



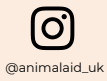
Choose vegan



For animals, your health, for the planet

www.animalaid.org.uk/VeganGuide
or call **01732 364546**

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how to
take action



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Why vegan?



Across the globe, veganism is booming, with politicians, celebrities and athletes adopting vegan lifestyles because of ethical concerns about animals and the planet. As a result, the range and availability of products in shops – as well as the options available at restaurants and cafés – is growing all the time.

Choosing vegan isn't just about your diet – but happily it's also getting easier to support animals with your other life choices; such as ditching animal leather or choosing bamboo silk over the use of silk worms; choosing not to bet on horse and dog racing – or even adopting a companion animal rather than purchasing them from a breeder.

Here's why choosing vegan is such a great thing to do:

Saving animals' lives

Animals raised for meat, dairy, eggs and other 'products' are typically crowded together in filthy conditions for the duration of their short and miserable lives.

Whether farmed in intensive, organic, or free-range systems, all farmed animals face abuse, and a brutal, terrifying death at the slaughterhouse.

Not using or eating animal products means you're saving animals' lives!

Saving the planet

Most agricultural greenhouse gases come from animal farming and animal farming

is also a major driver of deforestation.

Adopting a vegan diet can reduce climate-heating emissions, land use and water pollution by 75% – and can reduce a person's water footprint by 25–55%!



It's healthy ...

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.

"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 Living Well Guide

... and its delicious

If you're a whiz in the kitchen, then there are tons of wonderful, healthy recipes available online and in recipe books. For something special, you can find amazing and creative ideas online too.

If you're not, then the supermarkets have you covered – from the basics through to indulgent burgers and sausages, schnitzels and nuggets, pizza, ice cream, biscuits, chocolate and cakes.

There's never been a better time to choose a vegan lifestyle

Our free handy guide is packed full of recipes, nutritional advice and shopping tips – order yours!

Email info@animalaid.org.uk or visit www.animalaid.org.uk/veganpack