

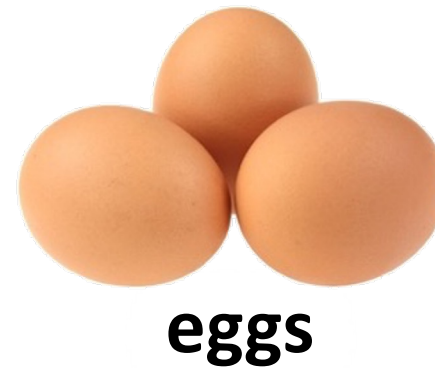
ANIMAL
 **AID**

Your name

Foods vegetarians avoid



Foods vegans avoid



Reason 1

ANIMALS



Veganism is a lifestyle which seeks to exclude, as far as is possible and practicable, all forms of animal use.

Why farm this way?



Egg farm



Meat farm



Chicken meat farm



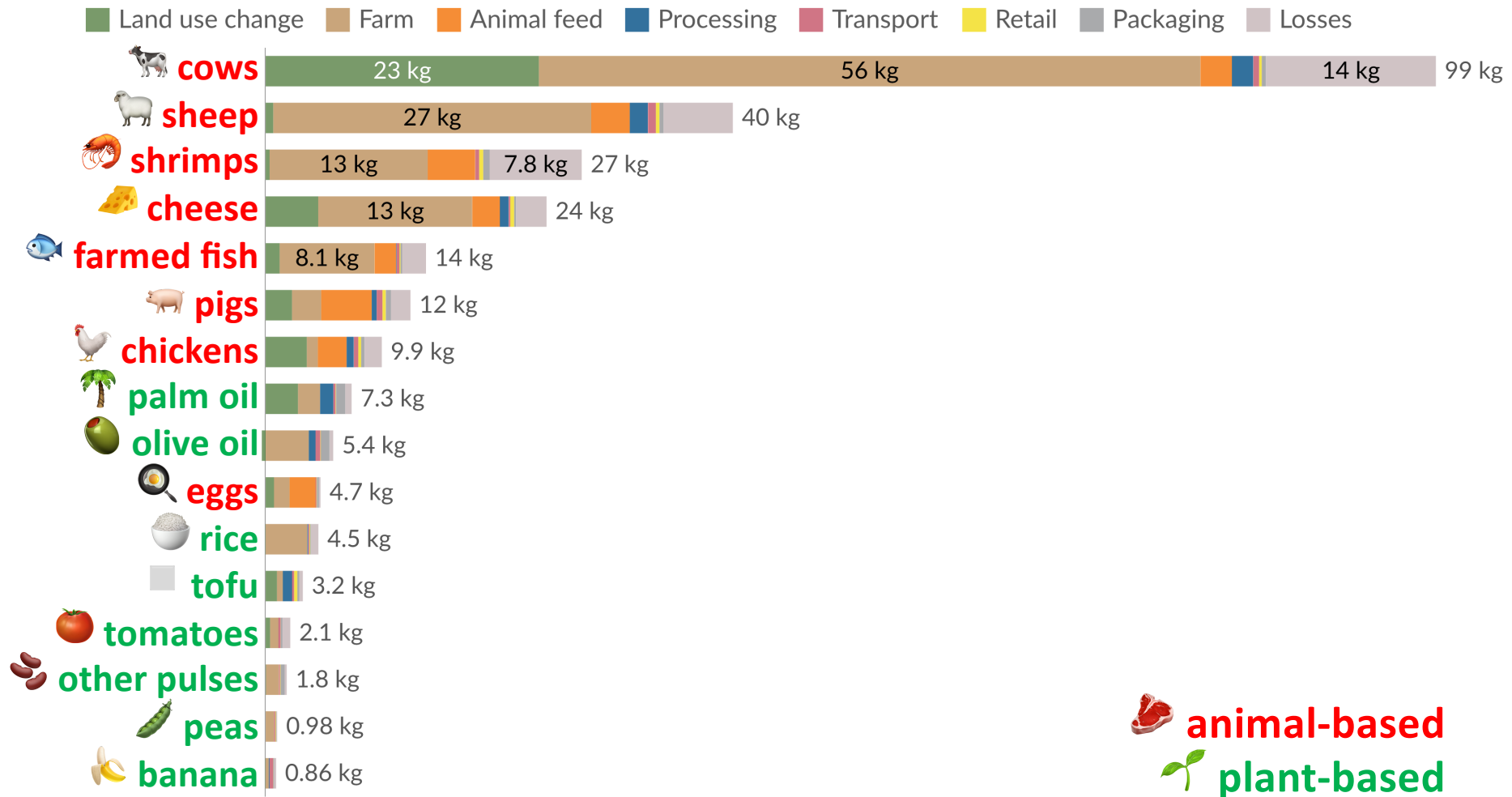
Dairy farm

Reason 2

ENVIRONMENT



Greenhouse gas emissions (kg of CO₂ per kg of food)



Switching to a plant-based diet can reduce your food emissions by 75%

OurWorldinData.org/environmental-impacts-of-food

Reason 3

HEALTH



“You can get the nutrients you need from eating a varied and balanced vegan diet.”



Vegan sources of protein and iron



Beans and other legumes



Soya



Seitan





vs



Energy (calories):	214	141
Saturated fat (g):	5.2	0.7
Cholesterol (mg):	70	0
Protein (g):	26.5	20
Iron (mg):	2.7	3.5
Fibre (g):	0	3.8

**You can make a
difference!**

Eat more plants

Choose veggie

Choose vegan

