



## DID YOU KNOW?

### ENERGY

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

### WATER POLLUTION

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

### WATER USE

One pound of beef requires 1,799 gallons of water; a pound of pork, 576 gallons of water; a pound of chicken, 468 gallons of water. A gallon of milk requires 880 gallons of water. By comparison, a pound of soy beans only requires 216 gallons; and a pound of potatoes, 119. The conservative figures for the animal products do not include water polluted by run-off and other aspects of animal agribusiness.

### WASTE OF THE WEST

In Arizona, California, Colorado, Idaho, Montana, Nevada, New Mexico, Oregon, Utah, Washington, and Wyoming, overgrazing of cattle and domestic sheep has extirpated native perennial grasses, leading to soil erosion and the lowering of stream beds. The wildlife that once flourished there has been decimated. For example, the black-footed ferret, which once numbered in the tens of millions, had dwindled to only 18 individuals in the wild by 1986.

### 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.

**environmental food choices**  
EVERY BITE COUNTS: EATING ANIMAL PRODUCTS DESTROYS THE PLANET

### 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.

### 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 fewer 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 1,000 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 about environmental food choices, please visit our website:**

[www.peaceadvocacynetwork.org](http://www.peaceadvocacynetwork.org)

PAN promotes a peaceful existence through veganism, social justice, and respect for the Earth's inhabitants and resources.

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