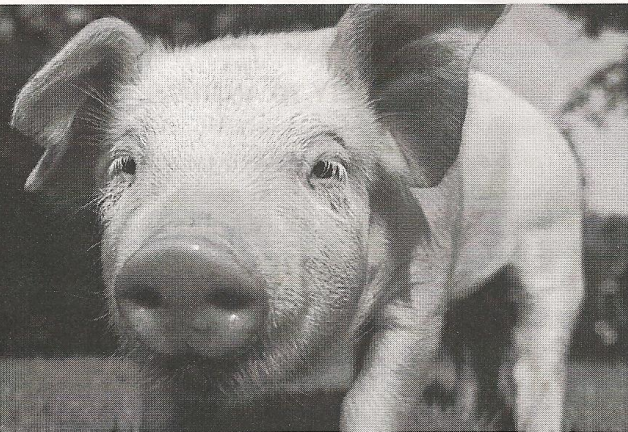


WHERE DO YOU STAND ...



... ON CRUELTY TO ANIMALS?

"On modern factory farms, baby chicks have their beaks burned off, calves are castrated and branded without painkillers, and mother pigs are confined for years to metal crates so narrow that they cannot even turn around. Violence and oppression are always wrong, regardless of whether the victim is a cow, a chicken, or a human being."

—Civil rights leader Dick Gregory

... ON THE ENVIRONMENT?

"The way that we breed animals for food is a threat to the planet. It pollutes our environment while consuming huge amounts of water, grain, petroleum, pesticides and drugs. The results are disastrous."

—David Brubaker, Center for a Livable Future,
Johns Hopkins School of Public Health

... ON GLOBAL POVERTY?

"In a world where an estimated one in every six people goes hungry each day, the politics of meat consumption are increasingly heated, since meat production is an inefficient use of grain—the grain is used more efficiently when consumed directly by humans. Continued growth in meat output is dependent on feeding grain to animals, creating competition for grain between affluent meat eaters and the world's poor."

—The Worldwatch Institute

... ON WORKER RIGHTS?

"Meatpacking is the most dangerous factory job in America. . . . Nearly every worker interviewed for this report bore physical signs of a serious injury suffered from working in a meat or poultry plant. . . . Every country has its horrors, and this industry is one of the horrors in the United States."

—Human Rights Watch, *Blood, Sweat, and Fear*:

Workers' Rights in U.S. Meat and Poultry Plants (2005)

Do you want to help stop exploitation and cruelty, while enjoying a wide range of delicious, healthy foods? If so, please consider vegetarianism. Try it for a few days per week and see what you think. Your body and your conscience will feel better than ever.

**FOR MORE INFORMATION, RECIPES, AND A FREE DVD,
VISIT GOVEG.COM OR CALL 1-888-VEG-FOOD.**

PETA

MORE ON CRUELTY TO ANIMALS

Animals crammed by the thousands into factory farms can do almost nothing that is natural or important to them. Almost all farmed animals are never able to feel the grass beneath their feet or the sun on their faces or to breathe fresh air. Chickens have their beaks sliced off with a hot blade, pigs have their tails chopped off and their teeth cut with pliers, and male cows and pigs are castrated—all without any pain relief. Farmed animals are fed a steady diet of hormones and antibiotics so that they grow too quickly: Their hearts and limbs often cannot keep up, causing excruciating joint problems. At the slaughterhouse, they are hung upside-down and bled to death, often while still conscious.

MORE ON GLOBAL POVERTY

Increasingly, grain grown in the developing world is exported to the United States and Europe to fatten farmed animals. Eating flesh is extremely inefficient—it takes up to 10 pounds of grain to produce just 1 pound of edible animal flesh. On the subject of global hunger, *The Guardian* of London says that veganism is “the only ethical response to what is arguably the world’s most urgent social justice issue.”

MORE ON THE ENVIRONMENT

In addition to the wastefulness of feeding grain, soy, and other crops to farmed animals in order to produce meat, *E* magazine reports that more than a third of fossil fuels and nearly half of all water consumed in the United States is used to raise animals for food. And it's not just a waste of our natural resources; it's also a source of water and air pollution. Raising animals for food causes more water pollution in the United States than any other industry. Farmed animals produce 130 times the excrement of the entire human population; the large manure lagoons on pig, chicken, and cow factory farms emit thousands of tons of ammonia, hydrogen sulfide, and other toxins into the air, causing high rates of neurological damage, miscarriage, and cancer among people living nearby.

MORE ON WORKERS' RIGHTS

The immigrants and rural poor who are employed by the farmed-animal industry have the most hazardous jobs in America. They are constantly exposed to dangerous equipment, the bodily fluids and feces of sick and dying animals, and the kicking and clawing of struggling animals. Workers on pig factory farms are four times more likely to develop asthma than the general population. Slaughterhouse employees are two to three times more likely to suffer job-related injury or illness than workers in manufacturing industries.

VEGETARIANS AND HEALTH

Leading medical organizations, including the American Dietetic Association, the World Health Organization, and the U.S. Department of Agriculture, agree that plant-based diets provide us with all the nutrients that we need minus the saturated fat, cholesterol, and contaminants found in meat, eggs, and dairy products. In fact, vegetarians are 50 percent less likely to develop heart disease, and vegetarians have 40 percent of the cancer rate of meat-eaters. Meat-eaters are nine times more likely to be obese than vegans. And fish flesh is perhaps the most toxic food that people eat—it is almost always contaminated with dangerous levels of mercury, PCBs, and other toxins that can cause brain damage and birth defects.

For a free DVD, recipes, and further information on all these issues, please call 1-888-VEG-FOOD or visit GoVeg.com.

