

# WHY YOU SHOULD EAT VEGAN

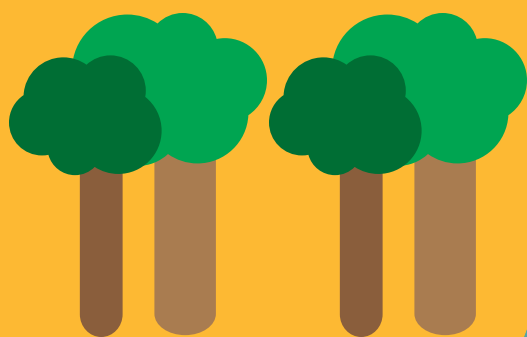
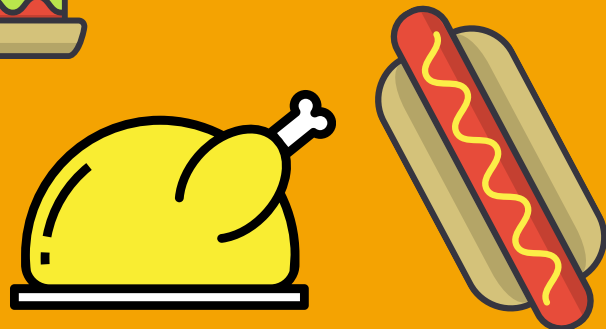
**38,627**

ANIMALS ARE SLAUGHTERED IN THE U.S. PER MINUTE

THE AVERAGE AMERICAN CONSUMES 40 FISH, 26 CHICKENS, 1/2 PIG AND 1/10 COW A YEAR!



**PREVENT MURDER**



**HELP SAVE THE PLANET**



DID YOU KNOW YOU CAN SAVE MORE WATER BY NOT EATING A POUND OF BEEF THAN YOU DO BY NOT SHOWERING FOR 6 MONTHS?!

FARM ANIMALS USE MORE THAN HALF OF THE WATER CONSUMED IN THE U.S.



IF EVERY AMERICAN SKIPPED ONE MEAL OF CHICKEN PER WEEK, THE CARBON DIOXIDE SAVINGS WOULD BE THE SAME AS TAKING MORE THAN 1/2 A MILLION CARS OFF OF U.S. ROADS.

VEGAN DIETS ARE ALSO LOWER IN SATURATED FAT AND CHOLESTEROL. THIS LOWERS THE RISK FOR HEART DISEASE AND HIGH BLOOD PRESSURE



**YOU WILL INCREASE YOUR HEALTH**

EATING A VEGAN DIET IS CHEAP!



IT WILL ALSO REDUCE THE NEED FOR EXPENSIVE DOCTOR VISITS AND SURGERIES AS YOU AGE.

