

## References for *Veganism* factsheet

1) *Veganism is one of the fastest-growing movements in the world today with more people than ever opting for a compassionate lifestyle and choosing to eat an animal-free diet. Survey results show that it is young people who are leading the way.*

<https://www.vegansociety.com/news/media/statistics/worldwide>

(Accessed 22 July 2024)

2) *Increasingly, dairy cows are being kept inside sheds for the whole of their lives –reportedly around 20% of dairy cows in the UK are now intensively reared in what are called zero-grazing farms.*

<https://www.ciwf.org.uk/news/2016/04/the-grass-is-greener-the-plight-of-uk-dairy-cows-f1>

<https://www.theguardian.com/world/2023/apr/30/milk-adverts-battery-cows-dairy-cattle-fields-animal-rights>

(Accessed 22 July 2024)

3) *Animal farming is a leading cause of climate change, being responsible for 14.5% of all greenhouse gas emissions*

Gerber PJ, Steinfeld H, Henderson B, Mottet A, Opio C, Dijkman J, Falcucci A and Tempio G. , 2013. Tackling climate change through livestock – A global assessment of emissions and mitigation opportunities. Food and Agriculture Organization of the United Nations (FAO), Rome, Italy.

[www.fao.org/3/i3437e/i3437e.pdf](http://www.fao.org/3/i3437e/i3437e.pdf)

(Accessed 22 July 2024)

4) *According to the Worldwide Fund for Nature, 60% of global biodiversity loss (habitat destruction and animal species extinction) is caused by our meat-eating diet.*

World Wildlife Fund for Nature report, Appetite for Destruction, 2017:

[https://www.wwf.org.uk/sites/default/files/201711/WWF\\_AppetiteForDestruction\\_Full\\_Report\\_Web\\_0.pdf](https://www.wwf.org.uk/sites/default/files/201711/WWF_AppetiteForDestruction_Full_Report_Web_0.pdf)

(Accessed 22 July 2024)

5) *The clearing of rainforest to create pasture for cattle to graze is responsible for around 80% of Amazon rainforest destruction.*

<https://fundtheplanet.net/amazon-rainforest/the-impact-of-deforestation-on-the-amazon-rainforest-a-comprehensive-look/>

(Accessed 22 July 2024)

[wwf.panda.org/discover/knowledge\\_hub/where\\_we\\_work/amazon/amazon\\_threats/unsustainable\\_cattle\\_ranching/](http://wwf.panda.org/discover/knowledge_hub/where_we_work/amazon/amazon_threats/unsustainable_cattle_ranching/)

(Accessed 22 July 2024)

6) *For example, it is estimated that for every 20kg of feed (grain or soybeans) fed to cattle raised for beef, we get back only 1kg as meat. We would therefore be able to feed many more people by using the available land to feed people directly, on a plant-based diet, rather than by using it to fatten animals.*

<https://www.ciwf.org.uk/media/7425974/industrial-livestock-production-the-twin-myths-of-efficiency-and-necessity.pdf>

(Accessed 22 July 2024)

7) *Rearing animals for food takes about 83% of all agricultural land yet produces only 18% of the world's calories and 37% of our protein.*

<https://www.leap.ox.ac.uk/article/reducing-foods-environmental-impacts>

(Accessed 22 July 2024)

<https://www.theguardian.com/environment/2018/may/31/avoiding-meat-and-dairy-is-single-biggest-way-to-reduce-your-impact-on-earth>

(Accessed 22 July 2024)

8) *Studies have shown that vegans suffer lower rates of obesity, heart disease, diabetes and certain types of cancer*

<https://www.vegansociety.com/sites/default/files/Vegan%20health.pdf>

(Accessed 22 July 2024)

<https://www.news-medical.net/news/20240516/Plant-based-diets-reduce-cancer-and-heart-disease-risks-study-shows.aspx>

(Accessed 22 July 2024)

<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0300711>

(Accessed 22 July 2024)

9) *All the things you need to stay fit and healthy – proteins, carbohydrates, fats, minerals, vitamins and fibre – are easily provided by a well-planned vegan diet.*

<https://www.bda.uk.com/resource/vegetarian-vegan-plant-based-diet.html>

(Accessed 22 July 2024)

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