

# MEAT

# VEGAN



What's in a **MEAT** burger?

- ✘ Eleven times as much fossil fuel as it takes to make a veggie burger
- ✘ Approximately 628 gallons of water for 1 quarter-pound cheeseburger
- ✘ Fecal bacteria (in seven out of 10 burgers)
- ✘ Cholesterol, which can make you sick
- ✘ The suffering and terror of cows who didn't want to die



What's in a **VEGAN** burger?

- ✚ Less than 1/10 of the greenhouse-gas emissions caused by producing a beef burger
- ✚ Clean, healthy protein from beans and grain
- ✚ Nutrients you need, like calcium, iron, vitamins, and more
- ✚ Veggies that didn't scream

You can't be a **MEAT-EATING** environmentalist. **GO VEGAN.** PETA



## MEAT



According to the UN Food and Agriculture Organization, meat, egg, and dairy production accounts for about 14.5% of global greenhouse gas emissions, which, by some estimates, is greater than that of all the world's transportation systems. Industrial animal farms destroy our land and pollute our groundwater, our oceans, and our air, and **billions of animals are killed** just to produce a destructive and unsustainable product.



Animals raised for food produce 10 times more waste than the human population does! Where does it go? Often into huge lagoons like this one, full of feces, urine, chemicals, and antibiotics. When the lagoons are full, the toxic concoction often gets sprayed directly into the air, polluting the local environment.

**MEAT IS** killing **THE PLANET.**



## VEGAN



Animals aren't food—they feel pain and fear like us, and they don't want to be hung upside down or their throats to be slit for your lunch. Order vegan instead! Chains like Taco Bell, Chipotle, Denny's, Red Robin, Johnny Rockets, Carl's Jr., and Blaze Pizza serve delicious vegan food, and you can also find tasty vegan meat products like Gardein, Beyond Meat, Boca, and lots more at your local grocery or health food store.



**FOR FREE VEGAN RECIPES, TEXT\* FOOD TO 73822**

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