



# COMPASSIONATE CHOICES

If You Care About Animals, Please Consider Not Eating Them





# A NATIONAL TREND



You may have already seen how animals are treated on today's farms. You even may have seen how they are killed in slaughterhouses. You probably don't like seeing those pictures and videos. Why? You're a kind and decent person. You don't want others to suffer unnecessarily.

More and more people like you are choosing to leave cows, pigs, chickens, fish, and other animal products off their plates.

Read on to **see the ways that** you can prevent animals from suffering by making changes to how you eat.

A 2016 Harris Poll showed that about 3.7 million Americans are vegan — eating no meat, fish, dairy, or eggs. Millions more are vegetarian and don't eat meat or fish.

Almost every animal-based food has animal-free alternatives that are delicious, satisfying, and available in most grocery stores—from high-protein meat alternatives to cheese that melts on pizza to decadent desserts.

Whether you decide to cut back on meat—or remove all animal products—you can make a difference for animals at every meal!

## ADULT U.S. VEGANS

(in Hundreds of Thousands)

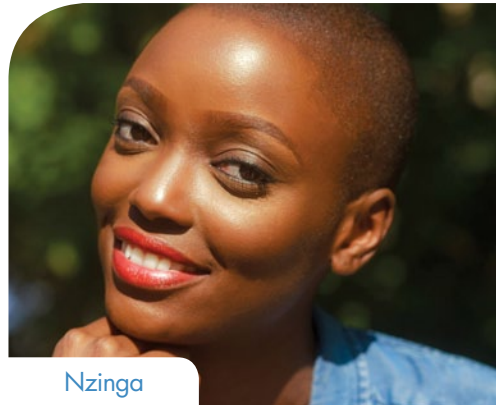
1994



2016



Julio and Angélica



Nzinga

"Thinking about how we love and care for our dogs and cats made us realize we shouldn't be killing and eating farmed animals when there are now so many high-protein, plant-based meats available in most grocery stores!"

"I didn't change overnight—I set a goal of going vegan and worked toward it every day. I chose the plant-based option whenever one presented itself and learned from leaflets like this. After a few months, I was completely vegan!"

“Many of the nation’s most routine animal farming practices would be illegal if perpetrated against cats and dogs.”

Jonathan Lovvorn, Chief Counsel, The Humane Society of the United States



Male chicks being dropped into a grinding machine.

## MEET SCARLETT



BEFORE



AFTER

Like all chickens, Scarlett has a unique personality. Studies show that chickens also have a sense of time and they anticipate the future.

Scarlett was raised for her eggs in a cage-free facility and was suffering terribly when she was **rescued** but now lives in a loving home.

Because egg farms—including free range and cage-free—have no use for male chicks, they are often tossed alive into a grinding machine (pictured above). Others are thrown into garbage bags to suffocate or starve.



Egg-laying hens spend every minute packed in feces-filled cages. The cages are so small, hens can barely turn around and cannot spread their wings.

Chickens raised for meat spend their lives packed in massive warehouses. Bred to grow extremely fast, by the time they are one month old it is painful for many of them to walk. The ammonia from their own waste is so concentrated it burns their skin and lungs.

When chickens get sick, they can be clubbed on the head with a metal rod or left to suffer to death. At the slaughterhouse, they are electrically paralyzed before having their throats cut. If they avoid the **blade—as many birds do—they** will drown in a tank of scalding hot water.



"So our animals can't turn around for the 2.5 years they are in the stalls...who asked the sow if she wanted to turn around."

Dave Warner, Director of Communications, National Pork Producers Council



## MEET LUCILLE

Lucille (below) managed to flee from a transport truck on the way to auction. She ended up at Animal Place farmed



animal sanctuary and is now living a peaceful life. Lucille loves belly rubs and comes when **called—pigs** are quite smart and perform as well as dogs and chimps in intelligence tests.

Mother pigs are typically kept confined in cages so small they cannot turn around (pictured above). In these cages, they develop severe psychological problems, such as biting the bars until their teeth **break**, and banging their heads.

Baby pigs are often born on metal grating. At just six months old, pigs raised for meat are electrocuted or shot in the head with a metal rod. Some don't immediately die and are drowned in scalding water.



Only minutes old, this calf won't see her mother again.

# HOW DAIRY HARMS COWS

From 1940 to 2015, average milk production from a U.S. dairy cow rose from 2 to 11 tons per year. Producing so much milk leads to udder enlargement and breakdown. Cows can suffer from foot problems due to the conditions (pictured right).

In order to produce profitable amounts of milk, a cow must be impregnated on a yearly basis. While the bond between mother and baby is one of the strongest in nature, dairy calves are taken away within hours of birth—they won't be together again.

The normal lifespan of a cow is twenty years, but modern dairy cows are slaughtered at about **five**, when their milk production starts to decline.



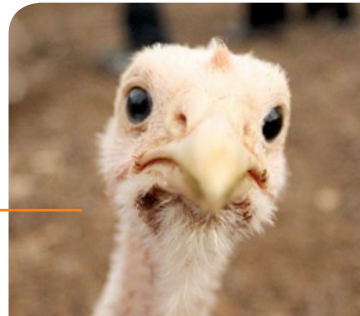


# MEET THE ONES YOU SPARE

Agricultural economists have found that when people eat less meat, producers raise and kill fewer animals. Here are some of the individuals you help spare each year.



Chickens like Tilly



A turkey like Clove



A pig like  
Bob Harper



A cow  
like Meghan



**“They’re like floating pig farms...Disease and parasites [on fish farms] run rampant.”**

*The Los Angeles Times, “Fish Farms Become Feedlots of the Sea”*

About half of the fish consumed by humans don’t come from the wild. Fish farms are often crowded enclosures where stress and filthy water cause death and disease. The manure drifts into neighboring rivers and oceans creating areas that no longer sustain life.

In the ocean, large driftnets catch everything in their path, including sea turtles, sharks, whales, and dolphins whose bodies are then discarded.

Fish pulled from the water suffocate for up to ten minutes. When dragged from deep ocean waters, their eyes bulge and their stomachs turn inside out from the change in pressure.

Fish have long-term memories and are smart enough to learn tricks. Like all farmed animals, fish are badly abused—they just can’t cry out.

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Dozens of fish  
like this beautiful catfish



# HEALTH BENEFITS



The Academy of Nutrition and Dietetics, the largest organization of nutrition professionals in the world, says that eating vegetarian or vegan has many benefits and is safe for people of all ages, including pregnant women.

While type 2 diabetes has become a health crisis, vegans are much less likely to develop this disease. Eating fewer animal products often results in lower cholesterol, lower blood pressure, and a reduced risk of cancer.

Many elite athletes and bodybuilders are vegan. [You can order our \*Compassionate Athlete\* booklet at \[VeganOutreach.org\]\(http://VeganOutreach.org\).](#)

**"I can honestly say that being vegan is not only the most efficient way to be full-body strong, it's also the most humane."**

**David Carter**, former NFL Player





"As a medical doctor, I consider adopting a plant-based diet to be one of the most important things someone can do to prevent the leading causes of disease."

Dr. Michael Greger, NutritionFacts.org

## DOING IT RIGHT

Eating high-protein foods such as beans, peanuts, and **vegetarian** meats will fulfill your daily protein requirement and provide satisfying meals. Plant-based diets are high in iron, and eating vitamin C at meals helps you absorb it. Consider a multivitamin with B12 to cover your bases. **Order our *Guide to Animal-Free Eating* (see back cover) or visit [VeganHealth.org](https://VeganHealth.org) for **nutrition tips**.**



Brandon Williams, Temple University

"I lift five days a week, and I've added muscle since going vegetarian. Getting enough protein is easy. Beans, lentils, nuts, plant-based meats, tofu, whole grains, and dairy-free protein shakes and bars are all great sources of protein."



Gunita Singh, Boston University

"I've always been low on iron, even when I ate meat. So I make sure to eat foods with plenty of iron. Beans, dark leafy greens, and whole grains like oatmeal and wheat are filled with iron. There are also iron supplements out there if you need them."

# EATING OUT

## INTERNATIONAL RESTAURANTS

### ITALIAN



### THAI



### MIDDLE EASTERN



### INDIAN



### MEXICAN



### CHINESE



## CHAIN RESTAURANTS

- **TACO BELL** – bean burritos, bean tacos, potatoes, guacamole
- **CHIPOTLE** – burrito, bowl, or tacos with sofritas and fajita veggies
- **JOHNNY ROCKETS** – Streamliner burger and fries
- **OLIVE GARDEN** – pasta with marinara, breadsticks, minestrone soup
- **NOODLES & COMPANY** – Japanese pan noodles, spaghetti with marinara

## VEGAN PIZZA GALORE!



While cheeseless pizza with lots of fixings is always a tasty option, many chains now carry vegan cheese and meats!

Check out Mellow Mushroom, Pie Five, PizzaRev, MOD Pizza, Pieology, Pi Pizzeria, and many more!

# EASY MEAL IDEAS



# GETTING GROCERIES

## PANTRY



## FRIDGE



## FREEZER



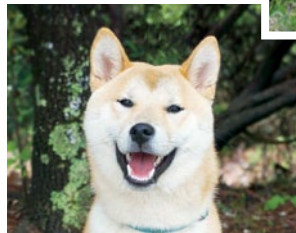
# YOU CAN HELP

By eliminating animal products, you can help put an end to the exploitation of farmed animals!

Research shows that people who make a more gradual transition in becoming vegan are more likely to stick with it.

You don't have to sacrifice your favorite meals—high-protein vegan meats are widely available.

Focus on the hundreds of new foods you can add to **meals—include** them in your routine until there's no room left for the old animal products!



Animals are individuals who have a value independent of their usefulness to others.



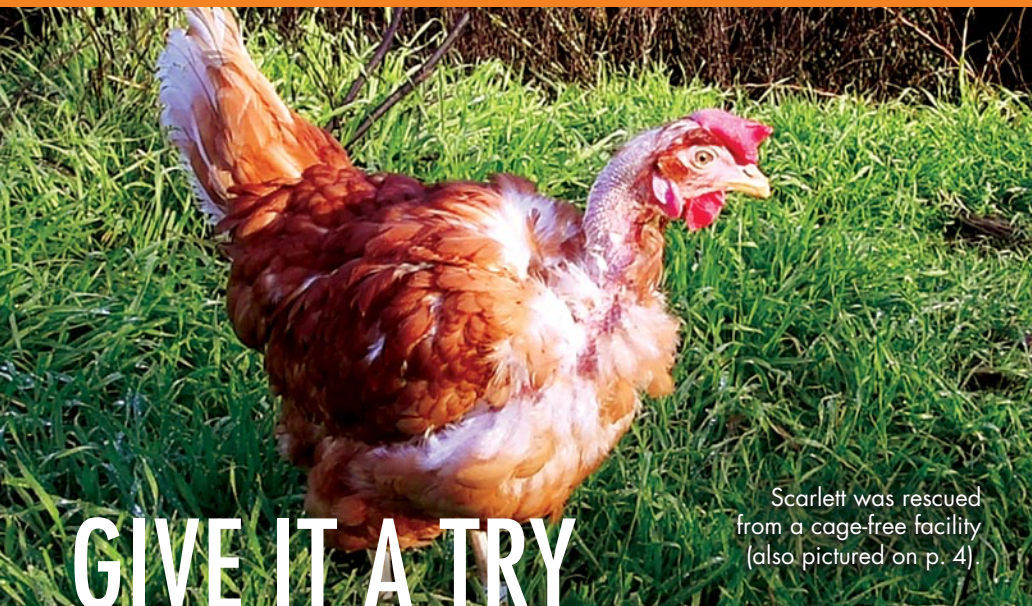
## Choosing vegan means not supporting the violence inflicted on farmed animals!



PO Box 1916, Davis, CA 95617 • [VeganOutreach.org/Contact](http://VeganOutreach.org/Contact)

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**"I think everybody has that capacity to stop and think and say, 'If I knew you, I wouldn't eat you.' And in some ways, it really is that simple."** Dr. Tom Regan, professor of philosophy



Scarlett was rescued from a cage-free facility (also pictured on p. 4).

# GIVE IT A TRY

## FREE GUIDE

Get your animal-free eating guide with recipes and health tips:

Text: "Starter" to 55678

Visit: [VeganOutreach.org/Guide](http://VeganOutreach.org/Guide)

## MENTOR PROGRAM

Get free individual help in going vegan:

[VeganOutreach.org/VMP](http://VeganOutreach.org/VMP)

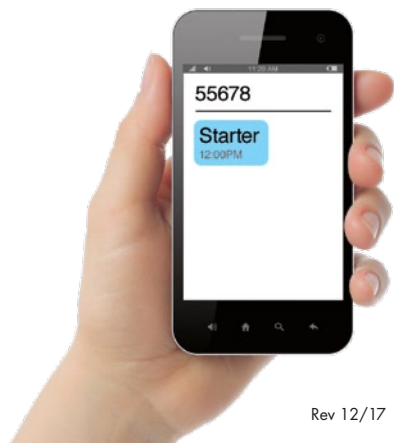
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