

Go vegan Protect the planet

There is now, more than ever, a need to switch to a plant-based diet. Not only is it kinder to animals and better for your health, but the environmental arguments are also overwhelming.

The vegan diet:

- requires less land
- uses less water
- generates fewer greenhouse gas emissions
- is cruelty-free



Climate change

Climate change is one of the most pressing problems we face today and animal farming is responsible for a major proportion of global greenhouse gas emissions. Methane, which has the potential to warm the earth 23 times quicker than carbon dioxide (CO₂), is produced during the digestive processes of sheep, cows and other ruminants and is released from their untreated manure. Nitrous oxide is also generated in large quantities by animal farming and is estimated to have nearly 300 times the global warming potential of CO₂.



Global water crisis

The meat and dairy industries are among the biggest contributors to global water scarcity. Farmed animals require large quantities of drinking water and huge volumes are used to grow the crops that are fed to them. It takes 1,000 litres of water to grow one kilogram of wheat, but a staggering 15,400 litres to produce the same quantity of beef, and more than 1,000 litres are needed for a cow to produce just one litre of milk.

Land availability

Large areas of natural forest are currently being destroyed to grow feed and provide grazing for farmed animals. Seventy per cent of existing agricultural land in industrialised countries is also devoted to growing food for animals. In fact, farmed animals are fed as much as half the world's harvest. A varied vegan diet requires just one fifth of the land needed for a typical European omnivorous diet.

I want to know more about going vegan

Please send me a FREE guide to going vegan

I enclose a donation of £ _____

Name: _____

Address: _____

Email: _____
(to receive monthly e-news)

Please tick this box if you would prefer NOT to receive information from like-minded organisations



Please return to: Animal Aid,
The Old Chapel, Bradford Street,
Tonbridge, Kent, TN9 1AW

Or call: 01732 364546
Or email: info@animalaid.org.uk
Web: www.animalaid.org.uk

