

5 Reasons to Go Vegan

The Animals

More than 56 BILLION farmed animals are killed each year by the meat, dairy, and egg industries. (ADAPTT)

1



The Earth

51+ percent of global greenhouse-gas emissions are caused by animal agriculture (World watch Institute)

2

Health

Vegan diets produce lower rates of cancer, high blood pressure, heart disease, and other health issues compared to omnivore diets (PCRM)

3



Save Money

A wholesome vegan diet can produce substantial savings in both food and health care costs.

4



Create Happiness!

Going vegan is a caring choice for animals, the earth, and each other. And caring for others can lead to some serious happiness!

5

