



FOOD CHOICES & THE ENVIRONMENT

Every bite counts – Eating animal products destroys the planet.

DID YOU KNOW?

ENERGY - A person consuming animal products consumes two to 10 times more calories from plant origins than if he/she had eaten the plants directly.

WATER - About 75% of all water-quality issues in the US are attributed to animal agriculture.

LAND - Livestock pastures use almost 30% of the Earth's entire land surface. In addition, feedcrop production uses 1/3 of all farm land.

GLOBAL WARMING - Consumption of animal-based foods and beverages is the leading cause of global warming.

EXTINCTION – Globally, domesticated farm animals outnumber people. They have spurred the extinction of countless species of wild animals and plants because of their excessive resource consumption and pollution.

HABITAT – Both “sustainable” and factory animal farms destroy woodlands and other natural habitats.

HUNGER - The bulk of corn and soy grown in the world feeds farm animals, while 800 million people on the planet currently suffer from hunger or malnutrition.

MANURE - On most farms, animal manure and urine are funneled into massive waste lagoons that often break, leak or overflow, sending dangerous microbes, nitrate pollution and drug-resistant bacteria into water supplies. These lagoons also emit toxic gases such as ammonia, hydrogen sulfide and methane.



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HUMAN DEATHS – In just one incident, nineteen people died as a result of hydrogen sulfide emissions from manure pits.

OCEANS - Fish consumption is devastating ocean ecosystems. Common commercial fishing methods such as trawling, longline fishing, and fish farms destroy endangered species.

HOW CAN I MAKE A DIFFERENCE?

ADOPT A VEGAN DIET - Replace animal products with plant products. Plant-based foods use significantly less resources than animal products – less land to produce, less water to produce, less energy to produce, less pollution produced, and no animals exploited.

LOCAL VERSUS VEGAN - Going vegan reduces the same amount of emissions as driving 8,000 miles less per year, while an all-local diet only reduces the equivalent of 1000 miles.

HEALTHY - The American Dietetic Association states that well-planned vegan diets are appropriate for individuals during all stages of the life-cycle including pregnancy, lactation, infancy, childhood and adolescence and for athletes. Vegans have lower rates of heart disease, type 2 diabetes, certain types of cancer, and obesity.

For more information, visit www.peaceadvocacynetwork.org.

The Peace Advocacy Network promotes a peaceful existence through veganism, social justice, and respect for the Earth's inhabitants and resources.

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