



## WHAT IS VEGANISM ALL ABOUT?

A vegan avoids the use of animals and animal products in his/her life.

### RESPECT FOR ANIMALS

#### NUMBERS

Approximately 50 billion domesticated animals and even more aquatic animals are used for food each year. Millions more are killed each year for fur, silk, wool, down, and leather.

#### TREATMENT

Until their deaths, domesticated or “commodity” animals are forced to live lives dictated by humans. They have no choice in any aspect of their lives. In most cases, this means being crammed into inadequate spaces and having their bodies mutilated.

#### MISUSE

All of these animals, whether used for dairy, eggs, flesh or clothing products, meet with the same fate in the end: an early death. Regardless of treatment, no animal should be forced into existence to live his or her life at the hands of humans whose financial bottom line is their top concern.

#### UNSEEN ANIMALS HARMED

In addition to the animals exploited by animal farming, the production, maintenance, and killing of domesticated farm animals have spurred the extinction of countless native species because of animal farming's resource consumption and pollution.

### RESPECT FOR PEOPLE

#### 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 REFUGEES

According to the UN, global warming disasters, most significantly caused by animal product consumption, will potentially devastate billions of lives.

#### MEDICATIONS

Drug-resistant infections, fueled by antibiotics routinely fed to livestock to promote growth and prevent disease, killed an estimated 70,000 Americans in 2009 alone.

### RESPECT FOR THE PLANET'S RESOURCES

#### RESOURCE CONSUMPTION

A person consuming animal products consumes two to 10 times more calories from plant origins than if that individual had eaten the plants directly. About 75% of all water-quality issues in the US are attributed to meat-intensive agriculture. Livestock now use 30% of the Earth's entire land surface. Feedcrop production uses 1/3 of all arable land. Globally,

EVERY BITE COUNTS: LEARN THE POWER OF YOUR DIET FOR RESPECTING THE PLANET, OTHER PEOPLE, AND ANIMALS

vegan food choices



For more information about vegan 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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there is a shortage of grassland. The need for more pasture fuels deforestation with “free-range” animal products hogging up the most land.

#### OCEANS

Fish consumption is devastating ocean ecosystems. Common commercial fishing methods such as trawling and longline fishing destroy endangered species, while fish farms put pressure on both grain and fish feed sources while polluting much like a factory farm.

#### POLLUTION

Animal manure and urine waste lagoons send dangerous microbes, nitrate pollution and drug-resistant bacteria into water supplies and emit toxic gases such as ammonia, hydrogen sulfide and methane that have poisoned surrounding areas affecting humans and nonhumans alike.

#### GLOBAL WARMING

Consumption of animal products is the leading cause of global warming.

### RESPECT FOR YOUR BODY

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.

### WHAT CAN I DO?

#### GO VEGAN

Replace animal products with plant products.