



**SMALL CHANGES
CAN HAVE
BIG
IMPACTS**

EATING TO HELP THE PLANET



Did you know that reducing or cutting out animal products is one of the most impactful things you can do to protect the environment?

EAT PLANT-BASED TO HELP NATURE

- Almost 7 out of 10 wild animals have vanished in just 50 years and habitat loss due to animal farming is a leading cause.
- Large areas of rainforest, grassland and other natural habitats are destroyed to graze animals and to grow crops which are fed to animals.
- Manure from animal farms pollutes waterways, killing fish and other wildlife.



ANIMALS ■ **PLANTS**

LAND USED



**OUTPUTS
CALORIES**



PROTEIN



EAT PLANT-BASED TO HELP OCEANS

- Industrial fishing empties the oceans of life, pushing many species towards extinction.
- Huge nets are dragged across the ocean bed, destroying natural habitats and killing anything in their path - including trillions of fish and millions of dolphins, turtles and seals.
- Farmed fish are kept in filthy, overcrowded cages, polluting the surrounding oceans and spreading disease to wild animals.



EAT PLANT-BASED TO HELP THE CLIMATE

- The animal farming industry produces 14.5% of greenhouse gas emissions, making it a leading cause of climate change.
- Farmed animals such as cows and sheep produce a lot of methane, a potent greenhouse gas.



"EVERY SINGLE DAY THAT WE LIVE, WE MAKE SOME IMPACT ON THE PLANET. WE HAVE A CHOICE AS TO WHAT KIND OF IMPACT THAT IS"

DR. JANE GOODALL

Find out more about how a plant-based diet can help the planet, your health, other humans and animals:



GREENHOUSE GAS EMISSIONS (KG PER DAY)



LAND USED (M² PER DAY)



WATER USED (LITRES PER DAY)



The Old Chapel, Bradford Street, Tonbridge, Kent, TN9 1AW
01732 364546 | info@animalaid.org.uk | www.animalaid.org.uk

Animal Aid exposes and campaigns peacefully against all animal abuse and promotes a cruelty-free lifestyle.



@AnimalAid



@animalaid_uk



@AnimalAid



/AnimalAid



@animalaid_uk