



VEGAN

I.Q.

HEALTH

ANIMALS

HEALTH

ANIMALS

ENVIRONMENT

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**Percent
protein in
human milk
solids?**

~7%

Liquid human milk is
less than 1% protein.
Baby formula is 2%.

35% Fat * 56% Carbs * 2% Minerals

**Even at their time of maximum growth,
human infants require minimal protein.**

Adults need no more than ~10% protein.

**Why so little? When cells die, their amino
acids are recycled into *new* proteins.**

Sources: wikipedia.org, peta.org, maxlearning.net

**Percent
protein in cow
milk solids?**

~26%

Liquid cow milk
is about 3%
protein.

32% Fat * 39% Carbs * 2% Other

**With such high protein, baby
calves can grow to 1000 lb in a year!**

**Casein (dairy protein) is carcinogenic and
produces addictive casomorphins.**

Sources: wikipedia.org, maxlearning.net, milk.elehost.com

**Percent fiber
in animal
products?**

0%

Meat, egg, dairy, fish contain NO fiber.

Only plant foods contain fiber.

**Fiber helps maintain bowel health,
lower cholesterol, control blood sugar,
and aid in weight loss.**

Sources: pcrm.org, mayoclinic.com

**Percent
cholesterol
in plants?**

~0%

Plant foods contain *tiny* amounts of cholesterol, more concentrated in vegetable oils, but still about 1000 times less than animal foods.

Plants also contain phytosterols that block absorption of cholesterol when eaten.

Our livers make cholesterol for cell membranes & hormone production, but excess cholesterol leads to clogged arteries, heart, stroke, & kidney disease.

Sources: pcrm.org, heart.org, wikipedia.org

**Annual U.S
deaths from
heart disease?**

600,000

Heart disease results in 1 in 4 deaths, the leading cause. Cancer is second.

Average U.S. Male Risk of Heart Death

- **Omnivore: 50%**
- **Vegetarian: 15%**
- **Vegan: 4%**

Sources: cdc.gov, vegsources.com (Diet for a New America)

**Optimal ratio
salt milligrams
to calories?**

1 mg : 1 cal

Excess salt raises blood pressure and damages arterial linings.

Canned and processed foods, even vegan ones, can be high in sodium. Limit these in favor of whole, unprocessed foods.

Use healthy spices in place of salt.

Sources: vegsource.com (Jeff Novick)

**Percent global
greenhouse gases
from livestock
production?**

18 - 51%

18% exceeds the emissions from all planes, trains, and automobiles combined.

51% exceeds the CO₂ emissions from all industry and energy production combined.

Why so high?

Methane, land use, & respiration.

Sources: UN Livestock's Long Shadow, Worldwatch Institute

**Percent U.S.
water used
to produce
livestock?**

50%

Water used in the production of one cow could float a naval destroyer.

Daily water needed to sustain:

- **Meat diet: 4000 gal/day**
- **Vegan diet: 300 gal/day**

Sources: Diet for a New America, foodispower.org, vegansaurus.com

**Percent of U.S.
grain fed to
livestock?**

70%

**80% of corn and 95% of oats
are fed to livestock.**

**90% of protein is wasted by
cycling grain through livestock.**

Sources: Diet for a New America, vegsource.com

**Gallons of
water to
produce 1 lb
of meat?**

2500 gal

6 months of daily showering uses less water than producing 1 lb of meat.

Cost of hamburger if water used by meat industry not subsidized by U.S. taxpayers: \$35/lb.

Sources: Diet for a New America, peta.org

**Gallons of
water to
produce 1 lb
of wheat?**

25 gal

Water to produce 1 lb of:

- **Lettuce: 15 gal**
- **Tomatoes 22 gal**
- **Potatoes: 30 gal**

Sources: Diet for a New America; treehugger.com

**Pounds of
grain to
produce 1 lb
of beef?**

16 lbs

20 vegans could be fed on the amount of land needed to feed 1 meat eater.

1.3 billion people could be fed by grain & soybeans fed to livestock.

Sources: Diet for a New America, vegansaurus.com

**Average
lifespan of a
cow?**

20 years

Cows enjoy solving problems and experience “Eureka” moments in which their heartbeats and adrenaline increase.

80% of cow genes are shared by humans.

Cows form deep bonds with their offspring and lifelong friendships within their herds.

Sources: peta.org, wikipedia.org

**Average
lifespan of a
dairy cow?**

4 years

Dairy cows must be impregnated yearly to keep producing calves and milk.

Male and surplus female calves are taken from their mothers and butchered for veal.

When cows are “spent” and no longer produce enough milk, they are slaughtered to provide 19% of the U.S. beef supply.

Sources: peta.org, wikipedia.org

**Male chicks
discarded by
egg industry
each year?**

250 million

As they don't lay eggs and are not bred for meat, male chicks of egg-laying hens are ground up, gassed, or suffocated alive.

Hens have their beaks cut off & are packed into cages where they can't lift a wing.

After 2-3 years of a 15-year lifespan, hens are killed for chicken soup and pet food.

Sources: upc.org, wikipedia.org

**Pigs are
smarter than
dogs & what-
aged kids?**

3-year-olds

Free pigs enjoy listening to music, kicking soccer balls, and playing video games.

Farmed pigs spend miserable lives in cramped warehouses in constant stress.

Farmers cut tails, snip teeth, & castrate piglets without painkillers, and it's legal.

Sources: peta.org

**Billions of fish
killed for U.S.
market each
year?**

6 billion

Like dogs or cats, fish have unique personalities and can feel pain.

Fish use tools, have long-term memories, & form complex social structures.

Fish pulled from the water slowly and silently suffocate & die in agony

Sources: peta.org

**Percent of U.S.
farm animals
housed
indoors?**

99%

Most factory-farm animals experience the outdoors only when shipped to slaughter.

Even most so-called “free-range” animals never leave their crowded open-floor sheds until it’s time to die.

Eliminate animal suffering—Go Vegan!

Sources: life.gaiam.com, wikipedia.com