



What's Wrong With Milk?

"There's no reason to drink cow's milk at any time in your life. It was designed for calves, it was not designed for humans, and we should all stop drinking it today"

— Frank A Oski, MD, former director of paediatrics, Johns Hopkins University

If you wouldn't drink milk from your dog or cat, why drink milk from a cow? Cows produce milk for the same reason that humans do: to nourish their babies. Cows are repeatedly impregnated in order to produce the most milk possible, and their calves are then torn from them, usually within hours of birth, so that humans can consume the milk. Milk-based foods are also hazardous to human health and have been linked to a long list of illnesses, including osteoporosis.

Please, dump dairy today.

Visit [PETA.org.uk](https://peta.org.uk) to take the Pledge to Be Vegan.

PETA

Cows' Milk: Not for Humans



In a given year, 20 to 40 per cent of cows on dairy farms will suffer from mastitis (infected udders).



Many cows have their throats cut while they're still conscious.

On dairy farms, cows are forced to produce 10 times as much milk as they would naturally. To keep milk production as high as possible, they are artificially impregnated. Their calves are then traumatically taken away from them shortly after birth – year after year. Because of unnatural milking schedules, cows' udders often hurt and become so heavy they sometimes drag on the ground, often resulting in infections and overuse of antibiotics. In the UK, many male calves are shot and killed because they are of no use to dairy producers. Others are sent to veal farms in Europe, where they are kept inside tiny dark stalls for several months and then slaughtered for their anaemic flesh. Female calves replace their mothers in the cycle of forced pregnancy, over-milking, birth and traumatic separation.

When their exhausted bodies can no longer produce enough milk, cows are sent to slaughter. A dairy industry study reports that by the time they are killed, nearly 20 per cent of cows are at least partially lame because of the confinement they endure and the strain of being kept pregnant continuously and producing unnatural quantities of milk. Some cows on dairy farms contract laminitis, a condition which leads to lameness. According to University of Bristol emeritus professor of animal husbandry John Webster, in order to understand the pain of laminitis, you would have to “imagine crushing all your fingernails in the door and then standing on your fingertips”.

Milk: A Health Hazard

Milk-based foods contain no fibre or complex carbohydrates and are laden with saturated fat and cholesterol.

They are often contaminated with cows' blood and pus as well as pesticides and antibiotics. They have also been linked to allergies, constipation, obesity, heart disease, cancer and other serious health conditions. And studies show that milk and other dairy foods can actually increase the risk of developing osteoporosis instead of preventing it!



This cow collapsed in the inches-deep urine, mud and faecal matter that she was forced to stand in.



What You Can Do

It's never been easier to cut milk products out of your diet.

Non-dairy milks such as soya milk, almond milk and rice milk are available in many supermarkets. Soya ice cream can satisfy any sweet craving, and dairy-free margarine is the perfect creamy spread. You can also find non-dairy versions of cheese, yogurt, whipped cream and other products at your local supermarket or health-food store. They taste great, many are a good source of calcium and their production doesn't contribute to cruelty to animals.

Take the Pledge to Be Vegan at PETA.org.uk.