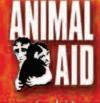# Love Animals?

Then don't eat them!

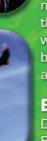You can help create a better world, improve your health and save animals!

ANIMAL AID

www.animalaid.org.uk

Every year more than 900 million animals are killed for food in this country.

Be Kind

The average meat eater consumes 5,000 animals during his or her lifetime. Each pig, chicken, fish, lamb or cow killed for your dinner plate feels pain, fear and discomfort, just like you.

Most of these animals are reared in miserable factory farms, where they are unable to breathe fresh air, exercise properly or behave in a natural way. Whether reared on an intensive or 'free-range' farm, they don't get to live very long. For example, sheep are killed for meat when they are only 3 to 6 months old. Their natural lifespan would be 15 years. And whatever people say, slaughter is not humane. It is a brutal, bloody and terrifying death.

Be Healthy

Do yourself a favour, stop eating meat and give your health a boost! By going veggie you are likely to be slimmer, fitter and healthier. Contact us for recipes and food ideas.

Be Green

Rearing animals for food wastes the earth's natural resources. Animal farming uses far more land, water and energy than producing food for a veggie diet. This means that there is less food for feeding hungry people. Animal farming is also a major cause of water pollution, air pollution and global warming.

For more information and to order a free *Go Veggie Info Pack* visit

www.animalaid.org.uk

Choose life - Go veggie!