

For the animals.



For our own health.



And for the planet.



"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

# Why Veg?

## For the animals.

Each year **over 50 billion animals** are killed for food worldwide.

Most are imprisoned in overcrowded factory farms and are denied the freedom to express even their most basic natural behaviours. They undergo painful surgical procedures such as 'debeaking', tail docking and castration **without pain relief**.

In their final hours they face the stress of cramped transportation on trucks to slaughterhouses. There is no such thing as humane slaughter—**only fear and suffering**.

By switching to a vegetarian diet you can **save around 100 animals** every year!\*

Since we can lead healthy, happy lives without harming the animals that share this world with us... why on Earth wouldn't we?



## For the planet.

The global livestock industry is responsible for **more greenhouse gas emissions** than all planes, trains and automobiles in the world combined! But that's not all—livestock industries produce **130 times the waste** of the entire human population.

Compared to vegetarian alternatives, producing meat also requires more land, fossil fuels, and other precious resources. In fact, removing animal products from your diet **saves roughly 5 million litres of water** every year!\*



## For your health.

A vegetarian diet will also help you to live a **longer and healthier life**, significantly reducing your risk of strokes, obesity, diabetes, heart disease, and cancer.\*

\*To find out more visit

**WhyVeg.com**

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