



Healthy Vegan Eating

January 2012 Twitter Chat transcript

Tuesday, January 31 @ 6pm PST/9pm PST

While vegan eating can be decadent (hello, vegan doughnuts), we asked a panel of vegan nutritionists and doctors to share their tips for a healthy plant-based diet. Join us as we get healthy in 2012.

Special Guests: Julieanna Hever, RD ([@PlantDietitian](#)), Michael Greger, MD ([@nutrition facts](#)), and Gena Hamshaw ([@choosingraw](#)).

OFFICIAL TRANSCRIPT

(beginning of chat starts at the end)

[ScandiFoodie](#) That must've been the quickest hour in my life! Thank you all! [#vegnewschat](#) -7:05 PM Jan 31st, 2012

[carrieonvegan](#) RT [@BroccoliHugger](#): Brilliant minds think veg! Thank you! [@PlantDietitian](#) [@VegNews](#) [@nutrition facts](#) [@choosingraw](#) [#vegnewschat](#) -7:05 PM Jan 31st, 2012

[carrieonvegan](#) Thanks for the great advice [@choosingraw](#), [@plantdietitian](#) and [@nutrition facts](#)!!! [#vegnewschat](#) -7:04 PM Jan 31st, 2012

[VeggieNextDoor](#) Had so much fun participating in my first [#VegNewsChat](#). Can't wait for the next one! -7:04 PM Jan 31st, 2012

[MsKristiina](#) Thanks for all the great advice! [#vegnewschat](#) -7:04 PM Jan 31st, 2012

[BroccoliHugger](#) Brilliant minds think veg! Thank you! [@PlantDietitian](#) [@VegNews](#) [@nutrition facts](#) [@choosingraw](#) [#vegnewschat](#) -7:04 PM Jan 31st, 2012

[ChefChrisMartin](#) RT [@choosingraw](#): [@vegnews](#) [@nutrition facts](#) [@PlantDietitian](#) Thanks for this amazing opportunity! Great connecting!!! [#vegnewschat](#) -7:04 PM Jan 31st, 2012

[mumsoriginal](#) [@cookblog](#) [@AmethystJean](#) you should try our Slow Roasted Hemp Hearts! <http://t.co/c6PgjecM> [#vegnewschat](#) -7:03 PM Jan 31st, 2012

[choosingraw](#) [@vegnews](#) [@nutrition facts](#) [@PlantDietitian](#) Thanks for this amazing opportunity! Great connecting!!! [#vegnewschat](#) -7:02 PM Jan 31st, 2012

[VegNews](#) If you missed any portion of our chat, we'll post a transcript here tomorrow: <http://t.co/6YmEDEOM>. Thanks and good night! [#vegnewschat](#) -7:02 PM Jan 31st, 2012

[PlantDietitian](#) [@VegNews](#) [@nutrition facts](#) [@choosingraw](#) Thank you for including me tonight! Love putting our passion together! [#vegnewschat](#) -7:02 PM Jan 31st, 2012

[VegNews](#) Thanks so much for an amazing chat! Special thanks to our expert panel [@nutrition facts](#) [@PlantDietitian](#) and [@choosingraw](#)!! [#vegnewschat](#) -7:02 PM Jan 31st, 2012

[mumsoriginal](#) Please share! RT [@vegnews](#): Q15: For our experts, what's the single best piece of nutrition advice you can give? [#vegnewschat](#) -7:02 PM Jan 31st, 2012

[BroccoliHugger](#) agree!! MT"[@nutrition facts](#): [@VegNews](#) Best nutrition advice?...videos on the latest in nutrition science: <http://t.co/foQsvBEU> [#vegnewschat](#)" -7:01 PM Jan 31st, 2012

[MeLlamoJustino](#) This was a great discovery. Thanks for the chat, everyone! The good advice and encouragement are appreciated! [#vegnewschat](#) -7:01 PM Jan 31st, 2012

[BeStrawesome](#) Agree with this --> RT [@jennynatural](#): RT [@nutrition facts](#): [@VegNews](#) Best breakfast? Green smoothie! [#vegnewschat](#) -7:01 PM Jan 31st, 2012

[nutrition facts](#) RT [@PlantDietitian](#): [@nutrition facts](#) I LOVE <http://t.co/CLBTlhKv>! [#vegnewschat](#) -7:01 PM Jan 31st, 2012

[BrazenKitchen](#) Amazing chat with amazing people! [#vegnewschat](#) thank you! -7:00 PM Jan 31st, 2012

[JosephAPollack](#) Single best nutritional advice I can give is portion control! [#vegnewschat](#) -7:00 PM Jan 31st, 2012

[SFTEBakery](#) RT [@veganaactionist](#): One of the things I love about being [#vegan](#) is I learn new things daily. Thank you all for the wisdom. [#vegnewschat](#) -7:00 PM Jan 31st, 2012

[PlantDietitian](#) [@VegNews](#) My best advice: eat a variety of whole plants, experiment & show the world how FABULOUS a [#vegan](#) diet is! [#vegnewschat](#) -7:00 PM Jan 31st, 2012

[work4veggies](#) [@VegNews](#) thanks so much for the chat!! This was great... can't wait for the next one! :) [#vegnewschat](#) -7:00 PM Jan 31st, 2012

[choosingraw](#) Thanks so much for everyone who joined us tonight! Amazing chat!!!! [#vegnewschat](#) -7:00 PM Jan 31st, 2012

[ScandiFoodie](#) [@elisehippie](#) Or make it yourself ;-) <http://t.co/xWjLxich> [#vegnewschat](#) -7:00 PM Jan 31st, 2012
[work4veggies](#) RT "[@VeganActionist](#): REALLY enjoying this. One of the things I love about being [#vegan](#) is I learn new things daily." 100% agree! [#vegnewschat](#) -6:59 PM Jan 31st, 2012

[BrazenKitchen](#) [@AmethystJean](#) I love the gluten free vegan! Manifest vegan is also good. [#vegnewschat](#) -6:59 PM Jan 31st, 2012

[choosingraw](#) [@vegnews](#) Q: 15: Best nutrition advice? Eat enough. Do not crash diet for psuedoscience or attaining a foolish ideal. [#vegnewschat](#) -6:59 PM Jan 31st, 2012

[TheGayVegans](#) We loved [#vegnewschat](#) ! Thanks so much to everyone who participated! Calling it a night! [#vegan](#) [#veganism](#) [#raw](#) -6:59 PM Jan 31st, 2012

[ChefChrisMartin](#) [@VegNews](#) [@nutrition facts](#) [@plantdietitian](#) Thanks for a great chat tonight! Looking forward to the next one! [#vegnewschat](#) -6:59 PM Jan 31st, 2012

[PlantDietitian](#) [@nutrition facts](#) I LOVE <http://t.co/JrRNXNnb>! [#vegnewschat](#) -6:59 PM Jan 31st, 2012

[nutrition facts](#) Honored to be invited to chat--don't forget to subscribe to VegNews: <http://t.co/x2elbcfS> [#vegnewschat](#) -6:58 PM Jan 31st, 2012

[elisehippie](#) quinoa milk?! whoa, im gonna need to find some of that asap [@work4veggies](#) [@ScandiFoodie](#) [#vegnewschat](#) -6:58 PM Jan 31st, 2012

[QueerVeganFood](#) [@eyerioss](#) <http://t.co/XUHqmQT1> [#vegnewschat](#) -6:58 PM Jan 31st, 2012

[nutrition facts](#) [@VegNews](#) Best nutrition advice? Check out my daily new videos on the latest in nutrition science: <http://t.co/yGRbUcUg> [#vegnewschat](#) -6:58 PM Jan 31st, 2012

[VeganActionist](#) REALLY enjoying this. One of the things I love about being [#vegan](#) is I learn new things daily. Thank you all for the wisdom. [#vegnewschat](#) -6:58 PM Jan 31st, 2012

[PlantDietitian @VegNews](#) My best advice: experiment w/ recipes/ingredients, maintain a variety of plants, show the world how awesome [#vegan](#) is! [#vegnewschat](#) -6:57 PM Jan 31st, 2012

[work4veggies @ScandiFoodie](#) Wow, I've never heard of quinoa milk! Does it taste pretty good? [#vegnewschat](#) -6:57 PM Jan 31st, 2012

[AmethystJean](#) Books: vegan express the gluten free vegan, something else like vegan recipes for your gluten free kitchen [#vegnewschat](#) -6:57 PM Jan 31st, 2012

[TheGayVegans @VegNews](#) Q14. We connect with a lot of vegan blogs. We also cook at home a lot. [#vegnewschat](#) -6:56 PM Jan 31st, 2012

[ScandiFoodie](#) Quinoa milk is also good! Personal favourite is almond or brown rice milk [#vegnewschat](#) -6:56 PM Jan 31st, 2012

[KarenMessier](#) RT [@nutrition facts: @VegNews](#) Best breakfast? Green smoothie! [#vegnewschat](#) -6:56 PM Jan 31st, 2012

[nutrition facts](#) If anyone has any further questions after the chat is over, just leave a question for me at <http://t.co/Skclq7t> [#vegnewschat](#) -6:56 PM Jan 31st, 2012

[JennyNatural](#) RT [@nutrition facts: @VegNews](#) Best breakfast? Green smoothie! [#vegnewschat](#) -6:56 PM Jan 31st, 2012

[BrazenKitchen](#) RT [@VegNews](#): Q14: What are your favorite resources for planning balanced meals? [#vegnewschat](#) > [@Vegnews](#) :) [@fatfreevegan](#) [@pcrm](#) [@bryantterry](#) -6:56 PM Jan 31st, 2012

[elisehippie](#) all the people in this chat are great resources for meal planning including [@VegNews](#) [@choosingraw](#) [#vegnewschat](#) -6:56 PM Jan 31st, 2012

[VegNews](#) Q15: For our experts, what's the single best piece of nutrition advice you can give? [#vegnewschat](#) -6:55 PM Jan 31st, 2012

[nutrition facts @AmethystJean](#) Coconut milk? Unless LDL under 70 coconut milk too much saturated fat for my comfort: <http://t.co/PRvkTFID> [#vegnewschat](#) -6:55 PM Jan 31st, 2012

[cookblog](#) Ditto, add it to everything RT [@AmethystJean](#): Haven't tried hemp milk but I love hemp hearts [#vegnewschat](#) -6:55 PM Jan 31st, 2012

[TheGayVegans @AmethystJean](#) I love hemp milk! It's also great for baking. [#vegnewschat](#) -6:55 PM Jan 31st, 2012

[eyerioss](#) Flax milk was a bit too sweet and watery for me personally...anyone else? [#vegnewschat](#) -6:55 PM Jan 31st, 2012

[PlantDietitian @VegNews](#) To plan meals, I listen to my body 1st & experiment with recipes that sound yummy. Always include lots of veggies! [#vegnewschat](#) -6:55 PM Jan 31st, 2012

[choosingraw @VegNews](#) Love [@plantdietitian](#) and [@nutrition facts](#) sites, along with [@theveganRD](#) 's book and Brenda Davis's books [#vegnewschat](#) -6:55 PM Jan 31st, 2012

[AmethystJean](#) Haven't tried hemp milk but I love hemp hearts [#vegnewschat](#) -6:54 PM Jan 31st, 2012

[choosingraw @TheGayVegans](#) hemp is amazing! [#vegnewschat](#) -6:54 PM Jan 31st, 2012

[eyerioss](#) Almond is my fave, too. :) [#vegnewschat](#) -6:54 PM Jan 31st, 2012

[VegNews](#) Q14: What are your favorite resources for planning balanced meals? [#vegnewschat](#) -6:53 PM Jan 31st, 2012

[TheGayVegans](#) [@choosingraw](#) [@eyerioss](#) I love almond milk too but Mike is allergic to almonds so we use hemp at home. [#vegnewschat](#) -6:53 PM Jan 31st, 2012

[cookblog](#) Regular [@So_Delicious](#) Coconut milk beverage RT [@eyerioss](#): Favorite plant milk? [#vegnewschat](#) -6:53 PM Jan 31st, 2012

[nutrition facts](#) [@carrieonvegan](#) Thanks for plugging <http://t.co/SkcqIq7t> ! Every day a new video; and every day a dietary change :) [#vegnewschat](#) -6:53 PM Jan 31st, 2012

[VegNews](#) [@ChefChrisMartin](#) Glad you could join us! Monthly Twitter chats & we always have a transcript. More info: <http://t.co/6YmEDEOM> [#vegnewschat](#) -6:53 PM Jan 31st, 2012

[AmethystJean](#) [@nutrition facts](#) eating disorder [#vegnewschat](#) -6:53 PM Jan 31st, 2012

[HolisticTechie](#) [@VegNews](#) Spork-fed is a fantastic [#vegan](#) cookbook that's filled with deliciousness. [#vegnewschat](#) -6:53 PM Jan 31st, 2012 [steviesaidthis](#) RT [@VegNews](#): Q2: It's so easy to be a "junk food" vegan, where do you draw the line with processed food? [#vegnewschat](#) -6:53 PM Jan 31st, 2012

[goodcakesfran](#) Agree! [@BrazenKitchen](#) [@choosingraw](#)! [@choosingraw](#) Q12 Soy? moderate wkly amts nonGMOorganic soy healthy Constant /processed=bad [#vegnewschat](#) -6:53 PM Jan 31st, 2012

[per seide](#) Does seitan provide interesting nutrients? [#vegnewschat](#) -6:53 PM Jan 31st, 2012

[AmethystJean](#) [@eyerioss](#) coconut milk for most neutral flavour. Soy and almond otherwise [#vegnewschat](#) -6:53 PM Jan 31st, 2012

[choosingraw](#) [@nutrition facts](#) HAHA, OK, I meant eating disorder, but I will check that out. [#vegnewschat](#) -6:53 PM Jan 31st, 2012

[AMTReb](#) Rethinking sushi, big time. RT Fish? No thanks. Check out my fecal contamination of sushi video: <http://t.co/JfLxgpbO> [#vegnewschat](#) -6:52 PM Jan 31st, 2012

[BrazenKitchen](#) RT [@VegNews](#): Q13: B12 [#vegnewschat](#) -6:52 PM Jan 31st, 2012

[choosingraw](#) [@eyerioss](#) fave plant milk = almond [#vegnewschat](#) -6:52 PM Jan 31st, 2012

[PlantDietitian](#) [@VegNews](#) Definitely ask ur Doc to test for Vit D deficiency & regular lipid panel (for cholesterol), Hgb/Hct (for iron) [#vegnewschat](#) -6:52 PM Jan 31st, 2012

[carrieonvegan](#) I'm curious to know what dietary changes (if any) Dr. Greger has made since starting <http://t.co/Ypn3uytH?> [#vegnewschat](#) -6:52 PM Jan 31st, 2012

[nutrition facts](#) [@choosingraw](#) If by ED recovery you mean erectile dysfunction make sure to check out my NutritionFacts.org video this thursday! [#vegnewschat](#) -6:52 PM Jan 31st, 2012

[eyerioss](#) Favorite plant milk? [#vegnewschat](#) -6:51 PM Jan 31st, 2012

[ChefChrisMartin](#) [@VegNews](#) my first time on chat..great guests tonight and really good information. Thanks! Is this a week chat? [#vegnewschat](#) -6:51 PM Jan 31st, 2012

[STLVegGirl](#) Q10: Inspirational story - a mom just told me her hubby's MS symptoms almost 100% gone after going whole-foods, plant based. [#vegnewschat](#) -6:51 PM Jan 31st, 2012

[eyerioss @QueerVeganFood](#) link doesn't work? [#vegnewschat](#) -6:50 PM Jan 31st, 2012

[VegNews](#) Q13: For our experts, what are the questions that people should be asking their doctors? Essential tests to be taken? [#vegnewschat](#) -6:50 PM Jan 31st, 2012

[BrazenKitchen](#) Amazing. > RT [@KarlaAMitchell](#): RT [@VegNews](#): [@PlantDietitian](#) ...Met a young man who got out of wheelchair & off MS meds [#vegnewschat](#) -6:50 PM Jan 31st, 2012

[VegNews](#) Hey everyone! We've got 10 minutes left with our wonderful nutrition experts. Get your Qs in now. [#vegnewschat](#) -6:50 PM Jan 31st, 2012

[cookblog](#) Any. I'm allergic & it's in most GF items. :) RT [@VegNews](#) Q12 [@cookblog](#) raises an interesting issue! How much soy is too much? [#vegnewschat](#) -6:50 PM Jan 31st, 2012

[TheGayVegans @ScandiFoodie](#) We agree. Plus cooking with a partner/spouse makes a great date night! [#vegnewschat](#) -6:50 PM Jan 31st, 2012

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[TheGayVegans @ScandiFoodie](#) We agree. Plus cooking with a partner/spouse makes a great date night! [#vegnewschat](#) -6:50 PM Jan 31st, 2012

[nutrition facts @justkrish](#) Dangerous kid foods? Did you see about the girl that collapsed post-McNuggets? <http://t.co/9mmp9hAR> [#vegnewschat](#) -6:50 PM Jan 31st, 2012

[HolisticTechie @VegNews](#) Q6: quinoa with all the veggies that I need to eat ASAP. [#vegnewschat](#) -6:50 PM Jan 31st, 2012

[ChefChrisMartin @PlantDietitian @VegNews](#) Ive been using more coconut milk products in place of some soy. Also use nut milks [#vegnewschat](#) -6:50 PM Jan 31st, 2012 [CourtneyLeiva @choosingraw](#) drats [#vegnewschat](#) is almost over? if only i had known sooner! -6:50 PM Jan 31st, 2012

[BrazenKitchen](#) Agreed! RT [@choosingraw](#): Q12 Soy? moderate wkly amounts of non-GMO & organic soy is perfectly healthy..Constant processed = bad [#vegnewschat](#) -6:49 PM Jan 31st, 2012

[lisadempster](#) Raw vegan superstar blogger [@choosingraw](#) is currently doing a health chat - check out [#vegnewschat](#) to follow. -6:49 PM Jan 31st, 2012

[QueerVeganFood](#) [@nutrition facts](#) [@eyerioss](#) Former [@vegnews](#) intern did some great write-ups from her vegan eats in Japan: <http://t.co/Othap8jw...> [#vegnewschat](#) -6:49 PM Jan 31st, 2012

[bgoldammer](#) [@VegNews](#) [#vegnewschat](#) Q11: [@GlobalVegan](#) cookbook Vegan Planet and [@IsaChandra](#) books -6:49 PM Jan 31st, 2012

[TheGayVegans](#) [@VegNews](#) [@cookblog](#) We've cut back soy to a 2-3 of servings of tofu a week and a little soy milk. It's easy to try other items. [#vegnewschat](#) -6:49 PM Jan 31st, 2012

[choosingraw](#) [@AmethystJean](#) LOVE hearing ED recovery stories w vegan diet! I have a series: <http://t.co/eciFhNV5> [#vegnewschat](#) -6:49 PM Jan 31st, 2012 [BroccoliHugger](#) [@justkrish](#) [@vegnews](#) Oh so true!!! [#vegnewschat](#) -6:49 PM Jan 31st, 2012

[STLVegGirL](#) [@nutrition facts](#) Always, Doc! [#vegnewschat](#) (PS: addicted to your videos!) -6:48 PM Jan 31st, 2012

[PlantDietitian](#) [@VegNews](#) Seems that 3 servings is a good max for soy per day. Make sure it is from whole soy products too! [#vegnewschat](#) -6:48 PM Jan 31st, 2012

[BrazenKitchen](#) RT [@VegNews](#): Q12: Tough to tell but if u start with letting go of isolates & ersatz food - ur in the right direction! [@cookblog](#) [#vegnewschat](#) -6:48 PM Jan 31st, 2012

[ChefChrisMartin](#) [@choosingraw](#) I agree I only use non-GMO and organic soy. [#vegnewschat](#) -6:48 PM Jan 31st, 2012

[BroccoliHugger](#) [@AmethystJean](#) Good luck! U can do it!! [#vegnewschat](#) -6:48 PM Jan 31st, 2012

[STLVegGirL](#) [@AmethystJean](#) That sounds divine! [#vegnewschat](#) -6:48 PM Jan 31st, 2012

[AmethystJean](#) [@choosingraw](#) me too. Just shows that it really isn't restrictive. Freeing from ED [#vegnewschat](#) -6:47 PM Jan 31st, 2012

[choosingraw](#) Q12 Soy? I think moderate weekly amounts of non-GMO and organic soy is perfectly healthy and good. Constant processed = bad [#vegnewschat](#) -6:47 PM Jan 31st, 2012

[PlantDietitian](#) [@VegNews](#) LOVE cookbooks by [@DreenaBurton](#) [@VeganChefBev](#) [@GlobalVegan](#) [#vegnewschat](#) -6:47 PM Jan 31st, 2012

[citychild](#) [@VegNews](#) [@PlantDietitian](#) I lost a TON of weight & feel incredibly healthy & happy! It is possible w/ lots of patience! [#vegnewschat](#) -6:47 PM Jan 31st, 2012

[nutrition facts](#) [@AmethystJean](#) Food intolerances? Good news: eating a plant-based diet appears to cut down on allergies: <http://t.co/xjBqNCbf> [#vegnewschat](#) -6:47 PM Jan 31st, 2012

[AstigVegan](#) [@VegNews](#) Apples, as I usually dont have time to make breakfast RT What do you have for breakfast to get started right? [#vegnewschat](#) -6:46 PM Jan 31st, 2012

[AmethystJean](#) Pain and bloating such that I can't move gone with vegan gf diet [#vegnewschat](#) -6:46 PM Jan 31st, 2012

[elisehippie](#) so true! [@PlantDietitian](#) [@VegNews](#) i wish my patients would get the importance of food as medicine [#vegnewschat](#) -6:46 PM Jan 31st, 2012

[choosingraw](#) Q10: Inspirational vegan story? So many, but I just remember my own: healing from digestive probs and eating disorder history [#vegnewschat](#) -6:46 PM Jan 31st, 2012

[VegNews](#) Q12: [@cookblog](#) raises an interesting issue! How much soy is too much? [#vegnewschat](#) -6:46 PM Jan 31st, 2012

[work4veggies](#) [@VegNews](#) Honestly, my go-to has been [@happyherbivore](#)'s cookbook. Quick, cheap, delicious & healthy meals! I love her books! [#vegnewschat](#) -6:46 PM Jan 31st, 2012

[justkrish](#) [@VegNews](#) Raising my 1yr (on thurs) vegan & ppl keep saying it's dangerous. Really?!? Cause feeding your child MickyD's is safe [#vegnewschat](#) -6:45 PM Jan 31st, 2012

[AmethystJean](#) I am becoming vegan for food intolerances. 18 years veg but vegan is like night and day. [#vegnewschat](#) -6:45 PM Jan 31st, 2012

[cookblog](#) That lots of soy is healthy. :(RT [@VegNews](#): Q9: What are some of the most common misconceptions...? [#vegnewschat](#) -6:45 PM Jan 31st, 2012

[nutrition_facts](#) [@eyerioss](#) Fish? No thanks. Check out my fecal contamination of sushi video: <http://t.co/Yg3IpMPd> [#vegnewschat](#) -6:45 PM Jan 31st, 2012

[VegNews](#) Q11: How about healthy recipes that you love? Are there cookbooks that you go to again and again? [#vegnewschat](#) -6:44 PM Jan 31st, 2012

[VegNews](#) YES! MT [@PlantDietitian](#) ppl reverse heart disease, diabetes, obesity. Met a young man who got out of wheelchair & off MS meds [#vegnewschat](#) -6:44 PM Jan 31st, 2012

[choosingraw](#) [@eyerioss](#) Fish in everything during travel? I'd avoid anything that had it, and pack a ton of my own food. Be hungry sometimes. [#vegnewschat](#) -6:44 PM Jan 31st, 2012

[PlantDietitian](#) [@VegNews](#) Awhole food, plant-based diet is the most powerful medicine we have available to us [#vegnewschat](#) -6:44 PM Jan 31st, 2012

[ScandiFoodie](#) [@eyerioss](#) Lots of vegan and vegetarian Japanese available! Check out Elizabeth Andoh's book called 'Kansha' [#vegnewschat](#) -6:44 PM Jan 31st, 2012

[veganroundtable](#) <http://t.co/P5aFbNI> Oops--forgot link [#vegnewschat](#) -6:44 PM Jan 31st, 2012

[nutrition_facts](#) [@VegNews](#) Most inspirational story? My own grandma! Made a video about her: <http://t.co/t1kZ801G> [#vegnewschat](#) -6:43 PM Jan 31st, 2012

[QueerVeganFood](#) [@VegNews](#) I worked [@thetreeoflifeaz](#) for 2 yrs. Saw hundreds reverse their type 2 diabetes via [@gabrielcousens](#)/ raw vegan diet. [#vegnewschat](#) -6:43 PM Jan 31st, 2012

[veganroundtable](#) I'm staying vegan for ethical reasons, but when I read this critique of [@forksoverknives](#), it gave me pause. [#vegnewschat](#) -6:43 PM Jan 31st, 2012

[elisehippie](#) your best. [@eyerioss](#) When we went to Japan - Fish in EVERYTHING - what would you do? [#vegnewschat](#) -6:43 PM Jan 31st, 2012

[PlantDietitian](#) [@VegNews](#) I daily c ppl reversing heart disease, diabetes, obesity. Just met a young man who got out of wheelchair & off MS meds [#vegnewschat](#) -6:42 PM Jan 31st, 2012

[RickCustard](#) [@BroccoliHugger](#) perfect [#vegnewschat](#) -6:42 PM Jan 31st, 2012

[KimberlyCota](#) “[@nutrition facts](#): [@VegNews](#) Best breakfast? Green smoothie! [#vegnewschat](#)” yeeesssssssss -6:42 PM Jan 31st, 2012

[ChefChrisMartin](#) [@VegNews](#) [@plantdietitian](#) [@nutrition facts](#) When in Philly try [@vedgerestaurant](#) There's no misconceptions veggies are healthy! [#vegnewschat](#) -6:42 PM Jan 31st, 2012

[work4veggies](#) [@choosingraw](#) You're right, I should have looked into that before taking it as fact. You see the big names & you assume it's right [#vegnewschat](#) -6:42 PM Jan 31st, 2012

[eyerioss](#) When we went to Japan - Fish in EVERYTHING - what would you do? [#vegnewschat](#) -6:42 PM Jan 31st, 2012

[elisehippie](#) well said! [@choosingraw](#) veg miscnptions-That it's lacking in anything! But on the flip side, idea that anything vegan is hlthy [#vegnewschat](#) -6:42 PM Jan 31st, 2012

[nutrition facts](#) [@VegNews](#) Misconception? How about beans and gas. Did you see my blog? <http://t.co/EyovRjRa> [#vegnewschat](#) -6:41 PM Jan 31st, 2012

[BroccoliHugger](#) [@carrieonvegan](#) Think I hv drawn my conclusion. Better 2 eat than blend if ya can, but better 2 blend than not at all, I.e kids [#vegnewschat](#) -6:41 PM Jan 31st, 2012

[work4veggies](#) RT agree! “[@PlantDietitian](#): [@VegNews](#) Biggest healthy vegan myth = lack of delicious food and variety! [#vegnewschat](#)” [#vegnewschat](#) -6:41 PM Jan 31st, 2012

[AmethystJean](#) [@VeggieNextDoor](#) agree. It's still hard to even be vegetarian at restaurants, but luckily not every day [#vegnewschat](#) -6:41 PM Jan 31st, 2012

[PlantDietitian](#) [@VeggieNextDoor](#) True...but it is changing...more options at more restaurants + more vegan restaurants opening. Vote w/ ur \$\$\$ [#vegnewschat](#) -6:41 PM Jan 31st, 2012

[work4veggies](#) [@nutrition facts](#) Haha thank you for that perspective! I'm definitely not chewing on a stairmaster haha [#vegnewschat](#) -6:41 PM Jan 31st, 2012

[choosingraw](#) [@work4veggies](#) Right, but where are the peer reviewed scientific studies? Enough to be persuasive? [#vegnewschat](#) -6:40 PM Jan 31st, 2012

[VegNews](#) Q10: What's the most inspirational story you know of someone turning their health around on a vegan diet? [#vegnewschat](#) -6:40 PM Jan 31st, 2012

[work4veggies](#) [@choosingraw](#) Thank you! I'm glad to get your perspective on this debate. I love my smoothies! :([#vegnewschat](#) -6:40 PM Jan 31st, 2012

[bgoldammer](#) “[@PlantDietitian](#): [@VegNews](#) Biggest healthy vegan myth = lack of delicious food and variety! [#vegnewschat](#)” 100% agree! -6:40 PM Jan 31st, 2012

[VeggieNextDoor](#) I love that organizations like Mercy for Animals are working with restaurants to incorporate vegan options! [#vegnewschat](#) -6:40 PM Jan 31st, 2012

[nutrition facts](#) [@PlantDietitian](#) Recipes like those in Julieanna's books and DVDs! <http://t.co/Oda0vdTc> [#vegnewschat](#) -6:39 PM Jan 31st, 2012

[work4veggies](#) [@choosingraw](#) I just read the post by happyherbivore from the FB debate: <https://t.co/wrwOsGkv> [#vegnewschat](#) -6:39 PM Jan 31st, 2012

[VeggieNextDoor @PlantDietitian](#) I think restaurants with limited vegan menus are giving fuel to that myth. [#vegnewschat](#) -6:39 PM Jan 31st, 2012

[PlantDietitian @VegNews](#) To refute this myth of lack of variety & deliciousness = experiment & share awesome recipes! [#vegnewschat](#) -6:38 PM Jan 31st, 2012

[nutrition_facts @work4veggies](#) 100kcal chewing? No way you're using that many calories unless chewing on stairmaster [#vegnewschat](#) -6:38 PM Jan 31st, 2012

[choosingraw @work4veggies](#) I really want to see more peer reviewed medical lit supporting that notion. Not finding it. [#vegnewschat](#) -6:38 PM Jan 31st, 2012

[PlantDietitian @VegNews](#) Biggest healthy vegan myth = lack of delicious food and variety! [#vegnewschat](#) -6:37 PM Jan 31st, 2012

[choosingraw @nutrition_facts @work4veggies](#) yeah, this stuff is really outlandish [#vegnewschat](#) -6:39 PM Jan 31st, 2012

[AmethystJean](#) Q9 it's not restrictive. There are so many wonderful foods. And it doesn't need to be difficult [#naturallyvegan](#) [#vegnewschat](#) -6:39 PM Jan 31st, 2012

[choosingraw](#) Q9: misconceptions bout vegan diet: That it's lacking in anything! But on the flip side, idea that anything vegan is healthy [#vegnewschat](#) -6:38 PM Jan 31st, 2012

[PlantDietitian @VegNews](#) To refute this myth of lack of variety & deliciousness = experiment & share awesome recipes! [#vegnewschat](#) -6:38 PM Jan 31st, 2012

[nutrition_facts @work4veggies](#) 100kcal chewing? No way you're using that many calories unless chewing on stairmaster [#vegnewschat](#) -6:38 PM Jan 31st, 2012

[choosingraw @work4veggies](#) I really want to see more peer reviewed medical lit supporting that notion. Not finding it. [#vegnewschat](#) -6:38 PM Jan 31st, 2012

[PlantDietitian @VegNews](#) Biggest healthy vegan myth = lack of delicious food and variety! [#vegnewschat](#) -6:37 PM Jan 31st, 2012
[elisehippie @choosingraw @plantdietician @vegnews](#) agreed on moderation. quality fat has a place in a healthy diet (in my opinion) [#vegnewschat](#) -6:37 PM Jan 31st, 2012

[work4veggies](#) I'm also intrigued by the green smoothie debate! I had no idea they're 100 cal's more than just eating fruit/veggies raw! [#vegnewschat](#) -6:37 PM Jan 31st, 2012

[VegNews](#) Q9: What are some of the most common misconceptions about eating healthfully as a vegan, and what can we do to refute them? [#vegnewschat](#) -6:36 PM Jan 31st, 2012

[nutrition_facts @STLVegGirl](#) Hummous? Yeah hummous! [#vegnewschat](#) -6:36 PM Jan 31st, 2012

[bgoldammer @nutrition_facts #vegnewschat](#) love nut butters! Is there too much reliance on them? Just a wondering. -6:36 PM Jan 31st, 2012

[PlantDietitian @snarkyvegan](#) Not yelling at you... frustrated by this new theory without research to support it... [#vegnewschat](#) -6:36 PM Jan 31st, 2012

[AmethystJean @STLVegGirl](#) have some now. A whole head of garlic in my hummus. That's got to be good lol [#vegnewschat](#) -6:36 PM Jan 31st, 2012

[choosingraw](#) [@snarkyvegan](#) [@plantdietitian](#) I think it's important to remember that one health prof's opinion isn't enough to take as fact [#vegnewschat](#) -6:36 PM Jan 31st, 2012

[nutrition facts](#) [@VegNews](#) Oil avoidance? As we started out chat: whole foods always preferable: nuts and seeds healthiest sources of fat. [#vegnewschat](#) -6:36 PM Jan 31st, 2012

[mangiagioia](#) [@VegNews](#) [@elisehippie](#) [#vegnewschat](#) no we need fat! avocs are an awesome source that actually lower cholesterol!! -6:36 PM Jan 31st, 2012

[carrieonvegan](#) [@BroccoliHugger](#) I am really interested in this issue re: green smoothies, too! [#vegnewschat](#) -6:36 PM Jan 31st, 2012

[PlantDietitian](#) [@eyerioss](#) [#SuperBowl](#) recipes....100% whole food, Plant-Based from me via [@ForksOverKnives](#): <http://t.co/EURVCxUn> [#vegnewschat](#) -6:35 PM Jan 31st, 2012

[STLVegGirl](#) [@VegNews](#) homemade hummus in the fridge AT ALL TIMES! [#vegnewschat](#) -6:35 PM Jan 31st, 2012

[BroccoliHugger](#) [@nutrition facts](#) [@vegnews](#) [@PlantDietitian](#) Green smoothie? Debate on FB now inc. Dr. Esselstyn, sparked by [@happyherbivore](#) post [#vegnewschat](#) -6:35 PM Jan 31st, 2012

[snarkyvegan](#) [@PlantDietitian](#) Don't yell at me. Go ask Dr. Esselstyn. [#vegnewschat](#) -6:34 PM Jan 31st, 2012

[VegNews](#) Good question! Are oils to be avoided? RT [@elisehippie](#) just curious—why oil free dressing? what about hemp, flax, avocado oils? [#vegnewschat](#) -6:34 PM Jan 31st, 2012

[nutrition facts](#) [@mangiagioia](#) Protein combining? No need to combine plant proteins at meals. See ADA statement: <http://t.co/R1n4YxVG> [#vegnewschat](#) -6:34 PM Jan 31st, 2012

[choosingraw](#) [@plantdietician](#) [@snarkyvegan](#) [@veganroundtable](#) Yeah, I just have not seen enough studies/lit to support this at ALL [#vegnewschat](#) -6:34 PM Jan 31st, 2012

[AmethystJean](#) You don't need to food combine at meals to get complete protein. A varied diet will provide all the amino acids you need [#vegnewschat](#) -6:34 PM Jan 31st, 2012

[ScandiFoodie](#) RT [@choosingraw](#): [@vegnews](#) Protein sources? Hemp, legumes, grains, vegetables, tempeh [#vegnewschat](#) -6:34 PM Jan 31st, 2012

[PlantDietitian](#) [@elisehippie](#) Oil is 100% fat & provides 120 calories per tablespoon. It's also been shown to not be generous to the endothelium [#vegnewschat](#) -6:34 PM Jan 31st, 2012

[eyerioss](#) Best treat for the upcoming Superbowl parties? :) [#vegnewschat](#) -6:34 PM Jan 31st, 2012

[elisehippie](#) [@veganroundtable](#) is that for everyone or those with fructose absorption issues - ie FM or those on a low FODMAPs diet? [#vegnewschat](#) -6:34 PM Jan 31st, 2012

[choosingraw](#) [@elisehippie](#) [@plantdietician](#) [@vegnews](#) I'm def in favor of high quality flax, hemp, avocado oils in wise moderation. [#vegnewschat](#) -6:34 PM Jan 31st, 2012 [PlantDietitian](#) [@snarkyvegan](#) SHOW ME THE RESEARCH!!!!!!!!!!!! [#vegnewschat](#) -6:33 PM Jan 31st, 2012

[choosingraw](#) [@vegnews](#) Protein sources? Hemp, legumes, grains, vegetables, tempeh [#vegnewschat](#) -6:33 PM Jan 31st, 2012

[elisehippie](#) [@PlantDietitian](#) [@VegNews](#) just curious - why oil free dressing? what about hemp, flax, avocado oils? [#vegnewschat](#) -6:33 PM Jan 31st, 2012

[mangiagioia @VegNews #vegnewschat](#) i like to pair legumes+whole grains for a complete protein. tempeh & tofu when cooked rt is also yummy & complete. -6:33 PM Jan 31st, 2012

[snarkyvegan @nutrition facts](#) Here's what Dr. Esselstyn said today about smoothies <https://t.co/uujk72t4> [#vegnewschat](#) -6:33 PM Jan 31st, 2012

[veganroundtable](#) Here's a link to one of the threads about smoothies: <http://t.co/ieLGPkVz> [#vegnewschat](#) -6:32 PM Jan 31st, 2012

[nutrition facts @bgoldammer](#) Tofutti cream cheese? Make sure to get non-hydrogenated (or even better nut butters!) [#vegnewschat](#) -6:32 PM Jan 31st, 2012

[citychild @mangiagioia @ChefChrisMartin](#) OMG I'm in <3! None close by... but I'll figure it out! [#vegnewschat](#) -6:32 PM Jan 31st, 2012

[snarkyvegan @PlantDietitian](#) Dr. Esselstyn and Dr. Campbell both advise against smoothies <https://t.co/uujk72t4> [#vegnewschat](#) -6:32 PM Jan 31st, 2012

[choosingraw @nutrition facts @plantdietician @veganroundtable](#) haha -- thank you both for your reasonable perspectives! [#vegnewschat](#) -6:32 PM Jan 31st, 2012

[PlantDietitian @MeLlamoJustino](#) CHEERS to that! Fruit is fabulous and nature's gorgeousness! [#vegnewschat](#) -6:32 PM Jan 31st, 2012 [PlantDietitian @VegNews](#) PLANTS are the best source of protein! You can't get too much and you get JUST the right amount when eaten per hunger [#vegnewschat](#) -6:31 PM Jan 31st, 2012

[choosingraw @veganroundtable](#) Haven't seen enough peer reviewed scientific lit to back [emalwitz @nutrition facts](#) Is it a good idea to take an alkaline test periodically? [#vegnewschat](#) -6:31 PM Jan 31st, 2012

[MeLlamoJustino](#) Yes! Don't be afraid of fruit! Amazing we've become afraid of it. It's not a candy bar. :-)
[#vegnewschat](#) -6:31 PM Jan 31st, 2012

[LisaT99 2 @VegNews](#) Thoughts on green smoothies? Some are now saying not good. [#VegNewsChat](#) -6:31 PM Jan 31st, 2012

[nutrition facts @veganroundtable](#) green smoothie fructose? I don't understand how the fructose could be metabolized any differently [#vegnewschat](#) -6:31 PM Jan 31st, 2012

[VegNews](#) Q8: For those who are new to eating veg, we must ask: What are the best sources of protein?
[#vegnewschat](#) -6:30 PM Jan 31st, 2012

[bgoldammer @VegNews](#) Q7 [#vegnewschat](#) oatmeal or 100%whole wheat English muffin with tofutti -6:30 PM Jan 31st, 2012

[PlantDietitian @veganroundtable](#) Have not seen a single article showing green smoothies to have damaging effects. LOVE green smoothies! [#vegnewschat](#) -6:30 PM Jan 31st, 2012

[choosingraw @MeLlamoJustino](#) The low fat high fruit thing is too restrictive IMO [#vegnewschat](#) -6:30 PM Jan 31st, 2012

[Amethystjean](#) Best lunch lentil salad on baby spinach [#vegnewschat](#) -6:29 PM Jan 31st, 2012

[PlantDietitian @VegNews](#) Fruit is fabulous! Fiber slows absorption of sugar & is chock-full of nutrition! Don't be afraid of fruit! [#vegnewschat](#) -6:29 PM Jan 31st, 2012

[Amethystjean](#) Oatmeal with fruit, nuts, seeds, hemp hearts etc [#vegnewschat](#) -6:29 PM Jan 31st, 2012

[veganroundtable](#) The Engine 2 peeps and others don't recommend green smoothies because of how the fructose is metabolized. Thoughts? [#vegnewschat](#) -6:29 PM Jan 31st, 2012

[ChefChrisMartin @VegNews](#) I think all meals are important. Just got a great smoothie recipe from [@goodcakesfran](#) I've been making in morning [#vegnewschat](#) -6:29 PM Jan 31st, 2012

[PlantDietitian @nutrition_facts](#) GET OUT! Seriously?! And the cats are jumping on your keyboard? I'm balancing kids & pooch but no treadmill! [#vegnewschat](#) -6:29 PM Jan 31st, 2012

[mangiagioia @citychild @ChefChrisMartin](#) probably just google organic pick your own + the city. thats what i'm going to do [#vegnewschat](#) -6:28 PM Jan 31st, 2012

[nutrition_facts @VegNews](#) Best breakfast? Green smoothie! [#vegnewschat](#) -6:28 PM Jan 31st, 2012

[VegNews](#) Great question! Experts, MT [@VeggieNextDoor](#): I used to try not to eat too much fruit bc of sugar. What do you think? [#vegnewschat](#) -6:28 PM Jan 31st, 2012 [MeLlamoJustino](#) Thx for answers about raw. I first went raw on 811 but craved more fat. Now I get too much fat when doing raw. Thx for support! [#vegnewschat](#) -6:28 PM Jan 31st, 2012

[work4veggies @VegNews](#) My breakfast go to's are: oatmeal w/ berries, or a veggie/fruit mix smoothie, or PB&Banana :) Depends on mood! [#vegnewschat](#) -6:28 PM Jan 31st, 2012

[PlantDietitian @VegNews](#) For breakfast, I love fresh fruit OR a green smoothie OR a green juice OR oatmeal and always tea [#vegnewschat](#) -6:28 PM Jan 31st, 2012

[choosingraw @vegnews](#) Q7: Breakfast? I usually do chia seed pudding w fruit, oats w berries + flax, or nutritious smoothie w vegan protein [#vegnewschat](#) -6:27 PM Jan 31st, 2012

[nutrition_facts](#) Apologies for any typos—I'm on my treadmill desk cranked up to 2mph :) [#vegnewschat](#) -6:27 PM Jan 31st, 2012

[mindbodynourish @AmethystJean](#) squash soup one of my faves, got kabocha? [#vegnewschat](#) -6:27 PM Jan 31st, 2012

[nutrition_facts](#) re: raw foods. Some veggies are actually healthier cooked (nutrient bioavailability). Which ones? See: <http://t.co/i1dee2hZ> [#vegnewschat](#) -6:27 PM Jan 31st, 2012

[work4veggies @mangiagioia](#) I keep forgetting to put it on my popcorn! Thx for the reminder! Yay nutritional yeast! :) [#vegnewschat](#) -6:27 PM Jan 31st, 2012

[sluceyo](#) Going in now... check out the awesome [#vegnewschat](#) -6:27 PM Jan 31st, 2012

[PlantDietitian @VegNews](#) My go-to dinners are: chili, stew, soup, lasagna, hummus, burritos & always include salad w/ a good oil-free dressing [#vegnewschat](#) -6:27 PM Jan 31st, 2012

[AmethystJean](#) Slow cooker. Threw a dinner party on a weeknight! [#vegnewschat](#) -6:27 PM Jan 31st, 2012

[citychild](#) I <3 being a vegetarian! Having a conversation about sustainable eating is amazing! Just had to share! [#vegnewschat](#) -6:27 PM Jan 31st, 2012

[jenojoon](#) ohh this is my have [#vegnewschat](#) yet! :) -6:26 PM Jan 31st, 2012

[VegNews](#) Q7: How about the most important meal of the day? What do you have for breakfast to get started right? [#vegnewschat](#) -6:26 PM Jan 31st, 2012

[mangiagioia @work4veggies](#) i love it on popcorn!! and in basically everything. yeah rock on nutritional yeast [#vegnewschat](#) -6:26 PM Jan 31st, 2012

[AmethystJean](#) Soup doesn't need to take a long time. Can make butternut squash in 35 min [#quickeasymeals](#)
[#vegnewschat](#) -6:26 PM Jan 31st, 2012 [PlantDietitian @MeLlamoJustino](#) I've had clients strive for 100% raw, not thrive, give up & science doesn't say 100% better than 75% [#vegnewschat](#) -6:25 PM Jan 31st, 2012

[choosingraw @vegnews](#) Weekly dinners? Giant kale salads with hempseed and steamed yam, plus other mixed veggies and nutr. yeast [#vegnewschat](#) -6:25 PM Jan 31st, 2012

[mindbodynourish](#) Q6: go to dinners: lentil burgers, brown rice & veg stir fry, sweet & sour tempeh, bean chili, [#vegnewschat](#) -6:24 PM Jan 31st, 2012

[work4veggies @PlantDietitian](#) Thank you! [#vegnewschat](#) -6:24 PM Jan 31st, 2012

[ChefChrisMartin @beanmaki](#) hey break from studying for [#vegnewschat](#).. check it out ...I just found it tonight. -6:24 PM Jan 31st, 2012

[choosingraw @MeLlamoJustino](#) It can be overly low in protein and high in fat, as nuts become the main source of caloric density. [#vegnewschat](#) -6:24 PM Jan 31st, 2012

[VeggieNextDoor](#) I used to try not to eat too much fruit bc of sugar, but now I'm hearing not to worry about fruit sugar. What do you think? [#vegnewschat](#) -6:24 PM Jan 31st, 2012

[nutrition facts @VegNews](#) Quick/easy meal? Green burrito: canned refried beans wrapped in steamed collard green with jarred salsa. [#vegnewschat](#) -6:23 PM Jan 31st, 2012

[ScandiFoodie @choosingraw @eyerioss](#) + social pressure and what they think is 'convenient' [#vegnewschat](#) -6:23 PM Jan 31st, 2012

[PlantDietitian @work4veggies](#) I don't recommend any brand...just get B12 somewhere...IF possible, opt for methylcobalamin. If not, just take it [#vegnewschat](#) -6:23 PM Jan 31st, 2012

[choosingraw](#) Agreed! [@nutrition facts @eyerioss](#) Best source for info Brenda's new book <http://t.co/DMKye6O4> [#vegnewschat](#) -6:23 PM Jan 31st, 2012

[ChefChrisMartin @VegNews](#) Last night's dinner I made a vegan curry and put over tofu, veggies and rice. Very simple and quick. [#vegnewschat](#) -6:23 PM Jan 31st, 2012

[VegNews](#) Q7: How about enriched foods, like non-dairy milks and cereals. How much should we rely on those? [#vegnewschat](#) -6:23 PM Jan 31st, 2012

[MeLlamoJustino](#) What are the ways that 100% raw backfires? Besides the fact that I can't stick with it! Thanks for link to Brenda's book, BTW. [#vegnewschat](#) -6:23 PM Jan 31st, 2012

[choosingraw @eyerioss](#) Attachment to pleasure and habit. [#vegnewschat](#) -6:22 PM Jan 31st, 2012 [work4veggies @PlantDietitian](#) Do you recommend any one brand of vitamin in particular? I never know what is legit and what's a scam... [#vegnewschat](#) -6:22 PM Jan 31st, 2012

[mindbodynourish](#) greens, whole grains, legumes, miso, spring water [#vegnewschat](#) -6:22 PM Jan 31st, 2012

[nutrition facts @eyerioss](#) Raw food diets? Best source for info Brenda's new book: <http://t.co/F0kkSMYL> [#vegnewschat](#) -6:21 PM Jan 31st, 2012

[eyerioss](#) What do you find keeps meaties from going all vegan? [#vegnewschat](#) -6:21 PM Jan 31st, 2012

[choosingraw @MsKristiina](#) High raw? The official def is 85-95% usually. I am much looser w the term: to me, it's 70% and up. [#vegnewschat](#) -6:21 PM Jan 31st, 2012

[VegNews](#) Q6: Experts, ok, give us the inside scoop. What the go-to, easy, cheap weeknight meals that you actually make and eat? [#vegnewschat](#) -6:21 PM Jan 31st, 2012

[CharityCapri](#) RT [@nutrition facts](#): [@VegNews](#) Q3: Healthiest foods? You can see my recommendations here: <http://t.co/PHNlxvQa> [#vegnewschat](#) -6:21 PM Jan 31st, 2012

[BroccoliHugger](#) [@VegNews](#) Top 5: greens, GABA brown rice, berries, seeds, ginger [#vegnewschat](#) -6:21 PM Jan 31st, 2012

[PlantDietitian](#) [@VegNews](#) Definitely take vit B12! Test for vit D levels, ensure adequate omega-3, iodine, & vit C from *food* if possible! [#vegnewschat](#) -6:21 PM Jan 31st, 2012

[choosingraw](#) [@vegnews](#) Supplements? I say a multi w/ B-12, and cal + D supplement for most women. EFA can be useful for some. [#vegnewschat](#) -6:20 PM Jan 31st, 2012

[ScandiFoodie](#) Eating healthy but cheaply? Cook and bake from scratch! [#vegnewschat](#) -6:20 PM Jan 31st, 2012
[nutrition facts](#) [@VegNews](#) Q5 supplements? B12 is the biggie. See my blog here: <http://t.co/sfMc9EFT>
[#vegnewschat](#) -6:20 PM Jan 31st, 2012

[MsKristiina](#) [@choosingraw](#) what is considered high raw? [#vegnewschat](#) -6:20 PM Jan 31st, 2012

[choosingraw](#) [@PlantDietitian](#) Amen! [#vegnewschat](#) -6:19 PM Jan 31st, 2012

[citychild](#) [@work4veggies](#) Wish I was better at this saving gig... will have to check out Sprouts again soon!
[#vegnewschat](#) -6:19 PM Jan 31st, 2012

[VeggieNextDoor](#) I focus on choosing WHOLE grains, but now I'm hearing even whole wheat isn't what it used to be. Would love your thoughts! [#vegnewschat](#) -6:19 PM Jan 31st, 2012

[choosingraw](#) [@eyerioss](#) I think 100% raw is not optimal for most people, but high raw works beautifully for many people (incl me!) [#vegnewschat](#) -6:19 PM Jan 31st, 2012

[nutrition facts](#) [@citychild](#) Eating healthy on the cheap? My top superfood bargains here: <http://t.co/b0IQbBHr> (purple cabbage tops list) [#vegnewschat](#) -6:18 PM Jan 31st, 2012

[mangiagioia](#) [@PlantDietitian](#) [@VegNews](#) [#vegnewschat](#) do you consume nutritional yeast? I do for b12. what is your opinion? -6:18 PM Jan 31st, 2012

[PlantDietitian](#) [@eyerioss](#) Eat a diet that is high in raw foods. 100% is not at all necessary & can even backfire!
[#vegnewschat](#) -6:18 PM Jan 31st, 2012

[VegNews](#) Experts: Q5: What vitamins and supplements do you recommend that vegans take daily? [#vegnewschat](#) -6:18 PM Jan 31st, 2012

[work4veggies](#) [@mangiagioia](#) Definitely b-12! Gotta love nutritional yeast :) [#vegnewschat](#) -6:18 PM Jan 31st, 2012

[choosingraw](#) Couldn't agree more RT [@nutrition facts](#) [@vegnews](#) Junk foods: it's the day to day stuff that matters
[#vegnewschat](#) -6:18 PM Jan 31st, 2012

[eyerioss](#) What about a strictly raw diet - can you back it or not nutritious? [#vegnewschat](#) -6:17 PM Jan 31st, 2012

[mangiagioia](#) [@VegNews](#) greens, fruits, legumes, whole grains, nutritional yeast-gotta get the b12 [#vegnewschat](#) -6:17 PM Jan 31st, 2012

[BeckyInreallife](#) "[@ScandiFoodie](#): [@elisehippie](#) Same here! Lots of quinoa and sweet potatoes :-)" [#vegnewschat](#) Me too! -6:17 PM Jan 31st, 2012

[choosingraw @vegnews](#) "vegan" vs. "plant based"? I say "vegan," personally. The word implies more than diet/health alone. [#vegnewschat](#) -6:17 PM Jan 31st, 2012

[VegandoitSarah @choosingraw](#) I LOVED your recent article with juice recipes! I have already made most of them :-) [#vegnewschat](#) -6:17 PM Jan 31st, 2012

[work4veggies @citychild](#) Us too (abt a 25 min drive) but the savings have (so far) been worth it. We buy only the produce that's on sale! [#vegnewschat](#) -6:17 PM Jan 31st, 2012

[nutrition facts @VegNews](#) Junk foods: It's the day-to-day stuff that really matters. [#vegnewschat](#) -6:17 PM Jan 31st, 2012

[ChefChrisMartin @mangiagioia @citychild](#) I agree pick your own is great or find a local CSA . I belong to an organic one..its great! [#vegnewschat](#) -6:17 PM Jan 31st, 2012

[BroccoliHugger @citychild @chefchrismartin](#) More expensive can mean u never waste! Kinda like prepaying at the gym & then actually going! [#vegnewschat](#) -6:17 PM Jan 31st, 2012

[work4veggies](#) RT [@snarkyvegan: @citychild](#) storing unwashed berries in a jar with a tight lid can make them last up to two weeks. [#vegnewschat](#) -6:16 PM Jan 31st, 2012

[ScandiFoodie @elisehippie](#) Same here! Lots of quinoa and sweet potatoes :) [#vegnewschat](#) -6:16 PM Jan 31st, 2012

[carrieonvegan @choosingraw](#) we must read the same books. :) [#vegnewschat](#) -6:16 PM Jan 31st, 2012

[citychild @work4veggies](#) Wow! Small world... yea, we know about Sprouts but live far from one but sometimes go! :-) [#vegnewschat](#) -6:16 PM Jan 31st, 2012

[PlantDietitian @citychild](#) U can easily eat plant-based for less than \$4 a day. Buy in bulk & at farmers markets, base diet on grains, legumes [#vegnewschat](#) -6:16 PM Jan 31st, 2012

[work4veggies @citychild](#) Sprouts (aka Sunflower in some parts) also has awesome bulk bins 4 quinoa, nuts, couscous, etc! [#vegnewschat](#) -6:16 PM Jan 31st, 2012

[nutrition facts @VegNews](#) Q3: Healthiest foods? You can see my recommendations here: <http://t.co/PHNlxvQa> [#vegnewschat](#) -6:16 PM Jan 31st, 2012

[MsKristiina](#) great tip! RT [@snarkyvegan: @citychild](#) storing unwashed berries in a jar with a tight lid can make them last up to two weeks. [#vegnewschat](#) -6:16 PM Jan 31st, 2012

[ScandiFoodie @citychild](#) buy seasonal, local produce from farmers' markets. Buy pantry items in bulk from co-ops, if you can. [#vegnewschat](#) -6:16 PM Jan 31st, 2012

[elisehippie @nutrition facts](#) agreed! if quinoa is off the table, its sweet potatoes all the way [#vegnewschat](#) -6:15 PM Jan 31st, 2012

[work4veggies @citychild](#) Hey I'm a student too, from Phx as well! Do u kno abt Sprouts? Good produce, awesome sales flyers! Cheap too! :) [#vegnewschat](#) -6:15 PM Jan 31st, 2012

[stepwinder @citychild](#) this guide to "how to store fruits & veg w/o plastic" has increased life span of our veggies <http://t.co/euxeQEOn> [#vegnewschat](#) -6:15 PM Jan 31st, 2012

[blacksebath](#) RT [@VegNews](#): Q2: It's so easy to be a "junk food" vegan, where do you draw the line with processed food? [#vegnewschat](#) -6:15 PM Jan 31st, 2012

[MsKristiina](#) RT [@choosingraw](#): [@vegnews](#) Top 5 healthy foods? all greens, hemp seeds, legumes, berries, avocados [#vegnewschat](#) -6:15 PM Jan 31st, 2012

[choosingraw](#) [@carrieonvegan](#) Nice ones Carrie! [#vegnewschat](#) -6:15 PM Jan 31st, 2012

[nutrition_facts](#) [@ChefChrisMartin](#) re: pesticides--I've got a video on that! <http://t.co/tx7vMfvq> [#vegnewschat](#) -6:15 PM Jan 31st, 2012

[VegNews](#) [@mangiagioia](#) brings up an interesting point! Q4: When working with clients, do you usually say "vegan" or "plant-based"? [#vegnewschat](#) -6:15 PM Jan 31st, 2012

[citychild](#) [@work4veggies](#) Trying to figure out how I can afford everything I love is confusing & I'm a student! [#broke](#) [#vegnewschat](#) -6:14 PM Jan 31st, 2012

[PlantDietitian](#) [@citychild](#) Choose less expensive options and compare fresh to frozen to save \$\$\$ [#vegnewschat](#) -6:14 PM Jan 31st, 2012

[ChefChrisMartin](#) Thanks! Didnt know about this chat is it weekly? RT "[@PlantDietitian](#): [@ChefChrisMartin](#) Fabulous to see you here!!! [#vegnewschat](#) -6:14 PM Jan 31st, 2012

[choosingraw](#) [@vegnews](#) Top 5 healthy foods? all greens, hemp seeds, legumes, berries, avocados [#vegnewschat](#) -6:14 PM Jan 31st, 2012

[MsKristiina](#) [@choosingraw](#) thanks! We're making millet tonight so I was wondering. [#vegnewschat](#) -6:14 PM Jan 31st, 2012

[WALASIA](#) RT [@VegNews](#): Q3: What are your top 5 must-eat foods for optimal health? [#vegnewschat](#) -6:14 PM Jan 31st, 2012

[snarkyvegan](#) [@citychild](#) also, storing unwashed berries in a jar with a tight lid can make them last up to two weeks. [#vegnewschat](#) -6:14 PM Jan 31st, 2012

[VegNews](#) Nice one! RT [@PlantDietitian](#) [@VegNews](#) I always say, "Let thy greens be thy medicine and thy medicine be thy greens" [#vegnewschat](#) -6:14 PM Jan 31st, 2012

[carrieonvegan](#) My top 5 must-eat foods are leafy greens, beans, avos, flax meal and berries. [#vegnewschat](#) -6:13 PM Jan 31st, 2012

[citychild](#) [@ChefChrisMartin](#) Non-organic strawberries are often \$3+ here & it gets expensive. I <3 being a veggie but it gets \$\$\$. [#vegnewschat](#) -6:13 PM Jan 31st, 2012

[sweetbabyvegan](#) RT [@PlantDietitian](#): [@VegNews](#) I always say, "Let thy greens be thy medicine and thy medicine be thy greens" [#vegnewschat](#) -6:13 PM Jan 31st, 2012

[ChefChrisMartin](#) Greens, beans, nuts, seeds and grains"[@VegNews](#): Q3: What are your top 5 must-eat foods for optimal health? [#vegnewschat](#)" -6:13 PM Jan 31st, 2012

[choosingraw](#) [@elisehippie](#) [@eyeiross](#) I consider quinoa a starch... [#vegnewschat](#) -6:13 PM Jan 31st, 2012

[mangiagioia](#) [@vegnews](#) [#vegnewschat](#) funny story. Im vegan but ppl say it is 2 politically chrgd & to say plant-based diet; easier for ppl to swallow. -6:12 PM Jan 31st, 2012

[PlantDietitian @VegNews](#) I always say, "Let thy greens be thy medicine and thy medicine be thy greens"
[#vegnewschat](#) -6:12 PM Jan 31st, 2012

[nutrition_facts @elisehippie](#) Fave starch? Ooh, if we're going nongrain, than any legume or sweetpotatoes for me (or both!) [#vegnewschat](#) -6:12 PM Jan 31st, 2012

[choosingraw @MsKristiina](#) Millet v. quinoa? Similar, though quinoa is slightly more well rounded as a protein. Both are great. [#vegnewschat](#) -6:12 PM Jan 31st, 2012

[PlantDietitian @citychild](#) They flash freeze which preserves the nutrients...unlike produce that has to travel from farm to fridge [#vegnewschat](#) -6:12 PM Jan 31st, 2012

[ChefChrisMartin @citychild](#) If u r interest I can send u a list or google the dirty dozen I follow that when buying organic fruits and veggies. [#vegnewschat](#) -6:12 PM Jan 31st, 2012

[elisehippie @eyerioss](#) is quinoa considered a starch? i would say potatoes are my non-grain/pseudo-seed starch of choice [#vegnewschat](#) -6:11 PM Jan 31st, 2012

[mangiagioia @VegNews](#) [#vegnewschat](#) whole foods would be to use the plant in the most natural form w minimal processing. -6:11 PM Jan 31st, 2012

[VegNews](#) Q3: What are your top 5 must-eat foods for optimal health? [#vegnewschat](#) -6:11 PM Jan 31st, 2012

[nutrition_facts @eyerioss](#) Fave starch? Quinoa! But any whole grain will do... [#vegnewschat](#) -6:11 PM Jan 31st, 2012

[work4veggies @citychild](#) You can check out the EWG's "Dirty Dozen" list... helps me shop organic on a budget <http://t.co/lwTMhoKy> [#vegnewschat](#) -6:11 PM Jan 31st, 2012

[choosingraw @eyerioss](#) go to starch? All whole grains -- quinoa, barley, millet, rice, kamut, etc. [#vegnewschat](#) -6:11 PM Jan 31st, 2012

[citychild @nutrition_facts](#) Hm, interesting. I've heard otherwise--good to know! [#vegnewschat](#) -6:11 PM Jan 31st, 2012

[MsKristiina](#) How do millet and quinoa compare as far as nutritional value? [#vegnewschat](#) -6:11 PM Jan 31st, 2012

[joiedejenn @citychild](#) Load up on seasonal fresh fruit & veggies once a week. Whole foods are actually much cheaper than packaged foods! [#vegnewschat](#) -6:10 PM Jan 31st, 2012

[PlantDietitian @VegNews](#) If you're healthy there's nothing wrong w/ having treats once in a while as long as your diet is primarily whole foods [#vegnewschat](#) -6:10 PM Jan 31st, 2012

[greenerating @nutrition_facts](#) I think you meant 1/2 frozen greens, 1/2 frozen berries? But all greens wouldn't be bad, either! [#vegnewschat](#) [#vegnewschat](#) -6:10 PM Jan 31st, 2012

[nutrition_facts @citychild](#) Frozen as nutritious? Sometimes it can have even more since oft frozen day of picking instead of sitting on shelves [#vegnewschat](#) -6:10 PM Jan 31st, 2012

[choosingraw @vegnews](#) "junk food" vegan? Some faux meats or cheeses or treats are fine on occasion, just not as the norm. That's my line [#vegnewschat](#) -6:10 PM Jan 31st, 2012

[citychild @ChefChrisMartin](#) I buy local often as possible. Affordability is key. When to buy organic, when not to? [#vegnewschat](#) -6:10 PM Jan 31st, 2012

[jdirt2019 @VegNews](#) [#vegnewschat](#) -6:10 PM Jan 31st, 2012

[eyerioss](#) What is your go-to starch of choice when you're looking for the healthiest alternative: quinoa, multigrain pasta or bread, etc? [#vegnewschat](#) -6:09 PM Jan 31st, 2012

[citychild @nutrition_facts](#) Good tip. Is nutrition sustained in frozen? [#vegnewschat](#) -6:08 PM Jan 31st, 2012
[citychild @PlantDietitian @VegNews @choosingraw](#) Buy less, go to store seems ideal but we are all busy & it's getting HOT in [#Phx!](#) [#vegnewschat](#) -6:08 PM Jan 31st, 2012

[nutrition_facts @citychild](#) How to make f/v last? Buy frozen. Half my freezer is frozen greens, and half greens. convenient, prechopped... [#vegnewschat](#) -6:08 PM Jan 31st, 2012

[VegNews](#) Q2: It's so easy to be a "junk food" vegan, where do you draw the line with processed food? [#vegnewschat](#) -6:08 PM Jan 31st, 2012

[ChefChrisMartin @citychild @VegNews](#) I would stick to whats in season & buy as local as possible. Proper storage is key to making veggies last. [#vegnewschat](#) -6:08 PM Jan 31st, 2012
[PlantDietitian @citychild](#) Possibly best to buy less, but more often in order to prevent wasting produce.... [#vegnewschat](#) -6:07 PM Jan 31st, 2012

[choosingraw @citychild @vegnews](#) Longer lasting veg? store veggies with a damp paper towel. You'll be amazed at how it preserves them! [#vegnewschat](#) -6:07 PM Jan 31st, 2012

[PlantDietitian @ChefChrisMartin](#) Fabulous to see you here!!! [#vegnewschat](#) -6:06 PM Jan 31st, 2012

[work4veggies @citychild](#) I second this question! [#vegnewschat](#) -6:06 PM Jan 31st, 2012

[citychild @VegNews](#) I'd like to know how to make "whole-food plant-based diet" more affordable & last longer as veggies die quick! [#vegnewschat](#) -6:06 PM Jan 31st, 2012

[ChefChrisMartin @nutrition_facts @Plantdietitian](#) I met you both last summer at Vegetarian Summerfest in Johnstown, PA was a great time! [#vegnewschat](#) -6:05 PM Jan 31st, 2012

[nutrition_facts @VegNews](#) Whole foods? Food as grown! [#vegnewschat](#) -6:05 PM Jan 31st, 2012

[choosingraw @vegnews](#) whole foods diet? To me, it means eat grains, legumes, and veggies w as little processing as u can manage [#vegnewschat](#) -6:04 PM Jan 31st, 2012

[PlantDietitian](#) To me, a whole food, plant-based diet = eating as close to nature as possible, relying on food as thy medicine. [#vegnewschat](#) -6:04 PM Jan 31st, 2012

[MsKristiina](#) Hi Everyone! [#vegnewschat](#) -6:03 PM Jan 31st, 2012

[work4veggies](#) So excited to join my 2nd [#vegnewschat!](#) [#vegnewschat](#) -6:03 PM Jan 31st, 2012

[VegNews](#) Q1: Experts, everyone talks about a "whole-food plant-based diet." What exactly does that mean? How should people interpret it? [#vegnewschat](#) -6:03 PM Jan 31st, 2012

[nutrition_facts](#) Nice thing about twitter chat vs radio interview: don't have to worry about my dog barking But cats can still jump on keyboard! [#vegnewschat](#) -6:03 PM Jan 31st, 2012

[fitnesswla @VegNews](#) See winners of Fruits &Veggies Video Challenge <http://t.co/V2CFovt1> [#vegnewschat](#) -6:02 PM Jan 31st, 2012

[choosingraw @nutrition_facts](#) Thank you!! Lately I feel as though all of my recipes involve some sort of ingenious use for pulp. Weird. [#vegnewschat](#) -6:02 PM Jan 31st, 2012

[VegNews](#) Welcome Julieanna Hever [@PlantDietitian](#) who is a registered dietitian, VN nutrition columnist, and author. [#vegnewschat](#) -6:02 PM Jan 31st, 2012

[PlantDietitian](#) [@VegNews](#) Happy, Healthy New Year!!! [#vegnewschat](#) -6:02 PM Jan 31st, 2012

[VegNews](#) Welcome Gena Hamshaw [@choosingraw](#), a doctoral student, VN's Raw Done Right columnist, and nutritional consultant! [#vegnewschat](#) -6:02 PM Jan 31st, 2012

[VegNews](#) Welcome Dr. Greger, [@nutrition_facts](#), physician, author, and director of public health & animal agriculture for [@HumaneSociety](#) [#vegnewschat](#) -6:01 PM Jan 31st, 2012

[PlantDietitian](#) [@choosingraw](#) AWWWW!!! What an honor to be with both of you! [#vegnewschat](#) -6:01 PM Jan 31st, 2012

[VegNews](#) Hello everyone! Thanks so much for joining our first chat of 2012! Here are our experts for the evening! [#vegnewschat](#) -6:00 PM Jan 31st, 2012