VEGAN FOR...

your health

PLANT-BASED EATING =

- 15% LOWER RISK OF CANCER
- 42% LOWER RISK OF HYPERTENSION
- 50% LOWER RISK OF DIABETES

VEGAN MEANS

PLENTIFUL PROTEIN & VITAL VITAMINS

- BROCCOLI 47 mg per 100 g
- ALMONDS 264 mg per 100 g
- TOFU 350 mg per 100 g

- CHICKPEAS 9 g per 100 g
- SOYBEANS 17 g per 100 g
- PUMPKIN SEEDS 31 g per 100 g

- PORK 22 g per 100 g
- KALE 1.5 g per 100 g

the animals

ANIMALS USED FOR MEAT

- PIGS: LIVES 15 YEARS, KILLED AT 6 MONTHS
- HENS: LIVES 10 YEARS, KILLED AT 7 WEEKS
- COWS: LIVES 15 YEARS, KILLED AT 3 YEARS

VEGAN MEANS

SEEING ANIMALS AS INDIVIDUALS

- PIGS PLAY GAMES
- HENS COMMUNICATE
- COWS MAKE FRIENDS

the planet

ANIMAL AGRICULTURE =

- LOSS OF RESOURCES
  - 83% MEAT & DAIRY
  - 4% MILK
  - 17% OTHER FARM LAND USE
- LOSS OF BIODIVERSITY
  - 60% LIVESTOCK
  - 36% HUMANS
- LOSS OF OZONE
  - 80% LIVESTOCK
  - 20% OTHER AGRICULTURE CO2 EMISSIONS

VEGAN MEANS

SAVING RESOURCES FOR THE FUTURE

GALLONS OF WATER USED PER POUND TO MAKE:

- BEEF = 1.859
- PORK = 0.575
- CHEESE = 0.600

VS

- BREAD = 0.196
- POTATOES = 0.30
- APPLES = 0.084

LEARN MORE AT WWW.PASADOSAFEHAVEN.ORG