

Well FED

FEED. EAT. DRINK.

NO. 34 / AUG 2013

TAKE ONE, IT'S FREE!

RESTAURANT FEATURE

Bier Haus Gastropub

RECIPE: MUSSELS
IN BELGIAN ALE

SAVANNAH CRAFT
BREW FEST August
31ST

OVER
375
LISTINGS

11

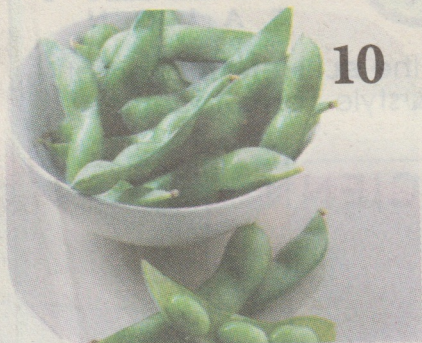
vegan friendly
protein sources

COVERING SAVANNAH'S DOWNTOWN, MIDTOWN, SOUTHSIDE, & THE ISLANDS

YOUR LOCAL **DINING & BAR** GUIDE

DETAILED RESTAURANT/BAR LISTINGS, DESCRIPTIONS, MAPS/LOCATIONS, & MORE.

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(FROM THE COVER)
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ALL NEW!

DINING GUIDE
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RESTAURANT
OPENINGS
& CLOSINGS,
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DINING GUIDE

with OVER 300 LISTINGS, MAPS, DETAILS DESCRIPTIONS, & MORE.

► SAVANNAH'S FIRST ◀

BAR GUIDE

PG. 55

with OVER 80 LISTINGS, DETAILED OPTIONS & MORE.

A photograph showing a white bowl filled with fresh green peas in their pods, sitting on a white plate. In the foreground, there is a stack of white, rectangular blocks of tofu on a dark-colored plate.

VEGAN PROTEINS

by Angela Gunn

One of the foremost questions meat-eaters ask vegans, who eat a solely plant-based diet, is, Where do you get your protein?

Since the 1890s the USDA has recommended we eat a specific amount of protein per day for optimum health and wellness. The current average protein requirement is 56g for men and 46g for women per day. Here is an easy formula to figure out your ideal daily protein requirement:

$$\frac{\text{your weight in pounds} \times 0.8}{2.2}$$

Taking the average of 46g of protein per day for women, if I ate a 6-ounce steak, which has approximately 42g of protein, I would have already consumed most of my recommended daily amount. Therefore, it's easy to understand why meat has been promoted as an ideal source of protein.

While vegetarians do eat dairy and eggs as an alternate protein source, choosing to forgo meat, dairy and eggs and still eat a healthy, well-balanced diet may seem impossible to most. Surprisingly, contrary to what many people have been taught, there is a wide variety of plant-based food that has sufficient levels of protein to fulfill daily requirements.

A Day on a Plant-Based Diet

The long list of plant-based proteins means that no matter how you choose to eat, there are plenty of choices available to keep things interesting in the kitchen. For example, rather than cooking up eggs in the morning, why not add some hemp protein to a fruit smoothie? If you're inclined to focus on plant-based protein, lunch could then be a tempeh salad followed by a handful of nuts as a protein filled midday snack. A dinner of lentil and kale soup would then be a great way to round off the day.

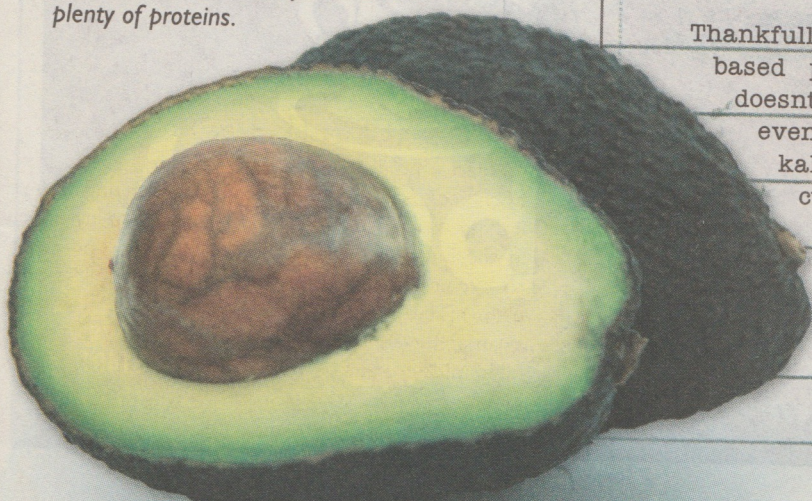
Ensuring that you consume the correct daily amount of protein for your body all depends on your diet. Highly processed foods and sugary snacks between meals may make it more difficult to balance out your protein intake for the day. However, if you can't bear to part with some of your favorite foods and want to know their protein content, the online USDA Nutrition Database can help. This website lists the protein content of most foods, helping you to work towards a more balanced diet.

Where to Find Alternate Proteins

While it may seem easier to fall into the pattern of reaching for meat and dairy as your main protein source, don't forget that alternate proteins are now available at all grocery stores. Faux meats are normally in the produce or organic section of the store alongside greens such as kale and spinach. Lentils and beans are usually in the ethnic or canned goods aisle, while whole grains – such as quinoa – are usually found in the rice aisle. Luckily, any alternate protein you cannot easily source can usually be found at your local health food store.

Even if you're not interested in counting your protein intake throughout the day, alternating your sources of protein will make it easier to maintain a healthy, balanced diet, and might help inspire mealtimes once again. ■

Angela Gunn lives in Savannah where she practices a vegan lifestyle balanced with plenty of proteins.



11 plants loaded with protein

Whether you're a vegetarian or vegan searching for protein sources other than tofu, or an omnivore looking for a more varied diet, here is a list of 11 plant-based foods with high protein content.

(per cup)

1. Hemp 34.6g
2. Tempeh 30g
3. Soy beans 28g
4. Tofu 22g
5. Couscous 22g
6. Lentils 18g
7. Seitan 18g
8. Refried beans 15g
9. Dried beans 12 g
10. Avocado 10g
11. Peas 9g

Thankfully, when it comes to plant-based protein sources, the list doesn't end here. For example, even broccoli, spinach and kale have 5g of protein per cup, helping to explain the message doctors have been expounding for years: A healthy diet is a balanced diet.