd native to regions of China and Thailand. The monk fruit is picked and dried out before extraction. The result is a sweetener that is 150 to 200 times sweeter than sugar! It is also said to not have a bitter aftertaste like brands such as Stevia. There's also a golden Lakanto monk fruit sweetener, which is closer to a brown sugar.

**Mesquite Powder:** Mesquite powder is made from the leguminous seed pods of the drought-tolerant mesquite plant, also known as algarrobo. It can be used as a flour or a sweetener, and it has a sort of caramel-y, nutty flavour.

**Stevia:** Commonly known as sweetleaf, sweet leaf, sugarleaf, or simply stevia, is widely grown for its sweet leaves. As a sugar substitute, stevia's taste has a slower onset and longer duration than that of sugar, although some of its extracts may have a bitter or liquorice-like aftertaste at high concentrations. With its extracts having up to 300 times the sweetness of sugar, stevia has garnered attention with the rise in demand for low-carbohydrate, low-sugar food alternatives. Stevia also has shown promise in medical research for treating such conditions as obesity and high blood pressure. Stevia has a negligible effect on blood glucose, even enhancing glucose tolerance; therefore, it is attractive as a natural sweetener to diabetics and others on carbohydrate-controlled diets.

**Vanilla Flavouring:** Recommend Frontier brand in glycerin (non alcohol) base. All natural from vanilla beans and low glycemic.

**Xylitol:** Xylitol looks and tastes like sugar but has fewer calories and doesn't raise blood sugar levels. Several studies suggest that it has various important benefits, including improved dental health.

**Yacon:** A perennial plant grown in the Andes known for its crisp, sweet-tasting tuberous root. The texture and flavour have been described as a cross between a fresh apple and watermelon which is why it is sometimes referred to as the apple of the earth. These edible roots contain inulin, an indigestible sugar, which means that although they have a sweet flavour, the roots contain fewer calories than would be expected. Available as a syrup and chips.

## 🌿 TRANSITIONAL FOODS (WHEAT ALTERNATIVES)

**Brown Rice:** Otherwise called "hulled rice" is unmilled or partly milled rice, a kind of whole grain. It has a mild nutty flavour, is chewier than white rice, becomes rancid more quickly, but is far more nutritious.

**Millet:** The millets are a group of small-seeded species of cereal crops or grains, widely grown around the world for food and fodder. Cooks like rice, ready very quickly.

**Packaged raw foods:** Premade raw bars, cookies, cakes, crackers, nuts, etc – generally heavily spiced, generous salt and agave. rather than a true cereal as it is not a grass. Its leaves are also eaten as a leaf vegetable, much like amaranth, but the commercial availability of quinoa greens is currently limited.

**Raw Steel Cut Oats:** Steel-Cut Oats are whole grain groats (the inner portion of the oat kernel) which have been cut into two or three pieces using steel discs. Golden in colour and resembling mini rice particles, they are as nature intended, nothing added and nothing taken out. They differ from rolled oats because Rolled oats are flake oats that have been steamed, rolled, re-steamed and toasted. Due to all of this additional processing they have lost some of their natural taste, goodness and texture.

**Rice Noodles:** Are made from rice. Their principal ingredients are rice flour and water.

**Spelt Pasta:** Spelt is a hexaploid species of wheat. Spelt was an important staple in parts of Europe from the Bronze Age to medieval times; it now survives as a relict crop in Central Europe and has found a new market as a health food. It is known to be nonallergenic and a good wheat alternative. Comes in grain, pasta, and flour forms.

**Steamed Vegetables:** Heat process with a steamer, lightly cooks vegetables.

## 🍷 WATER

**Bottled:** Water that is sold in bottles and that has been treated in order to make it very clean or that comes from a special place, for example a spring.

**Dissolved Solids:** Any minerals, salts, metals, cations or anions dissolved in water. Total dissolved solids (TDS) comprise inorganic salts (principally calcium, magnesium, potassium, sodium, bicarbonates, chlorides, and sulfates) and some small amounts of organic matter that are dissolved in water.

**Filtered:** A general term that refers to any system or process that is used to filter out particles and pollutants from water. ... Anything that removes any amount of particles, sediment, bacteria, and the chlorine taste can be called water filtration.

**Ionized:** A water ionizer is a home appliance which claims to raise the pH of drinking water by using electrolysis to separate the incoming water stream into acidic and alkaline components. The alkaline stream of the treated water is called alkaline water.

**Number on bottom of plastic:** At the bottom of most plastic containers you can find a small number inside the three arrow triangle recycling symbol. This number is a reference to what type of plastic the container is made of. ... The most widely accepted plastics for recycling are number 1 and 2, also most of plastic containers are type 1 and 2.

**Ozonated:** A chemical water treatment technique based on the infusion of ozone into water. Ozone is a gas composed of three oxygen atoms (O<sub>3</sub>), which is one of the most powerful oxidants.

**Spring:** Water taken from a natural spring, a place where groundwater flows out of the ground.

**Tap:** The water that comes out of the taps in a building that are connected to the main supply of the local water system.

**Well:** A water well is an excavation or structure created in the ground by digging, driving, boring, or drilling to access groundwater in underground aquifers. The well water is drawn by a pump, or using containers, such as buckets, that are raised mechanically or by hand.

## **WHOLE FOODS**

**Whole Foods:** Are plant foods that are unprocessed and unrefined, or processed and refined as little as possible, before being consumed.





**Dr. Amy Rachelle, ND**  
Go Vegan Founder & Naturopath

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✉ [amy@amyrachelle.com](mailto:amy@amyrachelle.com)

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📷 [dramyrachellend](https://www.instagram.com/dramyrachellend)

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🌐 [www.amyrachelle.com](http://www.amyrachelle.com)