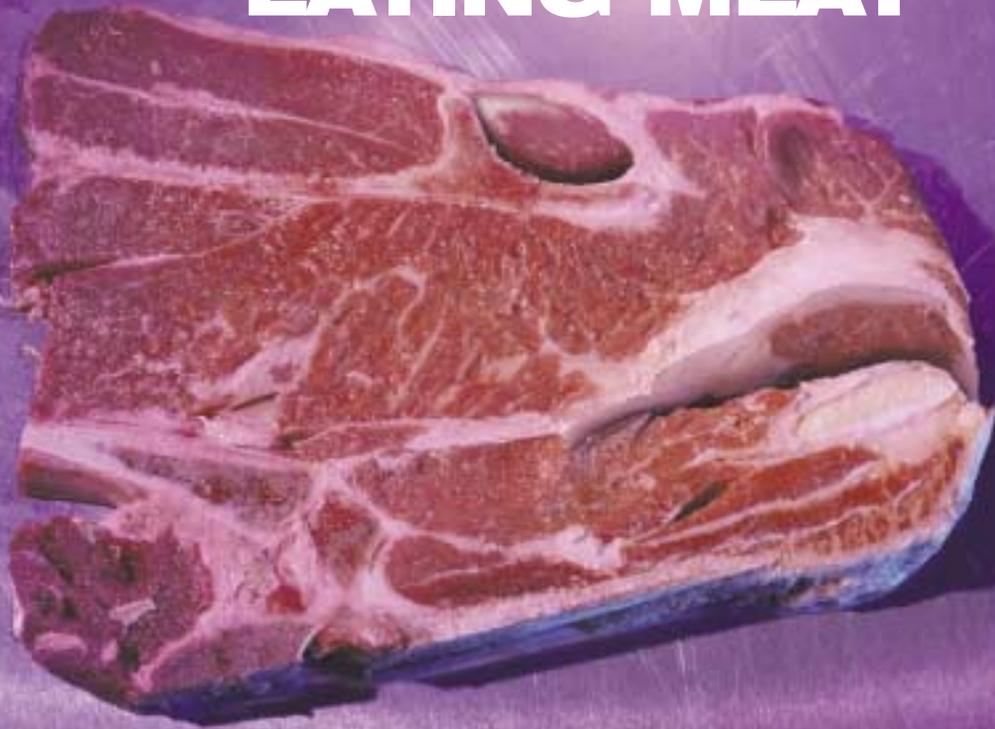


# FACE THE **FACTS** ABOUT EATING MEAT



**FACT** Nearly 9 billion animals a year on “factory farms” are crammed into tiny cages where they never see the sun, breathe fresh air, or feel grass beneath their feet.

**FACT** Farmers slice off baby birds’ beaks with a hot blade, sometimes removing part of their tongues or faces.

**FACT** Pregnant or nursing pigs are squeezed into narrow metal stalls too small for them to turn around in. Male pigs are castrated without any painkillers.

**FACT** At the slaughterhouse, some cows have their feet, ears, and udders cut off while fully conscious.



**“I know in my soul that to eat a creature who is raised to be eaten, and who never has a chance to be a real being, is unhealthy.**

**... You're just eating misery.”**

**—Alice Walker**



Photo credit: Chip Simons

## **The best way to help animals is to stop eating them.**

*Every time we sit down to eat, we have a choice: the violence of factory farming or respect for animals. Please choose compassion—go vegetarian!*

- Veg food can be familiar (like veggie burgers or pasta with tomato sauce) or exotic (like spicy curried vegetables or citrus stir-fry over couscous), and with the ever-growing list of faux meats like veggie-burger crumble for tacos, soy “chicken” and “turkey” deli slices, soy sausages, and more, you’ll never miss the meat!
- A vegetarian diet will help you, too. Vegetarian diets help prevent heart disease, strokes, many cancers, osteoporosis, diabetes, hypoglycemia, kidney disease, obesity, hypertension, asthma, and many other diseases.

**“Of all the diets we have out there to choose from, the vegetarian [diet] is obviously the best. Everything else [is] a compromise.”**

—**William P. Castelli, M.D.**, director of the Framingham Heart Study and lecturer in preventive medicine and clinical epidemiology, Harvard Medical School



For free vegetarian recipes to start you on the road to a healthier, more humane lifestyle, please contact:

**People for the Ethical Treatment of Animals**

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