



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



For your health, for the animals, for the planet

For a free 'Go Vegan' pack, visit:
www.animalaid.org.uk/veganpack
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 stops suffering...

Animals raised for **meat, dairy** 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 try veganism!

To order a **FREE 'Go Vegan' pack**, packed full of recipes, nutritional advice and shopping tips, go to:
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