

Listen to your heart

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TOFUTOWN NEWS

VEGGIE LIFESTYLE MAGAZINE FROM TOFUTOWN IN THE VOLCANIC EIFEL •

Here there are pure air, clean water and unspoilt nature. Your Viana foodstuffs come directly from Tofutown, where only purely vegetarian organic products are made.

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TOFUISM N° 32  
Tofu tastes like freedom.

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HealthyTastyWorld

TOFUISM N° 34  
Tofu makes everything good again.



**Good day,** purely vegetarian foods are healthy, can be really delicious (for instance when they're from Viana), and they also just happen to be very good for the environment. We all know that! But in addition to the good deeds Viana's customers do every day for themselves and the environment, there are other aspects, too. By foregoing animal products we save so much crop area, energy, transport kilometres and agricultural resources and make a social contribution towards more justice and to the future on this planet. If an increasing number of people chooses purely vegetarian products, this reduces wasting foods as animal feed. We can use our planet's enormous productivity to feed all human beings both sustainably and well. All that has nothing to do with sacrifice, as the Viana World Food Map shows.

Your Tofu Mayor



**North America**

Being a true Veggie Cowgirl does not keep you from enjoying the most delicious steaks. And as the fruits of the wheat and soya pastures of Viana country are turned directly into pure vegetarian protein, we do not need artificial fertilizers or huge areas to grow animal food. This leaves plenty of untouched nature to roam around to all the free-ranging cows, horses and other animals of the earth.



**Orinoco Delta**

Already successfully tested by Robinson Crusoe: a super tasty, wholesome veggie meal! With fresh tofu and lots of vegetables, perfect for the desert island. Not only a treat when crispy-fried, but also cold straight out of the wrapping! And so good for the world's climate that our grandchildren will still be able to experience the Caribbean.



**Pacific Ocean**

Viana's purely vegetarian foods not only save the climate, but also the world's oceans. Thanks to Captain Tofu's Ocean Fingers, the fish stay in the sea. Crispy coated on the outside, delicious tofu on the inside. Not only for children!



**Greece**

Real Greeks are vegetarians – as the great Pythagoras already knew way back then! Spicy hot and with that perfect texture, but without any cholesterol or trans fatty acids. Viana Veggie Gyros makes it really easy to eat food that is both healthy and tasty.



**Tanzania**

Choice organic millet, tofu and lots of vegetables are the basis of this sunny Viana snack. Millet has been a staple food in Africa for millennia. It is rich in B vitamins, folic acid, iron and calcium, as well as being a robust and frugal crop.



**Tibet**

Seitan was invented in ancient China as an alternative to meat for Buddhists. It is made by rinsing the starch out of the wheat, leaving only the wheat protein. Viana Seitan has a spicy seasoning and is a great basis for hearty fried meals.



**Australia**

The Viana tip for sustainable agriculture: tofu nuggets instead of chicken farming. Viana Chickin Nuggets are crispy coated and extremely delicious. They are just as perfect as fast food with fries and curry ketchup as they are in fine cooking, e.g. cut in strips and fried until crispy and served on a fine salad of the season.