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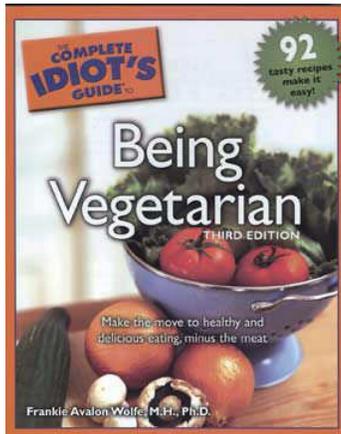
Local News & Features

Local author teaches way to practice vegetarianism

By Paige Ingram, Staff Writer

01/03/2008

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Courtesy graphic

Frankie Avalon Wolfe does not want to force her vegetarian lifestyle on anyone, but for those who are interested, she is ready.

The Littleton resident is the author of the first and second editions of "The Complete Idiot's Guide to Being Vegetarian," and the recently released third edition.

"I'm not against meat eating," Wolfe said. "I just like to give people options."

And, she makes a point in her books to break down stereotypes and include everyone in the vegetarian world.

"We don't eat just sprouts" she said. "You don't have to be liberal or hippie to not have to eat meat."

In fact, Wolfe starts her book by offering a broad definition of vegetarians, outlining the various options available for those wishing to restrict their diets. Included are those who eat dairy, eggs, fish and meat.

"[The book] is for people who want to go vegetarian sometimes, to get out of a rut," she said. "It's also to educate new vegetarians about how to go vegetarian and be healthy doing it."

With that premise, Wolfe offers 92 recipes, many not found in previous editions of the book. They range from Italian to Asian to comfort foods to

'Being Vegetarian' by Littleton resident Frankie Avalon Wolfe educates about healthy eating.

holiday entertaining.

With a master's degree in holistic healing and herbolgy and a doctorate in holistic nutrition, she also includes a number of facts.

Nutrition is discussed in detail, including tips for substituting items in nonvegetarian recipes and how to make sure enough protein is being ingested. She also details new vegetarian products on the market, and tips for sticking to the lifestyle when traveling.

For those who need some extra encouragement to make the switch there also are a number of step-by-step programs to eliminate certain food items.

"I think people stick with things more if they go slow," she said. "I gave up red meat first, then progressed to other meats. I think you need to ease into it for most people, and eventually your taste completely changes."

Wolfe personally gave up meat about 20 years ago when she began studying health and nutrition.

"My affinity for animals was strong, so it made it easy for me to be vegetarian," she said.

Still, she had a taste for hearty foods and texture.

"Many of these are recipes that I started with to get over missing meat," she said. "I'm a real texture person. The texture and taste and smell really resemble meat."

Simplicity also is highlighted in the recipes, each fitting onto one page.

"I love writing for the 'Idiot's Guides' because they're lighthearted and they try to make things simple," Wolfe said.

As for the content of the recipes, she tries to cater to everyday meals, and adds some more interesting items.

"What I try to do is a balance. It's everyday stuff, and then some stuff about how you don't get in to a rut as a vegetarian" she said.

And, if an easier route is desired, there are tips to pre-cook meals and freeze them for later.

Wolfe has written several other books, including the first and second editions of "The Complete Idiot's Guide to Reflexology," and "The Complete Idiot's Guide to Herbal Remedies." All are available at major book stores and online at amazon.com

303-566-4110 | pigram@ccnewspapers.com

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5 Day Forecast

HIGHLIGHTS

FRONT PAGE

- ▶ No decision made on voting system
- ▶ Enrollment drops in Littleton schools
- ▶ Littleton surveys green options
- ▶ Sheriff investigates 'road rage' fatality

LOCAL NEWS & FEATURES

- ▶ Man works to keep elders in place
- ▶ Western attire in vogue for National Western
- ▶ Local author teaches way to practice vegetarianism

BUSINESS

- ▶ Book highlights investment strategies
- ▶ Coffee shop/bar opens in downtown Littleton

EDUCATION

- ▶ Nontraditional students benefit from scholarships

ENTERTAINMENT

- ▶ New 'Alps' film opens at IMAX theater
- ▶ Painter Victoria Kwasinski will teach Fine Arts Guild workshop

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