

Most Americans would cringe at the thought of eating a dog, and would label such a practice disgusting, cruel, and perhaps immoral, yet accept and participate in eating the flesh of cows, chickens, pigs, turkeys, and other animals.

However, there is no ethical basis for such a distinction, no justification for designating certain animals as existing to feed us, no moral basis for the often used excuse, "That's what they're raised for." Farmed animals are individual beings just as capable of feeling pain or experiencing pleasure as are our familiar companions, cats and dogs.

If we confront the *reality* of raising and killing 10 billion land animals for food, we would have to acknowledge that we are responsible for animals living in unnatural conditions, in drudgery and pain, only to meet an early death – all for a pleasurable taste sensation that is harmful to animals, humans, and the planet alike.

ANIMAL FACTORIES

The majority of animals used in the United States for meat, dairy, and eggs are raised on factory farms, where they suffer:

- Maternal Deprivation – animals are removed from their mothers at birth or a few days after birth.
- Intensive Confinement – animals are crammed tightly into cages, often having their movement severely restricted; egg-laying hens in battery cages can scarcely spread one wing, sows in gestation crates cannot move or even turn around; veal calves are tethered by the neck in crates only slightly larger than their bodies.
- Painful Mutilations – chickens have their beaks seared with a hot blade, pigs have their tails chopped off and their teeth removed with

pliers, male cows and pigs are castrated, all without anesthesia.

- Routine Administration of Hormones and Antibiotics – animals on factory farms endure a living hell where they are treated more like commodities than as sentient beings.

The abuses of factory farming described above are considered standard agricultural practice. Exempt from U.S. animal cruelty laws, the routine exploitation of farmed animals would result in felony charges if done to a dog or cat. On agribusiness facilities, however, it is simply business-as-usual. The Humane Slaughter Act is the single piece of legislation designed to protect farmed animals, requiring that animals be unconscious when they are skinned and dismembered. However, deregulation of slaughterhouses and accelerated slaughter line speeds have resulted in terrible violations of the act, resulting in unthinkable brutality.

HARMFUL TO OUR HEALTH

The consensus is clear: eating meat is harmful to our health. Animal products are packed with saturated fat and cholesterol, while containing no fiber or complex carbohydrates. By contrast, plant foods offer plenty of fiber and complex carbohydrates, cancer-fighting phytochemicals, sensible quantities of protein, and zero cholesterol.

- According to Dr. T. Colin Campbell, Cornell researcher and the Principal Investigator in the China Health Study: "Millions of Americans and people throughout the world are living compromised and shortened lives because of chronic diseases, and important evidence supports the idea that plant-based diets can go a long way to reduce this suffering. The evidence is in from the scientific and medical communities that individuals who consume a plant-based diet have lower blood cholesterol levels, lower heart disease risk, lower blood pressure, and reduced risk of cancer, diabetes, and other 'diseases of nutritional extravagance.'"

- The American Dietetic Association reports, "scientific data suggest positive relationships between diets containing vegetables and reduced risk for several chronic degenerative diseases and conditions, including obesity, coronary artery disease, hypertension, diabetes ... and some types of cancer."
- Dr. Dean Ornish, founder and president of the nonprofit Preventive Medical Research Institute (PMRI) notes that: "Chicken has as much cholesterol, ounce-for-ounce, as beef. Whether your fat comes from meat, poultry, eggs, or milk, a high ratio of the fat will be saturated, which further drives up your blood cholesterol levels ... Every meal that is rich in animal products has an immediate impact on heart risks."

EATING THE PLANET

Raising animals for food is one of the leading causes of environmental degradation and resource depletion throughout the world today.

- The Union of Concerned Scientists identifies meat eating as the second most eco-destructive practice (after driving cars) in which individual citizens partake.
- The Worldwatch Institute notes that meat consumption creates "new pressures on land and water resources, contributing to water pollution and exacerbating global warming."
- The USDA reports that animals in the US meat industry produce 61 million tons of waste each year, which is 130 times the volume of human waste - or 1/5 a ton for every US citizen.
- Pfeisteria, a microscopic organism that feeds off the phosphorus and nitrogen found in manure, is a lethal toxin harmful to both humans and fish. In one year alone, one billion fish were killed by pfeisteria in the Neuse River in North Carolina.

WHAT YOU CAN DO

1. The best way to save animals from the misery of factory farming is to stop buying and eating meat, milk, and eggs.
2. Go vegetarian – for life! Write or email us for a free Vegetarian Starter Kit.
3. Connect with other like-minded folks – join a local vegetarian organization like **BAY AREA VEGETARIANS** and get the support you need to transition to a plant-based diet.
4. Visit our website for recipe ideas and resources to get started.

THINK ABOUT IT

“Nothing will benefit human health and increase chances for survival of life on Earth as much as the evolution to a vegetarian diet.”
– Albert Einstein

“The question is not, Can they reason? Nor, Can they talk? But, Can they suffer?”
–Jeremy Bentham

“We generally buy our meat and poultry in neat plastic packages. It hardly bleeds. There is no reason to associate this package with a living, breathing, walking, suffering animal.”
– Peter Singer, *Animal Liberation*

JUST DO IT!

Put your compassion for animals into action with every bite you take – choose a plant-based diet. For the Animals, For Your Health, and For Our Planet!

JOIN BAY AREA VEGETARIANS!

Bay Area Vegetarians (BAVeg) is a local organization supporting and building the vegetarian and animal rights community. . BAVeg provides:

- ♥ an online discussion forum and email lists for vegetarianism and animal rights discussions and events
- ♥ monthly e-newsletter
- ♥ education on factory farming and vegetarianism through public outreach and planned events
- ♥ veggie mentor program to support new & aspiring vegetarians
- ♥ 20+ monthly events, from restaurant dinners to letter writing parties to weekend vegan retreats
- ♥ free membership to our 1,700+ member organization*

In the community spirit, all of our events are organized by volunteers, and membership is free*. Visit our website for upcoming events or information on joining.

Join us and help us save the animals, the earth, and our own health one bite at a time!

BAY AREA VEGETARIANS
P.O. Box 371215, MONTARA, CA 94037
<http://www.BayAreaVeg.org>
vegan@bayareaveg.org

*Note: Internet/email access required for free membership offer.

Visit the **ULTIMATE GUIDE TO VEGETARIAN LIVING IN THE SAN FRANCISCO BAY AREA** for vegetarian restaurants & services.

<http://www.BayAreaVeg.org/ug>

**IF YOU
LOVE ANIMALS
CALLED PETS**



**SHOULD YOU
EAT ANIMALS
CALLED DINNER?**

“For most humans, especially those in modern urban and suburban communities, the most direct form of contact with nonhuman animals is at mealtimes: we eat them.”
Peter Singer, author “Animal Liberation”

**SAVE LIVES
GO VEGETARIAN!**