

Food For Thought

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In recent years we have all begun to rethink our use of animals as food - but are we fully aware of all the facts...



Non-human animals share with us the ability to individually experience their own lives. This scientific fact grants each individual a right not to be used or killed by us unless there is absolute need on our part. After all, their entire lives are at stake.

Over 60 Billion individual animals are killed every year for meat. There is no need for this, as meat has been proven to offer no nutritional benefits over plant foods.



All egg production (including 'Free Range'), directly involves the shredding or gassing of almost all male chicks at birth. The egg industry, full of 'welfare' standards for fully grown chickens, could not financially survive the nurture of these 'surplus' individuals. The welfare standards themselves focus on inches of space, and fail to provide for the natural behaviours which will always be necessarily forbidden for

eggs and chicken meat to be produced. As with meat, eggs are not required in human diets.

Female cows, like female humans, are only biologically able to produce milk when/after pregnant. However, like with a human mother, the milk a cow produces is only sufficient to feed her child and leaves none for any potential markets. This demand for dairy keeps these mothers constantly pregnant, never knowing their children. Their daughters will follow the same route, and their sons will enter the torturous veal business. Yet it has been known for years that dairy is neither natural, nor necessary for human diets at any stage of development.



The meat industry is “one of the top two or three most significant contributors to the most serious environmental problems, at every scale from local to global.” (The U.N.).

For a vegan diet (one that is free of animal products) less than ¼ of the farmland is needed due to the inefficient nature of animal farming. This is as farm animals consume many times their eventual worth as food, in food. You can not claim to be environmentally minded whilst consuming 4 times the amount of resources you need every day just for little changes in taste.

Cholesterol is the primary cause of heart disease, an illness that kills 1/3 of all people in the UK. Cholesterol is only found in animal products such as meat, eggs and dairy. The danger of this disease stems from the fact that the human body creates exactly enough cholesterol for it to function, so any extra taken on through the diet can not be digested properly.

There is not one 'natural meat eating' animal in the world (carnivore or omnivore) which suffers ill effects from cholesterol. Human beings are unique in thinking they are naturally designed to eat meat, yet being biologically opposed to it. And not just with heart disease – our intestines aren't short enough to digest meat (beef hangs around in there for years, and is strongly linked to intestinal cancer), our teeth are canines only in name as they can not regularly rip through raw flesh...

The truth is we started eating animals as we had to. We don't need to anymore, so let's be finished with it – for the animals, for us and for the environment. There are now 100's of types of fake meats, dairy-free milks, and vegan cheeses. Similarly, eggs are replaceable in any recipe with basic kitchen staples. The transition to veganism has never been easier, it's time we all tried it.