



It's time to go **vegan!**



for your health, for animals, for the planet



For a free Guide to Going Vegan
email info@animalaid.org.uk or call 01732 364546.

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Why **vegan**?

Across the globe, **veganism is booming**, with politicians, celebrities and world-class athletes **singing the praises of animal-free eating**. As a result, the range of products on sale in supermarkets and health food shops — as well as the options available at restaurants and cafés — **is growing all the time**. Here's why going vegan is such a great thing to do:

It's healthy...



With good planning and an understanding of what makes up a healthy, balanced vegan diet, you can get all the nutrients your body needs.

- NHS Live Well guide

A **plant-based diet** is naturally **low** in saturated fat and cholesterol and **high** in vitamins, minerals and fibre. Studies also show that vegans suffer **lower rates** of **obesity, heart disease, diabetes** and certain types of **cancer**.

...and good for the planet

According to the **UN**, animal farming causes **more greenhouse gas emissions** than all of the cars, planes, trains and ships in the world **combined**. Animal products also **waste resources**; it takes 1,000 litres of water to produce a single beef burger, compared to just 167 litres to produce a soya-based one.

It saves lives...

What you put on your plate is a matter of **life** or **death**. The average meat-eater consumes as many as **5,000 animals** in his or her lifetime, and that doesn't include fish. Why not **stop eating them** and **start saving them instead**?



...and stops suffering

Animals raised for **meat, milk** and **eggs** are treated like **emotionless machines**, typically crowded together in **filthy conditions** for the duration of their short and miserable lives. No matter what system they are raised in — intensive, organic or free range — **all farmed animals** face a **brutal death** at the slaughterhouse.

And it's delicious!



Aside from the **many healthy, nutritious dishes** that vegans can eat — including soups, stews, pasta dishes and curries — the **huge variety** of **meat- and dairy-free products** now available means that you'll still be able to **indulge yourself** with burgers and sausages, schnitzels and nuggets, pizza, ice cream, biscuits, chocolate and cakes.

There's never been a better time to give it a go!

To order a **FREE Go Vegan Guide**, packed full of recipes and shopping tips, go to

animalaid.org.uk/go/veganpack or call **01732 364546**



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