

LOVE *Animals*?
***Try* VEGAN!**



animalplace.org

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About Animal Place

Founded in 1989, Animal Place provides sanctuary to farmed animals and inspires compassionate food choices to the public. Our hub is located in Grass Valley, home to our 600-acre facility and nearly 400 rescued cows, pigs, chickens, turkeys, sheep, goats, and rabbits who live out their lives in peace and comfort. The Grass Valley site is open to the public seven days a week for self-guided tours, and selected weekends for guided tours and events. Animal Place is funded by donations from kind-hearted people like you. To see how your gift can save a life go to donate.animalplace.org/donate

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Animal Place operates a 12-acre Rescue & Adoption Center in Petaluma, California, home to our large-scale hen rescue program. Each year, we save around 3,000 hens from egg farms and place them in permanent homes. The program has saved more than 26,000 chickens!



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Love animals?

You are not alone.

No matter the survey, most Americans believe that cruelty to animals is wrong, and that non-human animals deserve our moral consideration and protection.

But did you know...

In 1½ years we kill as many farmed land animals as the number of human beings who have ever lived.

This is where you come in.

**Learn 4
reasons
why you
should try
veganism!**

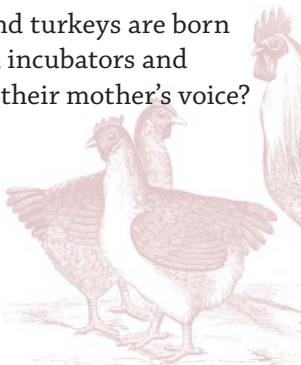


1

Farmed animals are smart, unique individuals who experience emotions

CHICKENS AND TURKEYS

- Mother hens talk to their egg-bound babies and they talk back. How sad is it that all chickens and turkeys are born in artificial incubators and never hear their mother's voice?





- Chickens and turkeys form sub-groups and cliques, **have best friends**, and birds they are not on the best of terms with.

- **Chickens and turkeys see in full color.** The reason roosters crow before dawn is that they see the sun before our eyes do (other explanations abound for why they crow throughout the rest of the day).

- **Chickens can be clicker-trained (like a dog or pig)** to identify specific shapes, colors, and perform different

behaviors. Roosters are capable of deceiving other birds, a behavior once thought unique to primates, dolphins, and elephants.





PIGS

- Most pigs are tactile and enjoy the physical company of other pigs (and human friends). Most pigs keep their sleeping quarters clean and will not soil their barns.



- **Lacking meaningful sweat glands,** pigs use external sources to regulate their temperature. They prefer clean water, then muddy water, then mud — which keeps them cool and acts as protection from the sun.
- They can recognize their names within weeks of being born. They can learn to play joystick-controlled video games. Pigs can recognize themselves in a mirror and can use a mirror to find a hidden bowl of food that can only be seen in its reflection.
- They regularly communicate with one another using over 20 vocalizations that indicate mood.

COWS

- Cows are social animals who form lifelong bonds with each other. A herd often includes several generations of relatives.
 - Scientific research into cow behavior shows that cows can hold grudges and they remember those who are kind to them.
 - In studies involving cows learning how to navigate a maze for a reward, neuroscientists noted that when cows succeeded, their brain exhibited the same “a-ha” feeling that humans do.
- Cows have **more olfactory sensors than dogs!** They can smell a unique odor 1-4 miles away (depending on many factors).





SHEEP

- **When lambs are born, they can identify their mothers** by sight, smell, and unique call.
 - **Sheep can remember 100 different human and sheep faces** for at least 2 years.
 - **Sheep prefer smiling human faces** to angry ones, and calm sheep faces to stressed ones.
-

RABBITS

- **Rabbits form a complex social structure**, with different cliques or sub-groups within the main warren or herd.
- **They can learn to be clicker-trained** and run agility courses, similar to a dog.
- **Rabbits are crepuscular**, meaning they are most active at dusk and dawn.



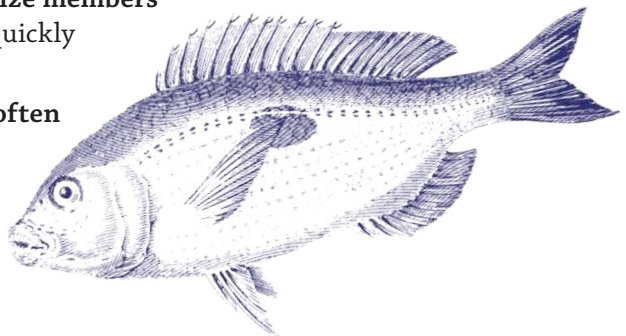


GOATS

- In task learning and memory studies, goats learned to use a lever to access food and retained that knowledge for at least 10 months.
 - **They will stare at their human friends the same way a dog does** when they want a treat and will even direct their gaze from the human friend's face to the treat source (often hard to reach leaves on a tree).
 - **Goats have rectangular pupils** that give them nearly 360 degree field of vision.
-

FISHES

- **Fishes have demonstrated innovative behavior** including the ability to use tools.
- **Some fishes can recognize members** of their own species as quickly as primates.
- **Their cognitive ability often meets or exceeds that** of other vertebrates.





2

Animal agriculture is cruel

This is not an exhaustive list of how much animal agriculture negatively impacts nonhuman victims. All numbers are annual and for the United States.

Chickens killed in egg farming: 250 million hens; 100 million male chicks

- **Male chicks do not produce eggs and have little value.** Since chickens bred for eggs grow slower and weigh less than those bred for their flesh, they are all killed at hatching.
- **Intense confinement in cages, cage-free facilities, and large free-range farms leads to abnormal, aggressive pecking.** Hatcheries remove up to 50% of the nerve and blood-rich beak of each female chick without pain relief.





- Although birds could live 4-10 years, they are slaughtered when their egg production declines slightly after 1-2 years.

Chickens killed for their flesh: 9 billion

- The 9 billion chickens slaughtered for their flesh are babies and still vocalize by peeping. Humans have manipulated the genetics of “broiler” chickens such that they grow so fast they are the size of an adult at 6-weeks-old.
- **Birds are excluded from two federal laws “protecting” farmed animals.** This means they can be transported long distances without food or water



and, worse, the law does not require birds to be stunned insensible to pain prior to death. Birds are run through an electrical water bath. Immobile but often conscious, their throats are cut with a rotating blade.



Cows killed in the dairy industry: 2 million cows and 400,000 calves

- To produce milk, a cow (any mammal) must give birth. **Calves are removed from their mothers immediately after birth.** Male calves are sold for “cheap dairy beef” or “veal”.
- The breeding of cows on dairy farms is different than farms for flesh, since dairy cows are highly monitored. Farmers use genetic selection through artificial insemination. Cows are restrained, a worker inserts their arm into her rectum to help find the uterus, and then an artificial insemination rod is inserted into her cervix.
- Although she could live 18-20 years, the average lifespan for a cow on a dairy farm is **4-6 years before she is sent to slaughter.** She is killed because she can no longer get pregnant, can no longer walk to the milk parlor, or develops a disease of the udder.

Cows killed for their flesh: 35 million bovines

- Calves are branded and castrated (if male) without pain relief. Some breeds are de-horned.
- Before heading to the feedlot, most calves will have a **hormone implant inserted into their ear to boost growth rates.**
- For the last 3-6 months of their lives, they are confined in dirt lots (feedlots) with thousands of other animals. **At 22-24 months of age, the cows are slaughtered.**



Pigs killed for their flesh: 120 million

- **75% of female pigs used to birth piglets for human consumption are kept in crates so small they cannot turn around.** They develop abnormal behaviors that include self-mutilation, bar-chewing, and head-bashing due to intense confinement.
- **Piglets are tail-docked to prevent chewing in confinement.** Their ears are “notched”, in which portions of their ears are cut out for identification. Males are surgically castrated while fully conscious.



- **They reach 250 pounds in only 6 months.** Excessive growth results in health problems, like early arthritis, broken legs, and injured backs.
- **Pigs raised for their flesh are killed at 6 months.** At a sanctuary, pigs can live 10-14 years.



Turkeys killed for their flesh: 264 million

- **Turkey chicks are de-beaked without pain relief.** Many are de-toed, in which the first digit of each toe is cut off to prevent damage from fighting and to protect workers from being scratched while catching.
- Breeds of turkeys used for meat production have been artificially selected by humans to **grow so fast that they cannot mate naturally or fly.** Humans physically “milk” tom (male) turkeys to collect semen, and then artificially inseminate females.
- They are bred to grow quickly and are so overfed that their bones are often too weak to carry their own weight. **If humans grew at the same rate, they would weigh 280 pounds in 2 years!**
- Turkeys are slaughtered at 5-7 months.





Sheep farmed and killed for their wool and flesh: 2.5 million

- Wild sheep and some domestic breeds have hair and a fine wool that sheds naturally. Humans selected sheep with continually growing wool. This unnaturally wrinkly skin cover creates a nesting ground for insects, so farmers in some countries (like Australia) perform “mulesing”, where large chunks of flesh are sliced off without pain relief. **Most ranches dock the tails and de-horn lambs without pain relief.**
- Lambs raised for their flesh are **killed at 1-6 months of age**. Sheep used for their wool are slaughtered at 2-4 years of age, although they could live 8-16 years.



Goats killed: 620,000

- Similar to the cow dairy industry, most large goat dairies **remove kids from their mothers soon after birth**. Male kids are often sold at auction for slaughter.
- Goats exploited for their flesh are **slaughtered at 6-8 months old**, although they could live 10-18 years.



Rabbits farmed and killed for their flesh: 2-6 million

- Rabbits raised for their flesh are slaughtered at 4-8 months old. The United States Department of Agriculture classifies rabbits as poultry, **deeming it unnecessary to render the rabbits unconscious before they are slaughtered.**



Fishes farmed and killed for their flesh: 30-120 billion globally

Note: this does not include those killed living in open waters

- More than 50% of fish flesh comes from those confined in unnatural, overcrowded water pens (or fish farms).
- Due to intensive confinement, **parasites and disease are common, with most farmed fishes suffering from sea lice and intestinal worms.**



When housed in sea pens, confined fishes can spread these diseases to wild populations.

- Fishes are often starved for days before being slaughtered.

What about cage-free, free-range, and organic farms?

All methods of raising animals requires foregoing individual care as well as proper welfare. **Most farms, regardless of size or type, mutilate animals — castration, tail docking, de-beaking, de-toeing, and de-horning all without pain relief.** Organic farms do not use antibiotics, which means ill animals are left with painful ailments and no proper treatment. And all animals are slaughtered. Having “better welfare” does not negate the ultimate welfare violation of taking someone’s life when it is unnecessary.

3

Eating animals can be harmful to your health

This is not an exhaustive list.

Heart health

- The Adventist 2 Study of 89,000 Californians found that participants who reduced meat consumption to one day a week had **23% lower rates of hypertension** (blood pressure) while those who were vegan had **75% lower risk of high blood pressure**.
- A University of Tufts study showed that plant rich diets (focused on replacing animal flesh with soy, increased consumption of nuts) **reduced cholesterol levels 15-20% over 6 months**.

A Plant-Rich Diet
reduced cholesterol levels



Diabetes

- Findings from The Adventist Health Studies (research studying more than 90,000 Seventh Day Adventists) reported that **non-vegetarians were 74% more likely to develop diabetes than vegetarians**.
- A 2009 study showed the prevalence of diabetes in **vegans at 2.9% versus 7.6% in non-vegetarians**.

Type 2 Diabetes prevalence

Vegans

2.9%

Non-vegetarians

7.6%

Cancer

- The World Cancer Research Fund and the American Institute for Cancer Research assessed peer-reviewed research and found that **consumption of processed meat and red meat increased the risk** for colorectal cancer and possibly esophageal, lung, pancreatic, and endometrial cancer.
- The National Institutes of Health followed 500,000 people ages 50-71 for 10 years. People in the **higher 25% of red meat intake had elevated risks** for overall cancer mortality.

People in the highest 25% of RED MEAT intake had elevated risks for overall CANCER MORTALITY

Healthy bones

- Two cohort studies over several years of men and women showed a higher rate of bone fracture and mortality in groups with high dairy milk consumption.
- The 12 year Harvard Nurses' Study showed that **women who drank more milk had more fractures** than women who drank less or no milk.

Nutritional information about a plant-based diet

Many (non-vegans and vegans) are deficient in some or all of the following nutrients and must add fortified foods or supplements to their diet.

Vitamin B12	This vital nutrient is produced by bacteria that you consume when you eat. The most common sources are animal products. Vegans are vulnerable to B12 deficiency (though many non-vegans are also deficient in Vitamin B12). The good news? Fortified foods and B12 supplements are easily available!
Iron	The American Dietetic Association states that iron-deficiency anemia is rare, even in vegans. That said, iron is less available in plants, so it is important to add iron-rich foods or supplements to your diet. Iron-rich foods include beans (black, kidney), spinach, soybeans, cashews, cabbage, and tomato juice.
Calcium	The key to good bone health is the right amount of calcium intake regardless of diet. Important calcium sources include tofu, mustard and turnip greens, bok choy, and kale. (To benefit from the calcium in spinach it must be cooked.)
Vitamin D	Vitamin D deficiency is common in the entire population! Plant-based foods that are fortified with Vitamin D include soy milk and cereal. Depending on skin color, climate, health, and season, twice a week exposure to the sun for 30 minutes (no sunblock) is recommended. Vitamin D2 is always vegan but less easily absorbed. Look for supplements with vegan Vitamin D3, sourced from lichen.
Protein	According to the science and nutrition available, vegans who eat enough food consume sufficient protein. (Beans, nuts, and legumes are high in protein.)



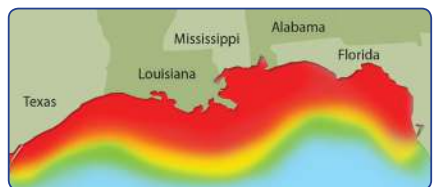
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Animal agriculture hurts our environment and wildlife

Water pollution and use

- According to the United States Environmental Protection Agency, **animal agriculture is the primary source of pollution in rivers and streams**, the second primary source in wetlands, and the third primary source in lakes.
- Research published in *Ecosystems* shows that animal agriculture produces 7-9 times more sewage (untreated) than humans.
- Farming animals requires more direct and indirect water use than plant production.
- The **largest dead zone** — an area of ocean water where no marine life can live — is more than 8,776 square miles and **directly caused by runoff from animal agriculture**.

Gulf of Mexico 'dead zone'



Climate change

- Animal agriculture is responsible for **44% of human-caused methane emission**, which is 34 times more potent than carbon dioxide (CO₂) and remains in the atmosphere longer.
 - The Food and Agriculture Organization of the United Nations' (FAO) research showed that animal agriculture is responsible for 18% of greenhouse gas emissions in CO₂ equivalent, greater than the transportation industry.
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Rainforest and biodiversity

- According to research published in *Science of the Total Environment*, **75% of Brazilian Amazon rainforest deforestation is caused by animal agriculture.**
 - According to the FAO, animal farming is responsible for a third of biodiversity loss.
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Oceans

- All 17 primary fish populations worldwide are overexploited or on the verge of collapse. **Scientists predict that all large fishes will be gone by 2048.** 90% of large fishes have already been eliminated due to fishing and pollution.
 - Non-targeted sea animals — known as by-catch — end up in fishing nets and die. Species include turtles, dolphins, sharks, and sea birds. **20% of the total U.S. by-catch is thrown away every year.**
 - One third of fishes caught in oceans are used as meal for farmed fishes, pig and chicken feed. 132 billion pounds of wild fishes are needed each year to feed 3 million tons of tropical tuna species raised on fish farms.
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Land

- The FAO reports that animal agriculture is linked to **55% of soil erosion.**
- Animal agriculture takes up 70% of all agricultural land. This includes land used to confine, graze or house animals, and grow feedstuffs for those animals.

Is a vegan lifestyle affordable?

Living vegan can be as expensive or inexpensive as you want or need it to be! It can be daunting at first, but most basic staples are affordable — think beans, rice, cereals, and pastas. Fresh fruits and vegetables vary in price depending on source (e.g. conventionally grown produce versus organic) but most are available in cheaper frozen forms! Check out one of our favorite resources, *Plant-Based on a Budget*, for pro tips on eating a vegan diet affordably.

So how do I get started?

Start with the foods you already eat — like these 10 plant-based foods

- Peanut butter and jelly sandwiches
- Pasta with most sauces
- Oatmeal
- Chips and salsa, guacamole, or hummus
- Fresh fruit
- Vegetable stir fry
- Fruit/green smoothies
- Granola bars
- Salad
- Nuts and seeds

Replace animal based foods with plant-based ones

Making a sandwich? Try Tofurky or Field Roast deli slices with some Chao, Follow Your Heart, or Daiya cheese slices. Instead of mayonnaise or butter, smother those bread slices with Veganaise, Just Mayo, or Earth Balance.

Love pizza? For cheese, try VioLife, Daiya, Follow Your Heart shreds, or Miyoko's mozz!

Gotta have your milk? Replace with Silk (soy, coconut, almond), SoDelicious, Ripple, Almond Breeze, Oatly, Rice Dream, Eden Soy, or Good Karma, to name a few.

Need to host a fancy cheese party? Check out Whole Foods or your co-op and look for Miyoko's, Kite Hill, Treeline, or VioLife. (Some can be ordered online.)

Ice cream fix? There are a growing number of brands offering plant-based frozen delicacies! Look for non-dairy Ben & Jerry's or Breyer's options. All vegan options include So Delicious, Coconut Bliss, Tofutti, NadaMoo, and many more!

Need eggs for baking? Try Ener-G or Bob's Red Mill egg replacers.