When We Sit Down to Eat, We Can Stand Up for Animals, the Planet & Our Health!

• Reduce your meat consumption
• If consumed, buy meat and dairy from certified pasture-raised animals
• Consider a vegetarian or vegan diet

To learn more check out:
Humane Society of the United States: hsus.org
Compassion Over Killing: tryveg.com
Plant-based Food Association: @Growplantbased
Watch Farm Sanctuary’s video on factory farms: whatcamebefore.com

Eat Like You Care!
Help farm animals and the planet. Improve your health.

Whether we are vegetarian, vegan, or omnivores it is important to educate ourselves about where the food we eat comes from.

The Cruel Reality
Every year in the U.S., nine billion farmed animals* (chickens, turkeys, cows and pigs) are confined in filthy conditions on factory farms, enduring needless stress, pain and suffering to produce meat, eggs & dairy products. Dr. Bronner’s believes that all animals should be treated humanely and with respect for their well-being. Don’t you?

*Source: U.S. Department of Agriculture
Eating a Plant-Based Diet is Good for the Planet!

**Reduce Pollution:** Animal farms generate huge amounts of manure, polluting soil, water and air.¹

**Combat Climate Change:** 18% or more of global greenhouse-gas emissions are caused by animal agriculture.² A global shift toward more plant-based diets will help curb the worst effects of climate change.³

**Save Water:** A plant-based diet uses nearly 600 gallons of water per day less than the average American diet does.⁴

**Reverse Deforestation:** Expansion of livestock production is a key factor in deforestation—80% of previously forested land in the Amazon is now occupied by pastures.⁵

**Feed the Hungry:** Feeding grain to farm animals diverts land and crops that could be used to feed people instead.

**One billion** people go hungry every day, but livestock now consumes the majority of the world’s crops.⁶


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Eating More Vegetarian Foods Protects your Health!

According to the Academy of Nutrition & Dietetics, vegetarians, on average, have lower levels of obesity, a reduced risk of cardiovascular disease, and lower total mortality rates.

The key to a nutritionally sound diet is variety. A healthy and varied plant-based diet includes fruits, vegetables, plenty of leafy greens, whole grain products, nuts, seeds, and legumes. If you do choose to eat meat, dairy and egg products, it’s best they are limited in amount and come only from pasture-raised animals.

Increasingly, high performance athletes are adopting vegetarian or vegan diets. From Olympic medal winner Carl Lewis, to “Germany’sStrongest Man”, Patrik Baboumian – athletes are disproving the myth that we need meat to be healthy and strong!