

# Think

## Before You Eat



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Every year in the UK, more than 1 billion animals are killed in the meat, fishing, egg and dairy industries.

**PETA**

Call 020 7357 9229 to order a free vegetarian/vegan starter kit, or visit [PETA.org.uk](http://PETA.org.uk).

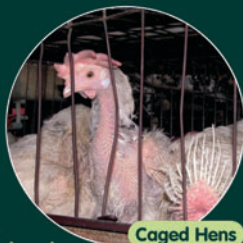
# Decide for Yourself



Confined Pigs



Commercial Tuna Fishing



Caged Hens

Today, animals are forced to live crowded together by the thousands on factory farms, where they are deprived of everything that is natural and important to them. They are unable to raise their young, feel the sun on their faces or breathe fresh air. Many chickens' beaks are cut off with a hot blade when they are a few weeks old; piglets have their tails chopped off and their teeth clipped with pliers; and male calves are castrated with tight bands – all without being given any painkillers. Egg-laying hens are kept for up to two years crammed into tiny wire cages that are stacked on top of one another in dark, filthy warehouses.



Debeaking

Fed a steady diet of powerful drugs that make them grow so quickly that their hearts, lungs and limbs often cannot keep pace, many farmed animals have heart attacks and suffer from lung failure and crippled joints. After a hellish life, animals are trucked for many miles to an abattoir, where they are hung upside down by chains or metal shackles and have their throats cut even if they are still conscious. Many are scalded to death in defeathering tanks. Undercover investigations have found rampant abuse in every type of abattoir: live animals are beaten, dragged, thrown against walls – even sexually abused.

Fish endure extreme cruelty as well. Fish may be dragged for hours behind fishing trawlers before they are crushed to death in massive nets. When they are hauled aboard, they are often cut open while still conscious or thrown into freezers to suffer a prolonged, terrifying death from suffocation. On fish farms, fish are forced to live amid their own waste with tens of thousands of other fish in tanks or pens. The commercial fishing industry also wreaks havoc on the environment, causing irreversible devastation.

## Eating for Life

Going vegan is the best way to save animals, help protect the environment and improve your own health, and it's easier than ever, thanks to a vast array of delicious, readily available products such as vegan chicken nuggets, vegan hot dogs and veggie burgers (each of which is made of healthy vegetarian protein and spices) as well as staples such as fruits, vegetables, beans, whole grains and nuts. Vegans are also less likely to suffer from heart disease, cancer and strokes and more likely to maintain a healthy weight.



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"Thousands of people who say they 'love' animals sit down once or twice a day to enjoy creatures who have been utterly deprived of

everything that could make their lives worth living and who endured the awful suffering and the terror of the abattoirs."

– Dr Jane Goodall

For a free vegetarian/vegan starter kit full of recipes, shopping tips and health information, call 020 7357 9229 or visit [PETA.org.uk](http://PETA.org.uk).

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