



**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](http://wikipedia.org), [maxlearning.net](http://maxlearning.net), [milk.elehost.com](http://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](http://pcrm.org), [mayoclinic.com](http://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](http://pcrm.org), [heart.org](http://heart.org), [wikipedia.org](http://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](http://cdc.gov), [vegsources.com](http://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](http://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 CO<sub>2</sub> 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](http://foodispower.org), [vegansaurus.com](http://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](http://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](http://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](http://peta.org), [wikipedia.org](http://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](http://peta.org), [wikipedia.org](http://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](http://upc.org), [wikipedia.org](http://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](http://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](http://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](http://life.gaiam.com), [wikipedia.com](http://wikipedia.com)