

Harming Us Too



Animal foods increase risk of many **major diseases**: heart disease (America's #1 killer), cancer (#2 killer), stroke (#5 killer), Alzheimer's (#6), diabetes (#7), erectile dysfunction, and obesity.



Animal "agriculture" produces more **global warming** than all cars, trucks and planes in the world combined (per United Nations), and is a leading cause of:



Deforestation and species extinction



Ocean dead zones from waste runoff



One hamburger requires over 600 gallons of **water** to produce. And one gallon of milk requires over 700 gallons (that's 10× more than oat milk, 20× more than soy milk).

The Real Truth



When we harm animals, we also harm ourselves and our home. We may associate freedom with eating whatever we want, but it's time to question what we've been getting advertised into wanting to eat. Because modern animal "agriculture" is sick, and harming us all.



A 2018 Oxford University study found that going plant-based may be the single biggest way to reduce our environmental impact on Earth. And unlike buying a Tesla or solar, anyone can afford to eat kindly. In today's economy, how we spend is direct action for our future.

*Sources at www.ChoosePlantBased.org

Your Choice Matters



Slammed on concrete for being too small



Males dumped in grinders alive



Baby cows shot so they won't drink "our" milk

"There is no fundamental difference between humans and animals in their [ability to] feel pleasure and pain, happiness and misery."

– **Charles Darwin**

"The animals of the world... were not made for humans any more than blacks were made for whites"

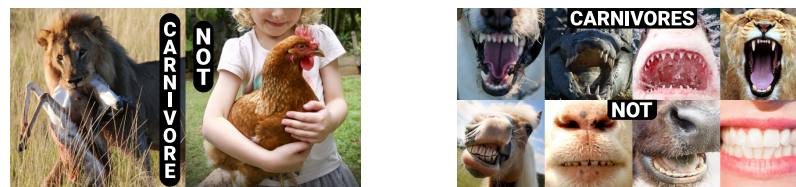
– **Alice Walker**, author of *The Color Purple*

"I am in favor of animal rights as well as human rights."

– **Abraham Lincoln**

"A long habit of not thinking a thing wrong, gives it a superficial appearance of being right."

– **Thomas Paine**, Founding Father



"Put a baby in a crib with an apple and a rabbit. If it eats the rabbit and plays with the apple, I'll buy you a new car."

*Sources at www.ChoosePlantBased.org