

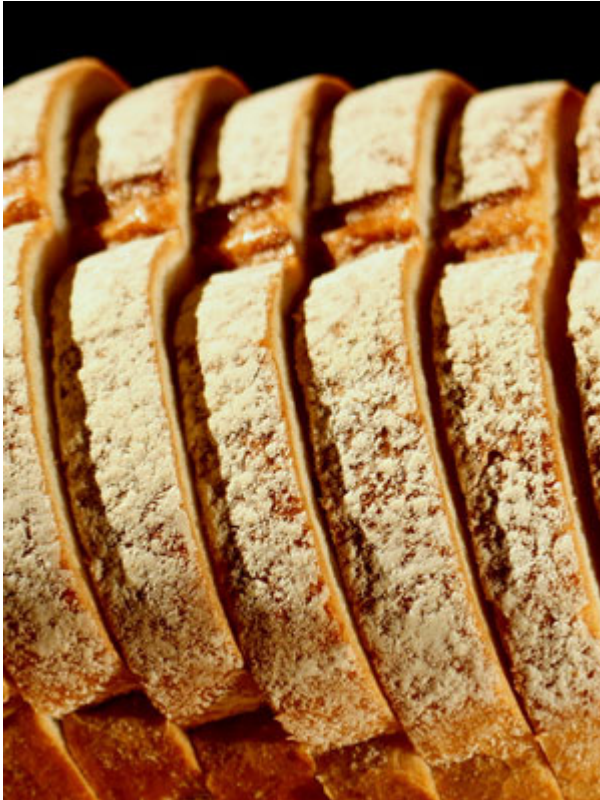
Source:

<http://www.mainstreet.com/slideshow/lifestyle/food-drink/vegetarian-foods-here-s-beef>

Posted January 22, 2010

"Vegetarian" Foods: Here's the Beef

By [Althea Chang](#)



Bread

Besides being made with milk and eggs, making it off-limits for vegans, bread may also be a no-no for [some vegetarians](#). **Some bread is made using L-Cysteine enzymes that come from *human hair*, duck feathers or pigs' hooves.**

When used in baked goods, L-Cysteine can reduce the mixing time required for dough and stops products from shrinking when baked, according to one resource for Muslims on a [strict diet](#).