



ANIMAL AID



CHOOSE LIFE - GO VEGGIE

GO VEGGIE

Save lives

The average meat-eater consumes as many as 11,000 animals in his or her lifetime.

Protect the planet

Animal farming uses much more land, energy and water than plant-based agriculture – and generates more global warming gases.

Improve your health

Vegetarians have a lower risk of obesity, heart disease, diabetes and some cancers.

Feed the world

Growing food to feed people directly – rather than first passing it through animals – is much more efficient and could feed many more people.

*It's healthier for
you, the animals
and the planet*

Order a **FREE**
Go Veggie pack

Telephone:
01732 364546

Visit:

www.animalaid.org.uk

