



**Think You Can Be a Meat-Eating  
Environmentalist?**

**Think Again!**



© STAR MAX, Inc.

“If anyone wants **to save the planet**, all they have to do is just **stop eating meat**. That’s the single most important thing you can do.” —Sir Paul McCartney

“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 United Nations

**Global Warming:** A 2006 U.N. report found that the meat industry is responsible for more greenhouse-gas emissions than all the cars, trucks, planes, and ships in the world combined. Researchers at the University of Chicago have determined that going vegetarian is more effective in countering global warming than switching from a standard American car to a hybrid. **Pollution:** Animals raised for food in the U.S. produce 130 times more excrement than the entire human population of the U.S.! According to the Environmental Protection Agency, the runoff from factory farms pollutes our rivers and lakes more than all other industrial sources combined. **Land Use:** More than 260 million acres of U.S. forest have been cleared for grazing and for growing grain to feed farmed animals. More than 90 percent of all Amazon rain-forest land cleared since 1970 is used for meat production. Many times more land is required to feed a meat-eater than a vegetarian. **Water Use:** Livestock production accounts for half of all the water used in the U.S. A vegetarian uses only 300 gallons of water per day, while a meat-eater uses more than 4,000. **Energy Use:** The meat industry uses more than one-third of all the fossil fuels consumed in the U.S. **Oceans:** Commercial fishing nets often scrape the ocean floor clear of all life and destroy coral reefs; they also kill porpoises, birds, sea lions, and other “bycatch” animals. Coastal fish farms release massive amounts of feces, antibiotics, parasites, and non-native fish into sensitive marine ecosystems. **Animals:** Chickens, pigs, turkeys, fish, and cows are intelligent, social animals who feel pain, just as humans, dogs, and cats do. More than 27 billion animals are mutilated, confined, and killed in horrible ways by the U.S. meat industry every year.



Printed on  
recycled paper  
with soy ink

You can find great-tasting, protein-packed vegetarian foods —like veggie burgers, meatless barbecue ribs, and mock chicken— at practically any grocery store. Considering the proven health benefits of a vegetarian diet (the American Dietetic Association states that vegetarians have a reduced risk of obesity, heart disease, and various types of cancer), there’s no excuse for eating meat.

For our free “Vegetarian Starter Kit” full of shopping tips, recipes, and health information, please visit [GoVeg.com](http://GoVeg.com) or call 1-888-VEG-FOOD.

**PETA** [GoVeg.com](http://GoVeg.com)