

Vegetarianism: some sources deal with vegetarianism but not veganism. This keyword therefore indicates sources that explicitly discuss vegetarianism. As in the case of social research, material is also often of relevance to veganism by implication or extension.

- Adams, C. (1995) 'Comment on George's "Should Feminists Be Vegetarians?"'. *Signs: Journal of Women in Culture and Society* 21: 221-225.
- Adams, C. (2000) *The Sexual Politics of Meat; A Feminist Vegetarian Critical Theory* Tenth Anniversary. London: Continuum.
- Adams, C.J. (1990) *The Sexual Politics of Meat: A Feminist-Vegetarian Critical Theory*. New York, USA: Continuum.
- Adams, C.J. (1991) 'Ecofeminism and the Eating of Animals'. *Hypatia* 6: 134-137.
- Adams, C.J. (1993) 'Feeding on Grace: Institutional Violence: Christianity, and Vegetarianism' in Pinches, C. and McDaniel, J.B. (eds.) *Good News for Animals? Christian Approaches to Animal Well-Being*. Maryknoll, New York, USA: Orbis Books.
- Adams, C.J. (1997) "'Mad Cow" Disease and the Animal Industrial Complex: An Ecofeminist Analysis'. *Organization and Environment* 10: 26-51.
- Adams, C.J. (2003) 'The Rape of Animals, the Butchering of Women' in Armstrong, S.J. and Botzler, R.G. (eds.) *The Animal Ethics Reader*. London: Routledge.
- Adams, C.J. and Proctor-Smith, M. (1993) 'Taking Life or "Taking on Life"?: Table Talk and Animals' in Adams, C.J. (ed.) *Ecofeminism and the Sacred*. New York, USA: Continuum.
- Adler, K. (1978) *Beyond the Staff of Life: The Wheatless-Dairyless Cookbook*. Wellingborough, Northamptonshire: Thorsons Publishing Group.
- Ahmed, R. (1997) *Islam and Vegetarianism*. London: Muslim Vegan/Vegetarian Society.
- Akers, K. (1983) *A Vegetarian Sourcebook: The Nutrition, Ecology and Ethics of a Natural Foods Diet*. Arlington, Virginia, USA: Vegetarian Press.
- Alcott, W.A. (1848) *Vegetable Diet*. New York, USA: Fowlers & Wells.
- Alward, P. (2000) 'The Naive Argument against Moral Vegetarianism'. *Environmental Values* 9: 81-89.
- Amato, P.R. and Partridge, S.A. (1989) *The New Vegetarians: Promoting Health and Protecting Life*. New York, USA: Plenum Press.
- Anderson, M. (2004) *The Rave Diet and Lifestyle: The Natural Foods Diet with Meals That Heal*. not known: www.RaveDiet.com.
- Animal Agriculture Alliance (2003) 'Animal Agriculture: Myths and Facts' in Armstrong, S.J. and Botzler, R.G. (eds.) *The Animal Ethics Reader*. London: Routledge.
- Anonymous (1884) *Ākarāṅga Sūtra in Jaina Sūtras in Sacred Books of the East*. Oxford: Clarendon Press.
- Anonymous (1932) *Lankāvatāra Sūtra*. London: Routledge and Kegan Paul.
- Anonymous (1966) *Śūrangama Sūtra*. London: Rider and Co.
- Anonymous (1986) *The Laws of Manu*. Oxford: Clarendon Press.
- Anonymous (2004) *Earth Friendly Planet: Consumer Website Guide 2004*. not known: Earth Friendly Planet

- Appleby, P. (1998) *The Oxford Vegetarian Guide* 2nd. Wantage: Oxford Vegetarians.
- Appleby, P. (1999) *The Oxford Vegetarian Guide* 2nd. Wantage: Oxford Vegetarians.
- Appleby, P. (2002) 'Vegetarian Oxfordshire'. Wantage: Oxford Vegetarians.
- Armstrong, S.J. and Botzler, R.G. (2003) 'General Introduction. Animal Ethics: A Sketch of How it Developed and Where it is Now' in Armstrong, S.J. and Botzler, R.G. (eds.) *The Animal Ethics Reader*. London: Routledge.
- Arnal, M. (2006) 'Caring for others' in European Vegetarian Union (EVU) (ed.) *Utopia Today - Reality Tomorrow: A Vegetarian World*. Neukirch Egnach, Switzerland: Vegi-verlag.
- Arnold, E., Sir (1879) *The Light of Asia*. Philadelphia, USA Henry Allermus.
- Aśoka (1988) 'Edicts' in Embree, A.T. (ed.) *Sources of Indian Tradition, Vol 1: From the Beginning to 1800*. New York, USA: Columbia University Press.
- Attwood, C.R. (1998) *A Vegetarian Doctor Speaks Out*. Prescott, AZ, USA: Hohm Press.
- Austin, C. (1979) *The Cow and The Coronary: A Diary of Discovery 1948-1978*. Hicksville, New York, USA: Exposition Press.
- Austin, J. (1979) 'Buddhist Attitudes Towards Animal Life' in Paterson, D. and Ryder, R.D. (eds.) *Animals' Rights - a Symposium*. Fontwell, Sussex: Centaur Press Ltd.
- Auxter, T. (1974) 'The Right Not to be Eaten'. *Inquiry* 22: 221-230.
- Ball, M. (2006) 'Living and Working in Defense of Animals' in Singer, P. (ed.) *In Defense of Animals: The Second Wave*. Oxford: Blackwell Publishing.
- Bargen, R. (1979) *The Vegetarian's Self-Defense Manual*. Illinois, USA: Theosophical Publishing House.
- Barkas, J. (1975) *The Vegetable Passion: A History of the Vegetarian State of Mind*. London: Routledge and Kegan Paul.
- Barnard, N., M.D. (1999) *Foods that Fight Pain: Revolutionary New Strategies for Pain Relief*. London: Bantam Books.
- Barnard, N., M.D. (2007) *Dr Neal Barnard's Program for Reversing Diabetes: The Scientifically Proven System for Reversing Diabetes Without Drugs*. New York, USA: Rodale Books.
- Barnard, N.D. (2006) 'A vegetarian diet has the potential to revolutionize the health of humanity' in European Vegetarian Union (EVU) (ed.) *Utopia Today - Reality Tomorrow: A Vegetarian World*. Neukirch Egnach, Switzerland: Vegi-verlag.
- Baroni, L., Cenci, L., Tettamanti, M. and Berati, M. (2007) 'Evaluating the environmental impact of various dietary patterns combined with different food production systems'. *European Journal of Clinical Nutrition* 61: 279-286.
- Bates, A. (no date) *Holocaust or World Change?* Wimbledon: House of John.
- Bawa Muhaiyadden, M.R. (1985) *Come to the Secret Garden: Sufi Tales of Wisdom*. Philadelphia, USA: Fellowship Press.
- Bawa Muhaiyadden, M.R. (1993) *al-Asma'ul-Husna, The 99 Beautiful Names of Allah*. Philadelphia, USA: Fellowship Press.
- Beard, C.H. (1997) *Become a Vegetarian in Five Easy Steps!* New York, USA: McBooks Press.

- Beardsworth, A. and Keil, T. (1997) *Sociology on the Menu: An invitation to the study of food and society*. London: Routledge.
- Beardsworth, A. and Keil, T. (1997) 'The Vegetarian Option' *Sociology on the Menu: An invitation to the study of food and society*. London: Routledge.
- Beardsworth, A.D. and Bryman, A. (1999) 'Meat consumption and vegetarianism among young adults in the UK: An empirical study'. *British Food Journal* 101: 289-300.
- Beardsworth, A.D. and Bryman, A. (2004) 'Meat consumption and meat avoidance among young people: An 11-year longitudinal study'. *British Food Journal* 106: 313-327.
- Beardsworth, A.D., Bryman, A. and Keil, T.E. (2002) 'Women, men and food: the significance of gender for nutritional attitudes and choices'. *British Food Journal* 104: 470-491.
- Beardsworth, A.D. and Keil, T.E. (1992) 'The vegetarian option: varieties, controversies, motives and careers'. *The Sociological Review* 40: 254-293.
- Beardsworth, A.D. and Keil, T.E. (1993) 'Contemporary Vegetarianism in the U.K.: Challenge and Incorporation?' *Appetite* 20: 229-234.
- Beauty Without Cruelty (1999) *A Vegetarian Lifestyle* 3rd. Wanowrie, India: Beauty Without Cruelty.
- Bekoff, M. (2006) 'What would a vegetarian look like? They dock sheep don't they?' in European Vegetarian Union (EVU) (ed.) *Utopia Today - Reality Tomorrow: A Vegetarian World*. Neukirch Egnach, Switzerland: Vegi-verlag.
- Benatar, D. (2001) 'Why the Naive Argument against Moral Vegetarianism Really is Naive'. *Environmental Values* 10: 103-12.
- Bernstein, M.H. (2004) *Without a Tear: Our Tragic Relationship with Animals*. Urbana and Chicago, USA: University of Illinois Press.
- Berry, R. (2004) *Hitler: Neither Vegetarian nor Animal Lover*. New York, USA: Pythagorean Publishers.
- Berry, R. and Suzuki, C.A. (2003) *The Vegan Guide to New York City*. New York, USA: Ethical Living.
- Bhaktivedanta, A.C., Swami Prabhupada (2006) *The Higher Taste* 2nd. not known: The Bhaktivedanta Book Trust International, Inc.
- Bilimoria, P. (1993) 'Indian Ethics' in Singer, P. (ed.) *A Companion to Ethics*. Oxford: Blackwell Publishing.
- Black, M. (ed.) (1990) *New Vegetable Meals in Minutes* Slough: Foulsham
- Blanchard, N. (1995) *'Tis The Season: A Vegetarian Christmas Cookbook*. New York, USA: Simon & Schuster.
- Bodhipaksa (1999) *Vegetarianism*. Birmingham: Windhorse Publications
- Bourke, A. (1998) *Vegetarian London* 3rd. London: Cruelty-Free Living.
- Bourke, A. (ed.) (2000) *Vegetarian Europe: the complete day trip, weekend and holiday guide* London: Vegetarian Guides
- Bourke, A. (2005) *Vegetarian London* 5th. London: Vegetarian Guides.
- Bourke, A. and Gaynor, P. (1996) *Vegetarian London* 2nd. London: Cruelty-Free-Living.
- Bourke, A. and Holland, K. (2002) *Vegetarian Britain* 2nd. London: Vegetarian Guides.

- Bourke, A. and Todd, A. (1998) *Vegetarian Britain*. London: Vegetarian Guides.
- Bourke, A. and Todd, A. (1998) *Vegetarian France*. London: Vegetarian Guides.
- Bourke, A. and Wharton, J. (2002) *Vegetarian London* 4th. London: Vegetarian Guides.
- Bourke, A. and Worsey, R. (2001) *Campaign Against Cruelty: An Activist's Handbook*. London: Scamp Media.
- Bowler, J. (ed.) (1991) *The Vegetarian Travel Guide* Altrincham: The Vegetarian Society UK Ltd.
- Boyd, B.R. (1987) *For the Vegetarian in You*. San Francisco, USA: Tatterhill Press.
- Bragg, G.B. and Simon, D. (1997) *The Ayurvedic Cookbook: vegetarian recipes for body, mind and spirit*. London: Rider Books.
- Brand-Miller, J., Foster-Powell, K., Marsh, K. and Sandall, P. (2006) *The Low Gi Vegetarian Cookbook*. London: Hodder Mobius.
- Braunstein, M.M. (1988) *Radical Vegetarianism: A Dialectic of Diet and Ethic*. Los Angeles, California, USA: Panjandrum Books.
- Braunstein, M.M. (1999) *Sprout Garden: Indoor Grower's Guide to Gourmet Sprouts* Revised. Summertown, Tennessee, USA: The Book Publishing Company.
- British Nutrition Foundation (1988) *Food Fit to Eat: How to Survive Processed Food*. London: Sphere Books Ltd.
- Brodie, L. (1996) 'Vegetarian Guide to the Hope Valley'. Sheffield: Lynne Brodie.
- Brohn, P. (1987) *Gentle Giants*. London: Century Hutchinson Ltd.
- Brook, S. (1996) *Eco-Eating: A Guide to Balanced Eating for Health and Vitality*. Victoria: Lothian Books.
- Brookman, U. (no date) *Cancer Help Centre: The Diet*. Bristol: Cancer Help Centre.
- Brophy, B. (1971) 'In Pursuit of a Fantasy' in Godlovitch, S., Godlovitch, R. and Harris, J. (eds.) *Animals, Men and Morals*. London: Victor Gollancz Ltd.
- Brophy, B. (1979) 'The Darwinist's Dilemma' in Paterson, D. and Ryder, R.D. (eds.) *Animals' Rights - a Symposium*. Fontwell, Sussex: Basil Blackwell.
- Brotman, J. and Lenkert, E. (1999) *Raw: The Uncook Book: New Vegetarian Food For Life*. USA: Regan Books.
- Brown, C.B. (2003) *Vegetarian Party Food*. London: Pavilion Books.
- Brown, E.E. (1985) *The Tassajara Recipe Book*. Boston, USA: Shambhala Publications Ltd.
- Brown, E.E. (1986) *The Tassajara Bread Book* Revised and Updated. Boston, USA: Shambhala Publications, Inc.
- Brown, E.E. (1986) *Tassajara Cooking*. Boston, USA: Shambhala Publications Ltd.
- Brown, E.H. (1990) *With the Grain: Eat More, Weigh Less, Live Longer* New York, USA: Carroll and Graff Publishers.
- Brown, J. (1996) *The Natural Lunchbox: Vegetarian Meals for School, Work & Home*. Summertown, Tennessee, USA: The Book Publishing Company.
- Brusseau, P. (1986) *Let's Cook It Together*. Wellingborough, Northamptonshire: Thorsons.

- Brusseau, P. (1988) *Healthy Eating for Diabetes*. London: Century Hutchinson.
- Bryce-Smith, P.D. and Hodgkinson, L. (1986) *The Zinc Solution: A Revolutionary Approach to Serious Disorders Which Continue to Baffle the Medical Profession*. London: Century Arrow.
- Buchinger, O.H.F. (1963) *About Fasting: a royal road to healing*. London: Thorsons Publishers Ltd.
- Buist, A. (2006) 'A vegetarian world ... this will be a real step forward for humanity' in European Vegetarian Union (EVU) (ed.) *Utopia Today - Reality Tomorrow: A Vegetarian World*. Neukirch Egnach, Switzerland: Vegi-verlag.
- Buist, R. (1984) *Food Intolerance: What it is and how to cope with it*. Sherborne, Dorset: Prism Press.
- Buono, A., Nemerson, R. and Silberman, B. (1994) *The Race Against Junk Food starring the Snak™ Posse*. Jefferson Valley, NY, USA: HCOM Inc.
- Burke, A.G. (1994) *Simply Heavenly: The Monastery Vegetarian Cookbook*. Geneva, Nebraska, USA: Saint George Press.
- Butler, C.T. and McHenry, K. (2000) *Food Not Bombs* 2nd. Tucson, Arizona, USA: See Sharp Press.
- Calbom, C. (1999) *The Juice Lady's Guide to Juicing for Health*. New York, USA: Avery.
- Calvert, S. (1997) *We're Talking About Vegetarianism*. Brighton: Wayland Publishers Limited.
- Campbell, H.J. (1998) *The Food Watch Cookbook*. Bath: Ashgrove.
- Campion, K. (1986) *Kitty Campion's Vegetarian Encyclopaedia*. London: Century Hutchinson Ltd.
- Campion, K. (1998) *Menopause Naturally*. Dublin, Ireland: Newleaf.
- Cannon, G. (1988) *The Politics of Food*. London: Century.
- Carmichael, R. (2002) 'Becoming Vegetarian and Vegan: Rhetoric, Ambivalence and Repression in Self-Narrative': Loughborough University.
- Carper, J. (1989) *The Food Pharmacy: Dramatic New Evidence That Food is Your Best Medicine*. London: Simon and Schuster Ltd.
- Carter, P. (1993) *An Allergy Cookbook* 3rd (vegetarian) Romford, Essex: Ian Henry Publications, Ltd.
- Cavaliere, P. (2006) 'The Animal Debate: A Reexamination' in Singer, P. (ed.) *In Defense of Animals: The Second Wave*. Oxford: Blackwell Publishing.
- Chaitow, L. (1991) *Thorson's Guide to Amino Acids: What They Are, What They Can Do and How to Use Them*. London: Thorsons.
- Challem, J., Toews, V.D. and Knittel, L. (2001) *The Soy Sensation*. Chicago, USA: Contemporary Books.
- Chase, H. (2001) *Beauty without the Beasts: a guide to cruelty-free personal care*. New York, USA: Lantern Books.
- Christensen, K. (1989) *Home Ecology: Making Your World a Better Place*. London: Arlington Books.
- Christensen, K. (1995) *The Green Home: How to make your world a better place*. London: Arlington Books.
- Christian Vegetarian Association (2004) *Honoring God's Creation: Christianity and Vegetarianism*: Christian Vegetarian Association.

- Chu-hung (1981) *The Renewal of Buddhism in China: Chu-hung and the Late Ming Synthesis*. New York, USA: Columbia University Press.
- Civic, J. and Civic, S. (1997) *The Vegetarian Traveler: where to stay if you're vegetarian, vegan, environmentally sensitive*. Burdett, NY, USA: Larson Publications.
- Clooney, F.X. (1979) 'Vegetarianism and Religion'. *America* 140: 133-134.
- Cluer, M. (1982) 'Demonstrating Vegetarian Cookery'. not known: Vegetarian Society.
- Coats C. David (1991) *Old MacDonald's Factory Farm*. New York, USA: Continuum.
- Coetzee, J.M. (1999) *The Lives of Animals*. London: Profile Books.
- Coetzee, J.M. (2000) *The Lives of Animals*. London: Profile Books Ltd.
- Cohen, R. (1998) *Milk: The Deadly Poison*. Englewood Cliffs, NJ, USA: Argus Publishing Inc.
- Cole, M.D.D. (2008) 'Asceticism and Hedonism in Research Discourses of Veg*anism'. *British Food Journal*.
- Coleman, V. (1994) *Food For Thought: Your Guide to Healthy Eating*. Lynmouth, Devon: European Medical Journal.
- Cottrell, E.Y. (1983) *The Oats, Peas, Beans & Barley Cookbook Revised*. Santa Barbara, California, USA: Woodbridge Press.
- Cousins, B. (2000) *Vegetarian Cooking Without*. London: Thorsons.
- Cox, P. (1992) *The New Why You Don't Need Meat*. London: Bloomsbury.
- Cox, P. (1994) *The Realeat Encyclopedia of Vegetarian Living*. London: Bloomsbury.
- Cox, P. (1995) *The Realeat Encyclopedia of Vegetarian Living*. London: Bloomsbury.
- Cox, P. and Brusseau, P. (1995) *Life Points for Kids: Bringing up healthy children has never been easier*. London: Bloomsbury.
- Cox, P. and Brusseau, P. (1995) *Lifepoints Cookbook*. London: Bloomsbury.
- Cudworth, E. (2008) 'Seeing is believing: gender and species hierarchy in contemporary cultures of animal food' in Grummett, D. and Meurs, R. (eds.) *Eating and Believing: Interdisciplinary Perspectives on Vegetarianism and Theology*. New York and London: T&T Clark/Continuum.
- Cuomo, C.J. (1998) *Feminism and Ecological Communities: an ethic of flourishing*. London: Routledge.
- Curtin, D. (1991) 'Toward an Ecological Ethic of Care'. *Hypatia* 6: 68-71.
- Curtin, D. (2007) 'Toward an Ecological Ethos of Care' in Donovan, J. and Adams, C.J. (eds.) *The Feminist Care Tradition in Animal Ethics*. New York, USA: Columbia University Press.
- Curtin, D.W. (1992) 'Food/Body/Person' in Curtin, D.W. and Heldke, L.M. (eds.) *Cooking, Eating, Thinking: Transformative Philosophies of Food*. Bloomington and Indianapolis, USA: Indiana University Press.
- Curtin, D.W. (1992) 'Recipes for Values' in Curtin, D.W. and Heldke, L.M. (eds.) *Cooking, Eating, Thinking: Transformative Philosophies of Food*. Bloomington and Indianapolis, USA: Indiana University Press.
- Curtin, D.W. and Heldke, L.M. (eds.) (1992) *Cooking, Eating, Thinking: Transformative Philosophies of Food* Bloomington and Indianapolis, USA: Indiana University Press

- Dalai Lama, The (1992) *Worlds in Harmony: Dialogues on Compassionate Action*. Berkeley, California, USA: Parallax Press.
- Daniel, D.R. and Sen, J. (2003) *Eat to Beat Cancer: A Nutritional Guide with 40 Delicious Recipes*. London: Thorsons.
- David, W.H. (1976) 'Man-eating Aliens'. *Journal of Value Inquiry* 10: 178-185.
- Davies, P. and Davies, P. (1989) *The Vegetarian Holiday and Restaurant Guide to Britain: where to stay and eat without meat*. London: Green Print.
- Davis, B. and Barnard, T. (2003) *Defeating Diabetes: A No-Nonsense Approach to Type 2 Diabetes and the Diabetes Epidemic*. Summertown, Tennessee, USA: Healthy Living Publications.
- Davis, S.L. (2003) 'The least harm principle may require that humans consume a diet containing large herbivores, not a vegan diet'. *Journal of Agricultural and Environmental Ethics* 16: 387-394.
- De Leo, S. (2006) 'Vegetarian nutrition is the diet of the 21st century' in European Vegetarian Union (EVU) (ed.) *Utopia Today - Reality Tomorrow: A Vegetarian World*. Neukirch Egnach, Switzerland: Vegi-verlag.
- Deadman, P. and Betteridge, K. (1977) *Nature's Foods*. London: Rider and Company.
- Demuth, R. (2006) *Green Seasons Cookbook: Seasonally Inspired Recipes from Demuth's Restaurant*. Bath: Chupi Publishing.
- Devine, P.E. (1978) 'The Moral Basis of Vegetarianism'. *Philosophy* 53: 481-505.
- Diamond, C. (1978) 'Eating meat and eating people'. *Philosophy* 53: 465-479.
- Diamond, C. (2004) 'Eating Meat and Eating People' in Sunstein, C.R. and Nussbaum, M.C. (eds.) *Animal Rights: Current Debates and New Directions*. Oxford: Oxford University Press.
- Diamond, H. and Diamond, M. (1987) *Fit For Life: The Weight-Loss Plan that Proves it's Not What You Eat But When and How* London: Bantam Books.
- Dibb, S. (1997) *What the Label Doesn't Tell You*. London: Thorsons.
- Dickens, E.W., Jr. (1976) 'Cruelty in Vegetarianism' *New York Times*. New York USA.
- Dombrowski, D.A. (1984) *Vegetarianism: The Philosophy Behind the Ethical Diet*. Wellingborough, Northamptonshire: Thorsons Publishers Ltd.
- Donovan, J. (2007) 'Animal Rights and Feminist Theory' in Donovan, J. and Adams, C.J. (eds.) *The Feminist Care Tradition in Animal Ethics*. New York, USA: Columbia University Press.
- Donovan, J. and Adams, C.J. (eds.) (2007) *The Feminist Care Tradition in Animal Ethics* New York, USA: Columbia University Press
- Dotzler, L. (1975) 'The Farm Vegetarian Cookbook'. Summertown, Tennessee, USA: The Book Publishing Company.
- Dover, C. (1994) *Osteoporosis*. London: Ward Lock.
- Downes, J. (1994) *The Natural Tucker Soy Source: A practical guide to cooking with tofu and other soyfoods*. South Melbourne, Australia: Nature and Health Books.
- Doyle, R. (1979) *The Vegetarian Handbook: A Guide to Vegetarian Nutrition*. New York, USA: Crown Publishers, Inc.

- Doyle, R. (1980) *The Vegetarian Handbook: The Complete Guide to Vegetarian Nutrition* Wellingborough, Northamptonshire: Thorsons Publishers.
- Duffy, M. (1984) *Men and Beasts: An Animal Rights Handbook*. London: Paladin Books.
- Dunayer, J. (2001) *Animal Equality: Language and Liberation*. Maryland, USA: Ryce Publishing.
- Dyer, J.C. (1982) *Vegetarianism: An Annotated Bibliography*. Metuchen, New Jersey, USA: Scarecrow Press.
- EarthSave (No date) 'The Power of Your Fork'. not known: EarthSave.
- Eaton, D. (2002) 'Incorporating the Other: Val Plumwood's Integration of Ethical Frameworks'. *Ethics and the Environment* 7: 153-180.
- Eaton, R. (2005) *The Milk Imperative: A Ticking Bomb Inside Your Body*. Wokingham: Deliveredonline.com.
- Eck, S.B. and Hohensee, B. (2006) 'Necessary thought patterns: transcendent, international, universal' in European Vegetarian Union (EVU) (ed.) *Utopia Today - Reality Tomorrow: A Vegetarian World*. Neukirch Egnach, Switzerland: Vegi-verlag.
- Eisman, G. (1984) *The Most Noble Diet*. Miami, Florida, USA: Diet-Ethics.
- Eisman, G. (1993) 'A Basic Course in Vegetarian and Vegan Nutrition'. Burdett, NY, USA: Diet-Ethics.
- Elkington, J. and Hailes, J. (1999) *The New Foods Guide: What's Here, What's Coming, What it Means For Us*. London: Victor Gollancz.
- Elliot, R. (1988) *The Supreme Vegetarian Cookbook*. Glasgow: Fontana Paperbacks.
- Elliot, R. (1995) *Rose Elliot's Oxfam Vegetarian Cooking For Children*. London: Vermillion.
- Elliot, R. (1996) *Rose Elliot's Vegetarian Cookery Revised*. London: Harper Collins.
- Elliot, R. (2000) *Rose Elliot's Vegetarian Pasta*. London: Harper Collins.
- Elliot, R. (2000) *Vegetarian Christmas*. London: Thorsons.
- Elliot, R. (2005) *The Vegetarian Low-Carb Diet: The fast, no-hunger weightloss diet for vegetarians*. London: Piatkus.
- Elliot, R. (2007) *Low-GI Vegetarian Cooking*. London: BBC Books.
- Elliott, R. (2003) *Rose Elliott's Mother, Baby and Toddler Book: A Unique Guide to Raising a Baby on a Healthy Vegetarian Diet*: Highland Communications Ltd.
- Empedocles (1983) 'The Presocratic Philosophers: A Critical History with a Selection of Texts' in Kirk, G.S., Raven, J.S. and Schofield, M. (eds.) *The Presocratic Philosophers: A Critical History with a Selection of Texts*. Cambridge: Cambridge University Press.
- Erdmann, R. and Jones, M. (1987) *The Amino Revolution: The Most Exciting Development in Nutrition Since the Vitamin Tablet*. London: Century Hutchinson.
- Erhart, S. and Cerier, L. (2001) *Sea Vegetable Celebration*. Summerton, Tennessee, USA: The Book Publishing Company.
- Eshel, G. and Martin, P. (2005) 'Diet, Energy and Global Warming'. *Earth Interactions* vol 10: 1-17.

- European Vegetarian Union (EVU) (ed.) (2006) *Utopia Today - Reality Tomorrow: A Vegetarian World* Neukirch Egnach, Switzerland: Vegi-verlag
- Ewbank, R. (1973) 'The Trouble with Being a Farm Animal' *New Scientist*.
- Ewin, J. (1997) *The Plants We Need to Eat: Discover the Power of Nature's Miracle Nutrients*. London: Thorsons.
- Fager, C.E. (1975) 'Vegetarianism: A Force Against Famine?' *Christian Century*.
- Fahmy, A. (1997) *Diet, Drink and Disease*. London: Minerva Press.
- Fathman, G. and Fathman, D. (1968) *Live Foods: Nature's Perfect System of Human Nutrition* 2nd. Tucson, Arizona, USA: Sun Haven Publishers.
- Fathman, G. and Fathman, D. (1973) *Live Foods: Nature's Perfect System of Human Nutrition* 5th. Beaumont, California, USA: Ehret Literature Publishing Co.
- Ferre, F. (1978) 'Animal Liberation: A Critique'. *Ethics* 88: 106-118.
- Ferre, F. (1986) 'Moderation, Morals, and Meat'. *Inquiry*: 391-406.
- Fiddes, N. (1991) *Meat: a natural symbol*. London: Routledge.
- Findlater, E. (1985) *Evelyn Findlater's Vegetarian Food Processor*. Wellingborough, Northamptonshire: Thorsons Publishing Group.
- Findlater, E. (1986) *Off the Shelf: The Healthfood Shopper's Brandname Cookbook*. London: Century.
- Findlater, E. (1987) *Full of Beans! Super healthy recipes for kids to cook themselves*. Wellingborough, Northamptonshire: Thorsons Publishing Group.
- Fowler, K. (no date) 'Viva! Guide 8: Genetic Engineering'. Bristol: Viva!
- Fox, M. (1978) 'Animal Suffering and Rights: A Reply to Singer and Regan'. *Ethics* 88: 134-138.
- Fox, M.A. (1999) *Deep Vegetarianism*. Philadelphia, USA: Temple University Press.
- Fox, M.A. (2000) 'Vegetarianism and Planetary Health'. *Ethics and the Environment* 5: 163-174.
- Fox, M.W. (1979) 'Animal Rights and Nature Liberation' in Paterson, D. and Ryder, R.D. (eds.) *Animals' Rights - a Symposium*. Fontwell, Sussex: Centaur Press Ltd.
- Fox, M.W. (2003) 'India's Sacred Cow: Her Plight and Future' in Armstrong, S.J. and Botzler, R.G. (eds.) *The Animal Ethics Reader*. London: Routledge.
- Fox, T. (2006) 'Vegetarian Utopia' in European Vegetarian Union (EVU) (ed.) *Utopia Today - Reality Tomorrow: A Vegetarian World*. Neukirch Egnach, Switzerland: Vegi-verlag.
- Francis, L.P. and Norman, R. (1978) 'Some Animals are More Equal Than Others'. *Philosophy* 53: 507-527.
- Franklin, A. (1999) *Animals & Modern Cultures: A Sociology of Human-Animal Relations in Modernity*. London: Sage Publications.
- Frey, R.G. (1979) 'Rights, Interest, Desires and Beliefs'. *American Philosophical Quarterly* 16: 233-239.
- Frey, R.G. (1983) *Rights, Killing and Suffering: Moral Vegetarianism and Applied Ethics*. London: Basil Blackwell.
- Friedman, M. and Mills, D. (1994) *The Vegan Guide to New York City*. New York: Not known.

- Friedrich, B. (2006) 'Effective Advocacy: Stealing from the Corporate Playbook' in Singer, P. (ed.) *In Defense of Animals: The Second Wave*. Oxford: Blackwell Publishing.
- Fuchs, S., Rabbi (2003) 'Enhancing the Divine Image' in Armstrong, S.J. and Botzler, R.G. (eds.) *The Animal Ethics Reader*. London: Routledge.
- Gaard, G. (2003) 'Vegetarian Ecofeminism: A Review Essay'. *Frontiers* 23: 117-146.
- Gandhi, M. (1949) *Diet and Diet Reform*. Ahmedabad, India: Navajivan Publishing House.
- Gandhi, M. (1958) *The Complete Works of Mahatma Gandhi*. Delhi, India: Ministry of Information and Broadcasting.
- Ganjavi, R. (2006) 'Let's minimize killing and suffering' in European Vegetarian Union (EVU) (ed.) *Utopia Today - Reality Tomorrow: A Vegetarian World*. Neukirch Egnach, Switzerland: Vegi-verlag.
- Garrett, G. and Norman, K. (1987) *The Food for Thought Cookbook*. Wellingborough, Northamptonshire: Thorsons Publishing Group.
- Garrow, J.S. and James, W.P.T. (eds.) (1996) *Human Nutrition and Dietetics* London: Churchill Livingstone
- Gellatley, J. (1996) *The Livewire Guide to Going, Being and Staying Veggie!* London: Livewire Books.
- Gellatley, J. (2000) 'Murder, She Wrote: The Life and Death of Farmed Animals'. Bristol: Viva!
- Gendler, E.E., Rabbi (No date) 'The Life of His Beast' in Pick, P.L. (ed.) *Tree of Life: An Anthology of Articles Appearing in The Jewish Vegetarianism, 1966-1974*. South Brunswick & New York, USA: A. S. Barnes & Co.
- George, K.P. (1990) 'So Animal a Human ... , or The Moral Relevance of Being an Omnivore'. *Journal of Agricultural Ethics*: 172-186.
- George, K.P. (1994) 'Should Feminists Be Vegetarians?' *Signs: Journal of Women in Culture and Society* 19: 405-433.
- George, K.P. (2003) 'A Feminist Critique of Ethical Vegetarianism' in Armstrong, S.J. and Botzler, R.G. (eds.) *The Animal Ethics Reader*. London: Routledge.
- Giehl, D. (1979) *Vegetarianism: A Way of Life*. New York, USA: Harper & Row.
- Glen, A. (ed.) (1994) *The Vegan Guide to Melbourne* Melbourne: Privately published
- Glen, Z. (ed.) (2003-2004) *Vegan Guide to Bali: The Alternative Vegetarian and Vegan Ethical Travel Directory* not known: privately printed
- Godlovitch, R. (1971) 'Animals and Morals' in Godlovitch, S., Godlovitch, R. and Harris, J. (eds.) *Animals, Men and Morals*. London: Victor Gollancz Ltd.
- Godlovitch, S. (1971) 'Utilities' in Godlovitch, S., Godlovitch, R. and Harris, J. (eds.) *Animals, Men and Morals*. London: Victor Gollancz Ltd.
- Gold, M. (1988) *Living Without Cruelty: Choose a Cruelty Free Lifestyle*. Basingstoke: Green Publishing.
- Goldsmith, O. (no date) 'Letters from a Citizen of the World to His Friends in the East' in Irving, W. (ed.) *The Miscellaneous Works of Oliver Goldsmith*. Philadelphia, USA: Crissy & Markley.

- Goode, J., Beardsworth, A.D., Keil, T., Sherratt, E. and Haslam, C. (1996) 'Changing the nation's diet: a study of responses to current nutritional messages'. *Health Education Journal* 55: 285-299.
- Graham, J. (1987) *Multiple Sclerosis: A Self-Help Guide to Management* 3rd. Wellingborough, Northamptonshire: Thorsons.
- Gregerson, J. (1994) *Vegetarianism: A History*. Fremont, California: Jain Publishing Company.
- Grogan, B.C. (1994) *The (Almost) No Fat Cookbook*. Summertown, Tennessee, USA: The Book Publishing Company.
- Gruen, L. (1993) 'Animals' in Singer, P. (ed.) *A Companion to Ethics*. Oxford: Blackwell Publishing.
- Gruen, L. (2004) 'Empathy and Vegetarian Commitments' in Sapontzis, S. (ed.) *Food for Thought: The Debate over Eating Meat*. New York, USA: Prometheus Press.
- Gruen, L. (2007) 'Empathy and Vegetarian Commitments' in Donovan, J. and Adams, C.J. (eds.) *The Feminist Care Tradition in Animal Ethics*. New York, USA: Columbia University Press.
- Gruen, L. and Gaard, G. (1995) 'Comment on Kathryn Paxton George's Should Feminists be Vegetarians?' *Signs: Journal of Women in Culture and Society* 21: 230-241.
- Gundy, D.V. (1954) 'A Demonstration in Applied Nutrition' *Nutrition and Food Service Convention* La Sierra, California, USA: International Nutrition Research Foundation.
- Gwynn, M. (ed.) (1996) *BBC Vegetarian Good Food's Guide to Eating Well on a Vegetarian Diet* New Lanark: Geddes & Grosset Ltd.
- Haddad, E.H. and Tanzam, J.S. (2003) 'What do vegetarians in the United States eat?' *The American Journal of Clinical Nutrition* 78: 626-632.
- Hagler, L. and Bates, D.R. (eds.) (no date) *The New Farm Vegetarian Cookbook* Summertown, Tennessee, USA: The Book Publishing Company
- Hall, L. (2006) *Capers in the Churchyard: Animal Rights Advocacy in the Age of Terror*. Connecticut, USA: Nectar Bat Press.
- Hamilton, M. (2000) 'Eating Ethically: 'Spiritual' and 'Quasi-religious' Aspects of Vegetarianism'. *Journal of Contemporary Religion* 15: 65-83.
- Hamilton, M. (2006) 'Eating Death: Vegetarians, Meat and Violence'. *Food, Culture and Society* 9: 155-177.
- Ha'nish Dr., O.Z.-A. (no date) 'Thou Shalt Not Kill: A Study of The Meat Question'. London: The British Mazdaznan Association.
- Hansen, M. (1982) *Spirulina: Nature's Diet Supplement Rediscovered*. Wellingborough, Northamptonshire: Thorsons Publishing Group.
- Harriott, A. (2002) *Ainsley Harriott's Low Fat Meals in Minutes*. London: BBC Books.
- Harris, J. (1971) 'Killing for Food' in Godlovitch, S., Godlovitch, R. and Harris, J. (eds.) *Animals, Men and Morals*. London: Victor Gollancz.
- Harris, J. (1979) 'Killing for Food' in Paterson, D. and Ryder, R.D. (eds.) *Animals' Rights - a Symposium*. Fontwell, Sussex: Centaur Press Ltd.
- Harris, S. (2004) *The Truth About Food: The Anti-Atkins Diet*. Brighton: AsIs Publishing.
- Harrison, R. (1964) *Animal Machines: The New Factory Farming Industry*. London: Vincent Stuart Ltd.

- Harrison, R. (1971) 'On Factory Farming' in Godlovitch, S., Godlovitch, R. and Harris, J. (eds.) *Animals, Men and Morals*. London: Victor Gollancz Ltd.
- Harrison, R. (1979) 'Ethical Questions Concerning Modern Livestock Farming' in Paterson, D. and Ryder, R.D. (eds.) *Animals' Rights - a Symposium*. Fontwell, Sussex: Centaur Press Ltd.
- Hartley, D. (1810) *Observations of Man, His Frame, His Duty, and His Expectations, vol. 2*. London: Richard Cruttwell.
- Hartley, J. (2000) *Profit From Emerging Dietary Trends: Ten Steps to Success*. Buckfastleigh, Devon: Go Publish.
- Havala, S. and Clifford, M. (1994) *Simple, Lowfat & Vegetarian: unbelievably easy ways to reduce the fat in your meals*. Baltimore, Maryland, USA: The Vegetarian Resource Group.
- Hebbelinck, M. (2006) 'Vegetarians: People of the future' in European Vegetarian Union (EVU) (ed.) *Utopia Today - Reality Tomorrow: A Vegetarian World*. Neukirch Egnach, Switzerland: Vegi-verlag.
- Heindrich, R.E. (2005) *Senior Fitness: The Diet and Exercise Program for Maximum Health and Longevity* New York, USA: Lantern Books.
- Hendrick, G. and Hendrick, W. (eds.) (1989) *The Savour of Salt: A Henry Salt Anthology* Fontwell, Sussex: Centaur Press
- Hershaft, A. (2006) 'The most striking aspect of vegetarian utopia is that it will not be very striking at all' in European Vegetarian Union (EVU) (ed.) *Utopia Today - Reality Tomorrow: A Vegetarian World*. Neukirch Egnach, Switzerland: Vegi-verlag.
- Hertel, F. (2006) 'Ahimsawire Today' in European Vegetarian Union (EVU) (ed.) *Utopia Today - Reality Tomorrow: A Vegetarian World*. Neukirch Egnach, Switzerland: Vegi-verlag.
- Hesiod (1962) *Hesiod*. Ann Arbor, Michigan, USA: University of Michigan Press.
- Hill, J.L. (1996) *The Case for Vegetarianism: Philosophy for a Small Planet*. Lanham, Md, USA: Rowman & Littlefield.
- Holford, P. (1992) *Optimum Nutrition Workbook: All the facts you need to know for a healthy life* 2nd. London: ION press.
- Holford, P. (1993) *Say No to Arthritis*. London: ION Press.
- Horrigan, L., Lawrence, R.S. and Walker, P. (2002) 'How Sustainable Agriculture Can Address the Environmental and Human Health Harms of Industrial Agriculture'. *Environmental Health Perspectives* 110: 445-456.
- Horrigan, L., Lawrence, R.S. and Walker, P. (2002) 'How sustainable agriculture can address the environmental and human health harms of sustainable agriculture'. *Environmental Health Perspectives* 110: 445-456.
- Horton, D. (1997) *Altruism Without Morality: A Vegan/Vegetarian View*. Sydney, Australia: David Horton.
- Hunt, J. (1986) *The Holistic Cook*. Wellingborough, Northamptonshire: Thorsons Publishing Group.
- Hunt, J. (1987) *365 Plus One Vegetarian Main Meals*. Wellingborough, Northamptonshire: Thorsons Publishing Group.
- Hunt, R. (1990) *The Wholefood Harvest Cookbook*. Shaftesbury, Dorset: Broadcast Books Ltd.

- Iamblichus (1987) 'On the Pythagorean Life' in Guthrie, K.S. (ed.) *The Pythagorean Sourcebook*. Grand Rapids, Michigan: Phanes Press.
- Jaffrey, M. (1998) *Madhur Jaffrey's World Vegetarian*. London: Ebury Press.
- Jain, P.C. (2006) 'The importance of AHIMSA' in European Vegetarian Union (EVU) (ed.) *Utopia Today - Reality Tomorrow: A Vegetarian World*. Neukirch Egnach, Switzerland: Vegi-verlag.
- James, B. (1992) *The Young Person's Action Guide to Animal Rights*. London: Virago Press.
- James, B. (1992) *The Young Person's Action Guide to Animal Rights* London: Virago Press.
- Janda, S. and Trocchia, P.J. (2001) 'Vegetarianism: Toward a Greater Understanding'. *Psychology & Marketing* 18: 1205-1240.
- Jordan, P. (2006) *Field Guide to Edible Mushrooms of Britain and Europe*. London: New Holland Publishers (UK) Ltd.
- Juston, J.C. (2001) 'The New Spain: vegan and vegetarian restaurants 2001'. not known: not known.
- Kabīr (1911) *A Translation of Kabīr's Complete Bijak*. Calcutta, India: Baptist Mission Press.
- Kalechofsky, R. (1998) *Vegetarian Judaism: A Guide for Everyone*. Marblehead, Mass., USA: Micah Publications.
- Kalof, L. and Fitzgerald, A. (eds.) (2007) *The Animals Reader: The Essential Classic and Contemporary Writings* Oxford: Berg
- Kapleau, P., Roshi (1986) *To Cherish all Life: A Buddhist Case for Becoming Vegetarian* 2nd. Rochester, NY, USA: The Rochester Zen Center.
- Kaufman, S.R. (2006) 'A choice of vegetarian worlds' in European Vegetarian Union (EVU) (ed.) *Utopia Today - Reality Tomorrow: A Vegetarian World*. Neukirch Egnach, Switzerland: Vegi-verlag.
- Kendal Vegetarians (Easter 1994-Easter 1995) 'Vegetarian and Vegan Directory: The Lake District and Cumbria'. Kendal: Kendal Vegetarians
- Kilburn, R., Kilburn, D. and Kilburn, M. (2000) *I Can't Believe It's Not Meat*. Summertown, Tennessee, USA: The Book Publishing Company.
- Kingsford, A. and Maitland, E. (1912) *Addresses and Essays on Vegetarianism*. London: John M. Watkins.
- Knaggs, V. (1940) *The Salad Road to Health*. London: The C.W. Daniel Co., Ltd.
- Knight, A. (2005) 'In defense of vegetarian cat food'. *Journal of the American Veterinary Medical Association* 226: 512-513.
- Knowles, E. (1983) 'Vegetarians' *Epoch*.
- Koerner, H. and Boehm, A. (2006) 'The apparition' in European Vegetarian Union (EVU) (ed.) *Utopia Today - Reality Tomorrow: A Vegetarian World*. Neukirch Egnach, Switzerland: Vegi-verlag.
- Kook, A.I., Rabbi (1978) 'Fragments of Light: A View as to the Reasons for the Commandments' in Bokser, B.Z. (ed.) *Abraham Isaac Kook*. Mahweh, N.J., USA: Paulist Press.
- Kotzsch, R.F. (1985) *Macrobiotics: Yesterday and Today*. New York, USA: Japan Publications Inc.
- Kulvinskis, V. (1972) *Love Your Body: or how to be a live food lover*. Boston, MA, USA: not known.

- Kushi, M. and Jack, A. (1988) *The Cancer Prevention Diet: The Nutritional Blueprint for the Relief and Prevention of Disease* Wellingborough, Northamptonshire: Thorsons.
- Kutzner, P. (1991) *World Hunger*. Santa Barbara, California, USA: ABC-Clio.
- Lacey, J. (ed.) (1998) *Viva! Guide to Vegetarian Brighton* Brighton: Viva!
- Laertius, D. (1987) 'The Life of Pythagoras' in Guthrie, K.S. (ed.) *The Pythagorean Sourcebook*. Grand Rapids, Michigan, USA: Phanes Press.
- Lamartine, A.d. (1865) *Les Confidences*. New York, USA: Appleton & Co.
- Langley, C.K. (1987) 'Vegetarianism, 1966-'. Berne: Radio Suisse Ltd./Operation Datastar.
- Lappe, F.M. (1991) *Diet for a Small Planet* 20th Anniversary Edition. New York: Ballantine Books.
- Lappé, F.M. (1982) *Diet for a Small Planet* 3rd. New York: Ballantine Books.
- Lappe, F.M. and Collins, J. (1977) *Food First: Beyond the Myth of Scarcity*. Boston, USA: Houghton Mifflin.
- Lazarides, L. (1999) *The Waterfall Diet: Lose up to 14 Pounds in 7 Days By Controlling Fluid Retention*. London: Piatkus.
- Lean, T., Timmins, M. and Todd, H. (1998) 'The Vegetarian and Vegan Guide to Nottinghamshire 1997/98 Edition'. Nottinghamshire.
- Leckie, S. (ed.) (1994) *Vegetarian Handbook 1994: Toronto and Canada* Toronto, Canada: The Toronto Vegetarian Association
- Leckie, S. (ed.) (1996) *Vegetarian Handbook 1996* Toronto, Canada: Toronto Vegetarian Association
- Lehman, H.S. and Hurnik, J.F. (1980) 'On an Alleged Moral Basis of Vegetarianism'. *Applied Animal Ethology* 6: 205-229.
- Leith, V. (2005) *I'll Have the Fruit & Grains Please*. Oxford: George Ronald.
- Leitzman, C. (2003) 'Nutrition ecology: the contribution of vegetarian diets'. *American Journal of Clinical Nutrition* 78(suppl): 657-659.
- Leitzmann, C. (2006) 'The advantages of vegetarian diets' in European Vegetarian Union (EVU) (ed.) *Utopia Today - Reality Tomorrow: A Vegetarian World*. Neukirch Egnach, Switzerland: Vegi-verlag.
- Leneman, L. (1984) *The Amazing Avocado*. Wellingborough, Northamptonshire: Thorsons Publishers Limited.
- Leneman, L. (1987) *Vegetarian Pitta Bread Recipes*. Wellingborough, Northamptonshire.
- Leneman, L. (1993) *Slim the Vegetarian Way* 3rd. London: Thorsons.
- Levin, J. and Cederquist, N. (1990) *A Vegetarian's Ecstasy*. San Diego, USA: GLO Inc.
- Levin, J. and Cederquist, N. (1992) *A Celebration of Wellness*. San Diego, USA: GLO Inc.
- Levin, M. (1977) 'All in a Stew About Animals: A Reply to Singer'. *Humanist* 37: 58.
- Levin, M. (1980) 'Philosophical Vegetarianism: Con and Pro; Animals Rights Evaluated'. *Humanist* 37: 12, 14-15.
- Lewis, A. (1982) *Selenium: The facts about this essential mineral*. Wellingborough, Northamptonshire: Thorsons.
- Lindeman, M. and Väänänen, M. (2000) 'Measurement of ethical food choice motives'. *Appetite* 34: 55-59.
- Linzey, A. (1995) *Animal Theology*. Urbana & Chicago, USA: University of Illinois Press.

- Linzey, A. (2003) 'The Bible and Killing for Food' in Armstrong, S.J. and Botzler, R.G. (eds.) *The Animal Ethics Reader*. London: Routledge.
- Lo, K. (1995) *Chinese Vegetable and Vegetarian Cooking* Revised paperback. London: Faber and Faber.
- Lowenfeld, C. (1957) *Britain's Wild Larder: Nuts*. London: Faber & Faber.
- Lucas, J. (no date) 'World Food Production in the Balance'. Cheshire: The Vegetarian Society (U.K.) Ltd.
- Lucas, S. (2005) 'A Defense of the Feminist-Vegetarian Connection'. *Hypatia* 20: 150-177.
- Lupton, D. (1998) *Food, Body and the Self*. London: Sage Publications.
- Lyman, H.F. (1998) *Mad Cowboy: Plain Truth From the Cattle Rancher Who Won't Eat Meat*. New York, USA: Simon & Schuster.
- Mackey, J., Dawn, K. and Ornelas, L. (2006) 'The CEO as Animal Activist: John Mackey and Whole Foods' in Singer, P. (ed.) *In Defense of Animals: The Second Wave*. Oxford: Blackwell Publishing.
- Majzlik, L. (1991) *Festive Food for Vegetarians*. London: Green Print.
- Mandeville, B. (1705) *The Fable of the Bees; or, Private Vices, Public Benefits, vol. 1*. Oxford: not known.
- Mangels, A.R., Messina, V. and Melina, V. (2003) 'Position of the American Dietetic Association and Dieticians of Canada: Vegetarian Diets'. *Journal of the American Dietetic Association* 103: 748-765.
- Manners, R.A. and Manners, W. (1993) *The Quick & Easy Vegetarian Cookbook*. New York, USA: M. Evans & Company Inc.
- Mansfield, D.P. (2001) *Stop Belly-Aching: Banish Indigestion and Irritable Bowel Syndrome*. London: Souvenir Press Ltd.
- Martin, M. (1976) 'A Critique of Moral Vegetarianism'. *Reason Papers* 3: 13-43.
- Martin, M. (1980) 'Vegetarianism, the Right to Life and Fellow Creaturehood'. *Animal Regulation Studies* 2: 205-214.
- Martin, M. (2007) *Thinking Critically About Animal Rights (What you need to know, and what you need to question)*. www.animalperson.net
- Mason, C. (2001) *Veg: simple, stylish and seasonal vegetarian cooking*. Gloucestershire: Pauntley Press.
- Mason, J. (1985) 'Brave New Farm?' in Singer, P. (ed.) *In Defence of Animals*. Oxford: Basil Blackwell.
- Mason, J. and Finelli, M. (2006) 'Brave New Farm?' in Singer, P. (ed.) *In Defense of Animals: The Second Wave*. Oxford: Blackwell Publishing.
- Masson, J.M. (2003) *The Pig Who Sang to the Moon: The Emotional World of Farm Animals*. New York, USA: Ballantine Books.
- Matheny, G. (2003) 'Least harm: a defense of vegetarianism from Steven Davis's omnivorous proposal'. *Journal of Agricultural and Environmental Ethics* 16: 505-511.
- Maurer, D. (1995) 'Meat as a Social Problem: Rhetorical Struggles in the Contemporary Vegetarian Literature' in Maurer, D. and Sobal, J. (eds.) *Eating Agendas: Food and Nutrition as Social Problems*. New York: Aldine de Gruyter.
- Maurer, D. (2002) *Vegetarianism: Movement or Moment?* Philadelphia, USA: Temple University Press.

- Mayes, K. (1987) *Brittle Bones and the Calcium Crisis: Osteoporosis - what it is, who it affects and what you can do to prevent it*. Wellingborough, Northamptonshire: Thorsons.
- McCarthy, M. (1989) *Fresh From a Vegetarian Kitchen*. Eureka, California, USA: Turning Point Publications.
- McCartney, L. and Cox, P. (1989) *Linda McCartney's Light Lunches: quick and easy vegetarian dishes*. London: Bloomsbury.
- McCartney, L. and Cox, P. (1990) *Linda McCartney's Home Cooking*. London: Bloomsbury.
- McCartney, L. and Cox, P. (1994) *Linda McCartney's Home Cooking*. London: Bloomsbury.
- McCreesh, S. (2005) 'Vegetarian Rutland and Surrounding Areas'. Rutland: The Vegetarian Rutland Project.
- McDougall, J.A. and McDougall, M.A. (1983) *The McDougall Plan*. Piscataway, NJ, USA: New Century Publishers Inc.
- McFadden, C. and Zelman, K. (2002) *A Harvest of Healing Foods*. London: Vega.
- McKenna, J. and McKenna, S. (1995) *The Bridgestone Vegetarians' Guide to Ireland* 2nd. Bantry, Co. Cork: Estragon Press.
- McKenna, J. and McKenna, S. (1996) *The Bridgestone Vegetarians' Guide to Ireland*
- McPhail, F. and Moore, C. (1987) *International Vegetarian Handbook* 16th. Altrincham: The Vegetarian Society of the United Kingdom.
- McTaggart, L. (1996) *What Doctors Don't Tell You: The Truth About Modern Medicine*. London: Thorsons.
- Melina, V., Davis, B. and Harrison, V. (1995) *Becoming Vegetarian: The Complete Guide to Adopting a Healthy Vegetarian Diet*. Summertown, Tennessee, USA: The Book Publishing Company.
- Méry, A. (2006) 'Vegetarian Utopia' in European Vegetarian Union (EVU) (ed.) *Utopia Today - Reality Tomorrow: A Vegetarian World*. Neukirch Egnach, Switzerland: Vegi-verlag.
- Messina, M., Messina, V. and Setchell, K.D.R. (1994) *The Simple Soybean and Your Health*. New York, USA: Avery Publishing Group.
- Meth, H. (1994) *The Whole Earth Cookbook: over 170 imaginative and easy-to-prepare recipes*. London: Vermillion.
- Meyer, B.F. (1992) *Earth Water Fire Air: a vegetarian cookbook for the 90s*. New York, USA: M. Evans & Company Inc.
- Meyerowitz, S. (1996) *Juice Fasting & Detoxification* 6th. Summertown, Tennessee, USA: The Book Publishing Company.
- Michell, K. (1987) *Practically Macrobiotic*. Wellingborough, Northamptonshire: Thorsons Publishing Group.
- Miller, S. and Knowler, K. (2002) *Feel-Good Food: A Guide to Intuitive Eating*. London: The Women's Press Ltd.
- Mohr, N. (2005) 'A New Global Warming Strategy. How environmentalists are overlooking Vegetarianism as the most effective tool against climate change in our lifetimes' *Report, Earthsave International*. New York: Earthsave International.
- Mooney, C. (1995) *The Good Vegetarian Travel Guide*. York: Headway Books.
- Moore, J.H. (1907) *The New Ethics*. London: Not known.

- Morris, C. and Kirwan, J. (2006) 'Vegetarians: Uninvited, Uncomfortable or Special Guests at the Table of the Alternative Food Economy?' *Sociologia Ruralis* 46: 192-213.
- Murthy, V. (2006) 'A note from the future' in European Vegetarian Union (EVU) (ed.) *Utopia Today - Reality Tomorrow: A Vegetarian World*. Neukirch Egnach, Switzerland: Vegi-verlag.
- Naran, A. (1992) *The Vegetarian Curry*. Tadworth, Surrey: Paperfront.
- Naturewatch (1997) 'Compassionate Shopping Guide'. Cheltenham: Naturewatch.
- Naturewatch (2001) 'Compassionate Shopping Guide'. Cheltenham: Naturewatch.
- Naturewatch (no date) 'The Compassionate Shopping Guide'. Cheltenham: Naturewatch.
- Neale, R.J., Tilston, C.H., Gregson, K. and Stagg, T. (1994) 'Women Vegetarians: Lifestyle Considerations and Attitudes to Vegetarianism'. *Nutrition & Food Science* 1: 24-27.
- Newkirk, I. (2006) 'My Day' in European Vegetarian Union (EVU) (ed.) *Utopia Today - Reality Tomorrow: A Vegetarian World*. Neukirch Egnach, Switzerland: Vegi-verlag.
- Nielsen, K. (1978) 'Persons, Morals and the Animal Kingdom'. *Man and World* 11: 231-256.
- Nishimoto, M. (1991) *The Now and Zen Epicure: Gourmet cuisine for the enlightened palate*. Summertown, Tennessee, USA: The Book Publishing Company.
- Norris, P.E. (1961) *About Nuts and Dried Fruit*. London: Thorsons Publishers Limited.
- Norris, P.E. (1962) *About Fruit, Vegetables and Salads*. London: Thorsons Publishers Limited.
- Nowakowski, J.B. (2000) *Vegetarian Magic At The Regency House Spa*. Summertown, Tennessee, USA: The Book Publishing Company.
- O'Brien, J. (1985) *The Magic of Tofu*. Wellingborough, Northamptonshire: Thorsons Publishing Group.
- Orton, C. (1986) *Eczema: A Complete Guide to all the Remedies - Alternative and Orthodox*. Wellingborough, Northamptonshire: Thorsons.
- Osbourne, L. (1988) *The Rasta Cookbook*. London: Antillean.
- Ovetz, R. (2006) 'History of the future: The talking ocean' in European Vegetarian Union (EVU) (ed.) *Utopia Today - Reality Tomorrow: A Vegetarian World*. Neukirch Egnach, Switzerland: Vegi-verlag.
- Ovid (1916) *Metamorphosis*. London: William Heinemann.
- Ovid (1963) *Metamorphosis*. Bloomington, Indiana, USA: Indiana University Press.
- Page, T. (1998) *What Does Buddhism Say About Animals?* : UKAVIS.
- Paley, W. (1825) *The Principles of Moral and Political Philosophy*. Boston, USA: Richardson & Lord.
- Patterson, C. (2002) *Eternal Treblinka: Our Treatment of Animals and the Holocaust*. New York, USA: Lantern Books
- Payne, C. (no date) 'To Encourage the Conversion From Lacto-Vegetarianism to Veganism by Encouraging a More Interesting Eating Pattern'.
- Pearsall, D.P. (1987) *Super Immunity: Master Your Emotions and Improve Your Health*. London: Ebury Press.

- Peden, J.A. (1995) *Vegetarian Cats and Dogs* 2nd. Troy, Montana, USA: Harbingers of a New Age.
- Peden, J.A. (1999) *Vegetarian Cats and Dogs* 3rd. Troy, Montana, USA: Harbingers of a New Age.
- Pedersen, H. and Dian, N. (2006) 'History of the future' in European Vegetarian Union (EVU) (ed.) *Utopia Today - Reality Tomorrow: A Vegetarian World*. Neukirch Egnach, Switzerland: Vegi-verlag.
- People For The Ethical Treatment of Animals and Newkirk, I. (1993) *The Compassionate Cook, or, "Please Don't Eat the Animals!"* New York, USA: Warner Books.
- Peterson, D. (2006) 'To Eat the Laughing Animal' in Singer, P. (ed.) *In Defense of Animals: The Second Wave*. Oxford: Blackwell Publishing.
- Philostratus (1922) *The Life of Apollonius of Tyana*. London: William Heinemann.
- Pichler, R. (2006) 'Flashback from the future' in (EVU), E.V.U. (ed.) *Utopia Today - Reality Tomorrow: A Vegetarian World*. Neukirch Egnach, Switzerland: Vegi-verlag.
- Pimentel, D. and Pimentel, M. (2003) 'Sustainability of meat-based and plant-based diets and the environment'. *2003* 78(suppl): 660-663.
- Pitchford, P. and Quigley, D. (1994) *Cookin' Healthy With One Foot Out The Door*. The Book Publishing Company: Summertown, Tennessee, USA.
- Pluhar, E. (1992) 'Who Can Be Morally Obligated to be a Vegetarian?' *Journal of Agricultural Ethics*.
- Plumwood, V. (1995) 'Human Vulnerability and the Experience of Being Prey' *Quadrant*.
- Plutarch (1927) *Moralia*. Cambridge, Massachusetts, USA: Harvard University Press.
- Plutarch (1976) 'Of Eating of Flesh' in Regan, T. and Singer, P. (eds.) *Animal Rights and Human Obligations*. Englewood Cliffs, N.J., USA: Prentice-Hall.
- Plutarch (2007) 'The Eating of Flesh' in Kalof, L. and Fitzgerald, A. (eds.) *The Animals Reader: The Essential Classic and Contemporary Writings*. Oxford: Berg.
- Porphyry (1965) *On Abstinence from Animal Food*. London: Centaur Press
- Porritt, J. and Winner, D. (1988) *The Coming of the Greens*. London: Fontana Paperbacks.
- Povey, R., Wellens, B. and Conner, M. (2001) 'Attitudes towards following meat, vegetarian and vegan diets: an examination of the role of ambivalence'. *Appetite* 37: 15-26.
- Powell, M. (1949) *Chest Complaints: Prevention and Cure*. Manchester: The Vegetarian Society.
- Prabhupāda, A.C.B.S. (1981) *The Science of Self Realization*. New York, USA: Bhaktivendanta Book Trust.
- Preece, V. (1989) *The International Vegetarian Travel Guide* 17th. Altrincham: The Vegetarian Society.
- Preece, V. (1989) *The Vegetarian Handbook* 17th. Altrincham: The Vegetarian Society UK.
- Price, J. (2007) *Gourmet Vegetarian: The Vegetarian Recipes You Must Have*. London: Murdoch Book (UK) Limited.

- Pye, D. (2002) 'Vegetarianism is really good for the environment'. *35th World Vegetarian Congress*.
- Pyke, M. (1968) *Food and Society: Fact, Fallacy, Religion and Folklore, The Background to Scientific Nutrition* London: John Murray.
- Quick, V. (1952) *Diet Reform Cookbook*. London: Health For All Publishing Company.
- Rattigan, P. (no date) 'Cancer Epidemic: A Question of Survival'.
- Reading World Development Group (no date) 'The Eat-Less Meatless Cook Book'. Reading: Reading World Development Group.
- Redding, J. (no date) *Scotland the Green: The Alternative Guide to Vegetarian and Vegan Hideaways in Scotland*. Unknown: Findhorn Press.
- Regan, T. (1975) 'The Moral Basis of Vegetarianism'. *The Canadian Journal of Philosophy*: 205-213.
- Regan, T. (1991) 'Christianity and Animal Rights: The Challenge and Promise' in Birch, C., et al (ed.) *Liberating Life: Contemporary Approaches to Ecological Theology*. Maryknoll, N.Y., USA: Orbis Books.
- Regan, T. (2001) *Defending Animal Rights*. Urbana and Chicago, USA: University of Illinois Press.
- Regan, T. (2004) *The Case for Animal Rights* 2nd. California, USA: University of California Press.
- Regan, T. and Singer, P. (eds.) (1976) *Animal Rights and Human Obligations* London: Prentice-Hall International Inc.
- Reilly, C. (2006) 'The Abattoir' in European Vegetarian Union (EVU) (ed.) *Utopia Today - Reality Tomorrow: A Vegetarian World*. Neukirch Egnach, Switzerland: Vegi-verlag.
- Rejinders, L. and Soret, S. (2003) 'Quantification of the environmental impact of different dietary protein choices'. *American Journal of Clinical Nutrition* 78(suppl): 664-668.
- Restaurant, C. (1992) *The Cranks Recipe Book*. London: Orion Books Ltd.
- Restaurant, C. (1996) *Entertaining with Cranks*. London: Orion.
- Restaurant, Y.W. (no date) *York Wholefood Restaurant Cookbook*. York: York Wholefood (Common Ownership Ltd.)
- Rice, P. (2005) *101 Reasons Why I'm a Vegetarian*. New York, USA: Lantern Books.
- Richards, G.A. (1943) *Consumption: Its prevention and cure*. London: Health For All Publishing Company.
- Rinaldi, M. (2006) 'What would the world be like without meat?' in European Vegetarian Union (EVU) (ed.) *Utopia Today - Reality Tomorrow: A Vegetarian World*. Neukirch Egnach, Switzerland: Vegi-verlag.
- Risi, A. (2006) 'The spiritual origin of mankind: Human beings did not always eat meat!' in European Vegetarian Union (EVU) (ed.) *Utopia Today - Reality Tomorrow: A Vegetarian World*. Neukirch Egnach, Switzerland: Vegi-verlag.
- Robbins, J. (1987) *Diet for a New America: How Your Food Choices Affect Your Health, Happiness and the Future of Life on Earth*. Walpole, NH, USA: Stillpoint Publishing.
- Robbins, J. (2001) *The Food Revolution: How Your Diet Can Help Save Your Life and The World*. Berkeley, CA, USA: Conari Press Books.

- Robbins, O. and Solomon, S. (1994) *Choices For Our Future: A Generation Rising For Life on Earth*. Summertown, Tennessee, USA: Book Publishing Company.
- Rolland, R. (1938) *Jean-Christophe*. New York, USA: Random House Modern Library.
- Rosen, S. (1987) *Food for the Spirit: Vegetarianism and the World Religions*. New York, USA: Bala Books.
- Rosenfield, J., Rabbi (No date) 'The Religious Justification for Vegetarianism' in Pick, P.L. (ed.) *Tree of Life: An Anthology of Articles Appearing in The Jewish Vegetarianism, 1966-1974*. South Brunswick & New York, USA: A. S. Barnes & Co.
- Ross, E.B. (1987) 'An Overview of Trends in Dietary Variation from Hunter-Gatherer to Modern Capitalist Societies' in Harris, M. and Ross, E.B. (eds.) *Food and Evolution: Towards a Theory of Human Food Habits*. Philadelphia, USA: Temple University Press.
- Rotondi, P. (1948) *Vegetarian Cookery*. Los Angeles, USA: Willing Publishing Company.
- Rozin, P., Markwith, M. and Stoess, C. (1997) 'Moralization and Becoming a Vegetarian: The Transformation of Preferences into Values and the Recruitment of Disgust'. *Psychological Science* 8: 67-73.
- Rudd, G.L. (no date) *Why Kill For Food?* Wilmslow, Cheshire: The Vegetarian Society.
- Ruetting, B. (2006) 'Go veg to heal the earth?' in European Vegetarian Union (EVU) (ed.) *Utopia Today - Reality Tomorrow: A Vegetarian World*. Neukirch Egnach, Switzerland: Vegi-verlag.
- Rūmī (1993) *Tales of the Masnavi*. Richard, Eng.: Curzon Press.
- Ryde, D. (1988) 'What Should Humans Eat?' *The Practitioner* 232: 415-418.
- Ryde, D. and Wardle, T. (1994) 'Meant to Live' *Viva! Guide 7*. Crewe: Viva!
- Ryde, D. and Wardle, T. (2004) 'Your Health in Your Hands' *Viva! Guide 7*. Bristol: Viva! Campaigns Ltd.
- Ryder, R. and Paterson, D. (eds.) (1979) *Animals' Rights: A Symposium* London: Centaur Press
- Sabate, J. (2003) 'The contribution of vegetarian diets to health and disease: a paradigm shift'. *The American Journal of Clinical Nutrition* 78: 502-506.
- Salt, H.S. (1976) 'The Humanities of Diet' in Regan, T. and Singer, P. (eds.) *Animal Rights and Human Obligations*. Englewood Cliffs, N.J., USA: Prentice-Hall.
- Salt, H.S. (1980) *Animal Rights: Considered in Relation to Social Progress*. Clarks Summit, Pennsylvania, USA: Society for Animal Rights.
- Sanderson, J. (1986) 'Man for a Future': The Movement for Compassionate Living.
- Sapontzis, S.F. (1987) *Morals, Reason, and Animals*. Philadelphia, USA: Temple University Press.
- Savona, N. (2005) *101 Fantastic Juices and Smoothies*. London: Duncan Baird Publishers Ltd.
- Scharffenburg, J.A. (1979) *Problems With Meat*. Santa Barbara, California, USA: Woodbridge Press.
- Schauss, A. (1981) *Diet, Crime and Delinquency*. Berkeley, California, USA: Parker House.

- Schiff, F. (1992) *Food for Solitude: Menus and Meditations to Heal Body, Mind and Soul*. Shaftesbury, Dorset: Element Books Ltd.
- Schleifer, H. (1985) 'Images of Death and Life: Food Animal Production and the Vegetarian Option' in Singer, P. (ed.) *In Defence of Animals*. Oxford: Basil Blackwell.
- Schönberger, T. (2006) 'A journey to 2040' in European Vegetarian Union (EVU) (ed.) *Utopia Today - Reality Tomorrow: A Vegetarian World*. Neukirch Egnach, Switzerland: Vegi-verlag.
- Schubert, B.H. (1972) *Survival of Mankind* 2nd. Huntington Park, California, USA: Free-Economy Association.
- Schwartz, R.H. (2006) 'Imagining a vegan world' in European Vegetarian Union (EVU) (ed.) *Utopia Today - Reality Tomorrow: A Vegetarian World*. Neukirch Egnach, Switzerland: Vegi-verlag.
- Scott, D. and Bletcher, E. (1994) *Latin American Vegetarian Cookery*. London: Rider.
- Sen, J. (1996) *Healing Foods Cookbook*. London: Thorsons.
- Seneca, L.A. (1925) *Lucilium Epistulae Morales*. New York, USA: G.P. Putnam's.
- Shaw, G. (2000) *Meat is Not Only Murder, Meat is Suicide!* Essex: GLS Publications.
- Shelley, P.B. (1954) 'A Vindication of Natural Diet' in Clark, D.L. (ed.) *Shelley's Prose, or The Trumpet of a Prophecy*. Albuquerque, New Mexico, USA: University of New Mexico Press.
- Shelley, P.B. (no date) *A Vindication of Natural Diet*. Ashingdon, Rochford, Essex: The C.W. Daniel Company Ltd.
- Shelton, H.M. (1971) *Superior Nutrition* 8th. San Antonio, Texas, USA: Dr. Shelton's Health School.
- Shurtleff, W. and Aoyagi, A. (1992) 'Bibliography of Vegetarianism and Veganism: 1,755 References From A.D. 1170 to 1992, Extensively Annotated'. Lafayette, California, USA: Soyfoods Centre.
- Shurtleff, W. and Aoyagi, A. (2001) *The Book of Miso* 2nd. Berkeley, California: Ten Speed Press.
- Shurtleff, W. and Aoyagi, A. (2001) *The Book of Tempeh* 2nd. Berkeley, California: Ten Speed Press.
- Silk, K. (1993) *First Steps in Vegetarian Cooking*. London: Thorsons.
- Singer, P. (1974) 'All Animals Are Equal'. *Philosophic Exchange* 1: 103-109.
- Singer, P. (1975) *Animal Liberation: A New Ethics For Our Treatment of Animals*. New York, USA: Avon Books.
- Singer, P. (1976) 'All Animals are Equal' in Regan, T. and Singer, P. (eds.) *Animal Rights and Human Obligations*. Englewood Cliffs, N.J., USA: Prentice-Hall.
- Singer, P. (1983) *Animal Liberation: Towards an End to Man's Inhumanity to Animals*. London: Jonathan Cape Ltd.
- Singer, P. (ed.) (1985) *In Defense of Animals* Oxford: Basil Blackwell Ltd
- Singer, P. (1990) *Animal Liberation* 2nd. New York: Randon House.
- Singer, P. (1992) 'Becoming a Vegetarian...' in Curtin, D.W. and Heldke, L.M. (eds.) *Cooking, Eating, Thinking: Transformative Philosophies of Food*. Bloomington and Indianapolis, USA: Indiana University Press.
- Singer, P. (2003) 'Practical Ethics' in Armstrong, S.J. and Botzler, R.G. (eds.) *The Animal Ethics Reader*. London: Routledge.

- Singer, P. (2006) 'A Final Word' in Singer, P. (ed.) *In Defense of Animals: The Second Wave*. Oxford Blackwell Publishing.
- Singer, P. (ed.) (2006) *In Defense of Animals: The Second Wave* Oxford: Blackwell Publishing
- Singh, P.N., Sabate, J. and Fraser, G.E. (2003) 'Does low meat consumption increase life expectancy in humans?' *American Journal of Clinical Nutrition* 78: 526-532.
- Sinha, R. (1976) *Food and Poverty*. London: Croom Helm.
- Smart, A. (2004) 'Adrift in the mainstream: Challenges facing the UK vegetarian movement'. *British Food Journal* 106: 79-92.
- Smith, M. (2002) 'The "Ethical" Space of the Abattoir: On the (In)human(e) Slaughter of Other Animals'. *Human Ecology Review* 9: 49-57.
- Solomon, C. (1996) *Charmaine Solomon's Complete Vegetarian Cookbook*. Sydney, Australia: Angus & Robertson.
- Solomon, N. (2003) 'Religious Perspectives' in Armstrong, S.J. and Botzler, R.G. (eds.) *The Animal Ethics Reader*. London: Routledge.
- South Yorkshire Vegetarian Society (2005) 'First Ever Vegetarian / Vegan Guide to Yorkshire 2005/2007': Mitzi Dog Publication.
- Spencer, C. (1985) *Cordon Vert: 52 vegetarian gourmet dinner party menus*. London: Thorsons.
- Spencer, C. (ed.) (1986) *Green Cuisine: The Guardian's selection of the best vegetarian recipes* Wellingborough, Northamptonshire: Thorsons Publishing Group
- Spencer, C. (1992) *The New Vegetarian: the ultimate guide to gourmet cooking and healthy living*. London: Gaia Books Ltd.
- Spencer, C. (1994) *The Heretic's Feast: A History of Vegetarianism*. London: Fourth Estate Limited.
- Spencer, C. (2002) *Vegetarianism: A History*. New York / London: Four Walls Eight Windows.
- Spencer, E. (2006) 'A minority in a McWorld: What can vegetarians do?' in European Vegetarian Union (EVU) (ed.) *Utopia Today - Reality Tomorrow: A Vegetarian World*. Neukirch Egnach, Switzerland: Vegi-verlag.
- Stapley, P. (1990) *The Little Bean Cookbook*. London: Ebury Press.
- Stephens, W.O. (2003) 'Five Arguments for Vegetarianism' in Armstrong, S.J. and Botzler, R.G. (eds.) *The Animal Ethics Reader*. London: Routledge.
- Stimpson, J. (1994) *New Food for Thought: a new era in vegetarian cuisine*. London: Andre Deutsch.
- Strydom, J., Osler, A., Loon, C.v., Shaw, A. and Clark, C. (2006) *Quiet Food: a recipe for sanity*. London: Grub Street.
- Stuart, T. (2006) *The Bloodless Revolution: Radical Vegetarians and The Discovery of India*. London: HarperCollins.
- Sullivan, K. (2000) *Commonsense Healthcare for Children: How to Raise Happy, Healthy Children from 0 to 15*. London: Piatkus.
- Sunstein, C.R. (2004) 'Introduction: What are Animal Rights?' in Sunstein, C.R. and Nussbaum, M.C. (eds.) *Animal Rights: Current Debates and New Directions*. Oxford: Oxford University Press.
- Sunstein, C.R. and Nussbaum, M.C. (eds.) (2004) *Animal Rights: Current Debates and New Directions* Oxford: Oxford University Press

- Swann, D. (1987) *Cranks Puddings and Desserts*. Enfield: Guinness Superlatives Ltd.
- Swann, D. (1987) *Cranks Soups & Starters*. Enfield: Guinness Superlatives Ltd.
- Swann, S. (1998) *Cakes and Cookies for Children on Restricted Diets*. Romford, Essex: Ian Henry Publications, Ltd.
- Szekely, E.B. (1971) *The Book of Living Food: Natural-Organic-Ecological*. San Diego, USA: Academy of Creative Writing.
- Tanabe, L. (2006) 'Japan - back to the roots' in European Vegetarian Union (EVU) (ed.) *Utopia Today - Reality Tomorrow: A Vegetarian World*. Neukirch Egnach, Switzerland: Vegi-verlag.
- The Farm (1974) 'Yay Soybeans!' Summertown, Tennessee, USA: The Book Publishing Company, The Farm.
- The Farm (1977) 'Vegetarian Prenatal Nutrition and High Protein Recipes'. Summertown, Tennessee, USA: The Book Publishing Company.
- The Vegetarian Housing Association (no date) 'Who We Help: How We Help'
- Thrash, A.M. and Thrash, C.L. (1982) *Nutrition for Vegetarians*. Seale, Alabama, USA: Thrash Publications.
- Tolstoy, L. (1909) 'The First Step' *Essays and Letters*. New York: H. Frowde.
- Tubbs, J. (1993) *If You Can't Pronounce It, Don't Eat It*. Scottsdale, Arizona, USA: Arcadia Press.
- Tuttle, W. (2005) *The Word Peace Diet: Eating for Spiritual Health and Social Harmony*. New York, USA: Lantern Books.
- Twigg, J. (1979) 'Food for thought: purity and vegetarianism'. *Religion* 9: 13-35.
- Twigg, J. (1983) 'Vegetarianism and the meanings of meat' in Murcott, A. (ed.) *The Sociology of Food and Eating*. Aldershot: Gower.
- Vale, J. (2002) *The Juice Master's Slim 4 Life: Freedom From the Food Trap* London: Thorsons.
- Vandenbosch, M. (2006) 'Why I don't eat meat. The importance of empathic sensitivity and ethical kinship beyond the human species' in European Vegetarian Union (EVU) (ed.) *Utopia Today - Reality Tomorrow: A Vegetarian World*. Neukirch Egnach, Switzerland: Vegi-verlag.
- Vegetarian Society, The (no date) 'Why it's green to go vegetarian' *The Vegetarian Society* Altrincham, Cheshire: The Vegetarian Society.
- Veggie Catering Campaign (no date) 'Veggie Guide to Nottingham'. Nottingham: Veggie Catering Campaign.
- Veggies Catering Campaign (1998/9) *Animal Contacts Directory: Networking for Humans, Animals and the Environment*. Nottingham: Veggies Catering Campaign (Nottingham) Ltd in co-operation with The Rainbow Centre.
- Viva! (2000) 'Nutrition in a Nutshell: Vegetarian and Vegan Diets are the Best - Here's Why' *Viva! Guide 1*. Brighton: Viva!
- Viva! (2004) 'Viva! Guide 9: Planet on a Plate: Why Animal Eating is Ravaging the Planet'. Bristol: Viva!
- Vivekānanda, S. (1984) *The Yogas and Other Works*. New York, USA: Ramakrishna Vivekānanda Center.
- Wagner, R. (1987) *Selected Letters of Richard Wagner*. New York: W. W. Norton & Company.

- Wakefield, L.A., Shofer, F.S. and Michel, K.E. (2006) 'Evaluation of cats fed vegetarian diets and attitudes of their caregivers'. *Journal of the American Veterinary Medical Association* 229: 70-73.
- Walters, K.S. and Portmess, L. (1999) *Ethical Vegetarianism: From Pythagoras to Peter Singer*. New York, USA: State University of New York Press.
- Walters, K.S. and Portmess, L. (eds.) (2001) *Religious Vegetarianism: From Hesiod to the Dalai Lama* Albany, NY, USA: State University of New York Press
- Wardle, T. (2006) 'Future vegetarians will need to be brave, knowledgeable and committed' in European Vegetarian Union (EVU) (ed.) *Utopia Today - Reality Tomorrow: A Vegetarian World*. Neukirch Egnach, Switzerland: Vegi-verlag.
- Waters, L., Waterman, N. and Hunter, F. (no date) 'Are you getting enough? Salad bags are an easy way to 5 a day': The Fresh Prepared Salads Producer Group.
- Webster-Gandy, J. (2002) *Understanding Food and Nutrition*. London: Family Doctor Publications Ltd in association with The British Medical Association.
- Webster-Gandy, J. (2006) *Understanding Food and Nutrition*. London: Family Doctors Publications Ltd in association with the British Medical Association
- Wei-Chuan Cultural Education Institute (1995) *Vegetarian Cooking: Chinese Style*. USA: Wei-Chuan Publishing.
- Weil, A. (1995) *Spontaneous Healing*. London: Warner Books.
- Weir, J. (1991) 'Unnecessary Pain, Nutrition, and Vegetarianism'. *Between Species*: 13-26.
- Weitzel, A. (ed.) (1996) *Vegetarian Visitor: where to stay and eat in Britain* Oxford: Jon Carpenter Publishing
- Weitzel, A. (ed.) (1998) *Vegetarian Visitor: where to stay and eat in Britain* Charlbury, Oxfordshire: Jon Carpenter Publishing
- Weitzel, A. (ed.) (2005) *Vegetarian Visitor: where to eat and stay in Britain* Charlbury, Oxfordshire: Jon Carpenter Publishing
- Weitzel, A. (ed.) (2006) *Vegetarian Visitor: where to stay and eat in Britain* Charlbury, Oxfordshire: Jon Carpenter Publishing
- Wenz, P. (1984) 'An Ecological Argument for Vegetarianism'. *Ethics and Animals* 5: 2-9.
- Wesley, R. (ed.) (1998) *Shopping Guide for Caring Consumers: a guide to products that are not tested on animals* Summertown, Tennessee, USA: Book Publishing Company
- Wheldon, R.H. (no date) *No Animal Food and Nutrition and Diet with Vegetable Recipes*. New York, USA: Health Culture Co.
- Whitaker, S.M. (no date) *Man's Natural Food: An Enquiry*. Manchester The Vegetarian Society.
- White, R.F., Seymour, J. and Frank, E. (1999) 'Vegetarianism among US women physicians'. *Journal of the American Dietetic Association* 99: 595-601.
- White, T. (2000) 'Diet and the distribution of environmental impact'. *Ecological Economics* 34: 145-153.

- Whittet, A. (ed.) (1990) *The Vegetarian Good Food Guide* London: Consumer's Association and Hodder & Stoughton
- Wicks, D. (2004) 'Human, Food, and Other Animals: The Vegetarian Option' in Germov, J. and Williams, L. (eds.) *A Sociology of Food & Nutrition: The Social Appetite*. Oxford: Oxford University Press.
- Williams, H. (2003 (1883)) *The Ethics of Diet: A Catena of Authorities Deprecatory of the Practice of Flesh-Eating* Illinois. Illinois: University of Illinois.
- Witten, I. (2006) 'Time to change - from animal awareness to animal friendly behaviour!' in European Vegetarian Union (EVU) (ed.) *Utopia Today - Reality Tomorrow: A Vegetarian World*. Neukirch Egnach, Switzerland: Vegi-verlag.
- Wokes, F. (1941) *Food: The Deciding Factor. A Guide to Rationing and Food Values*. Harmondsworth: Penguin Books.
- Wokes, F. (no date) *Vitamins and Vegetarianism*. Manchester: The Vegetarian Society.
- Woodbridge, R.N. (1989) *Stir-Fry*. London: A&C Black.
- Wynn, R.W. (1925) *How I Cured Myself By Fasting*. London: Rider & Company.
- Wynne-Tyson, E. (ed.) (1965) *Porphyry on Abstinence from Animal Food* London: Centaur Press Ltd
- Wynne-Tyson, J. (1979) *Food For a Future: The Complete Case for Vegetarianism*. New York, USA: Universe Books.
- XXIV World Vegetarian Conference (1977) 'The Vegetarian Way: Vegetarianism for Health and Happiness' *XXIV World Vegetarian Conference*. India: The Indian Vegetarian Congress
- Young, P., Thallon, C. and Young, A. (1985) *Vegetarian Edinburgh: The Only Vegetarian Guide to Edinburgh*. Edinburgh: Olive Publications.
- Young, T. (1984) 'The Morality of Killing Animals: Four Arguments'. *Ethics Animals*: 88-101.
- Yudkin, J. (1986) *The Penguin Encyclopaedia of Nutrition*. Harmondsworth: Penguin.
- Zerfing, S.D. (1957) *Sally's Recipes for Better Nutrition*. Glendale, California, USA: Sally D. Zerfing.