

Vegan Food Choices

Vegans understand that it is unnecessary, and therefore unethical, to use or kill animals for human purposes. A person who is vegan does not eat, wear, or use animals or animal products.

Respect for animals

Approximately 10 billion domesticated animals and even more aquatic animals are used for food each year in the U.S. alone. Millions more are used each year for their fur, silk, wool, feathers, skin, tusks, and horns.

Confinement

Until their deaths, animals are forced to submit to the economic motives of humans and have no choice in any aspect of their lives. In most cases, they are crammed into overcrowded spaces, their movements are restricted, and their bodies are mutilated without anesthesia.

Slaughter

All of these animals, whether used for dairy, eggs, flesh, or clothing products, meet with the same fate in the end: an early death at the hands of humans. These animals are all forced to live their short lives at the mercy of humans whose main concern is their profit. This is true even of animals who are raised on organic, free range, or cage-free farms.

Threat to wild animals

In addition to the animals used by animal farming, the production, maintenance, and killing of these animals have spurred the extinction of countless wild species due to land and water use as well as pollution.

Respect for people

While 800 million people on the planet starve, the bulk of corn and soy that is grown in the world is being fed to animals used for food.

Environmental refugees

Using animals for food is a major contributor to global warming, which causes droughts, floods, and other environmental disasters. According to the U.N., these disasters have the potential to devastate billions of human lives.

Infections

Routine antibiotic use in animal agriculture leads to the proliferation of drug-resistant infections. These infections kill about 70,000 people per year in the U.S. alone.

Respect for the planet's resources

Unsustainable consumption

A person who eats animal products uses as much as 10 times more food production energy than a person who eats plants directly. About 75% of all water pollution in the U.S. is caused by animal farming. Animal farming also uses 30% of all land on Earth, which includes land dedicated to growing animal feed (approximately one-third of all farmland). As animal farming expands, the need for more pasture land fuels deforestation and accelerates global warming. These are problems pervasive in both factory farming and "free range" animal farming.

Ocean destruction

Common commercial fishing methods such as trawling and longline fishing destroy endangered species and devastate ocean ecosystems. Fish farms put pressure on both farms for grain and oceans for fish. Aquaculture pollution is the ocean equivalent of a factory farm. While less than 1% of plastic in the ocean comes from straws, over 45% comes from fishing nets.

Pollution

Animal manure and urine waste lagoons introduce dangerous germs, pollution, and bacteria into water supplies. They emit toxic gases, such as ammonia and methane, that poison surrounding areas, making humans and non-humans sick.

Global warming

Raising animals for food is the leading cause of global warming.

Respect for your body

The Academy of Nutrition and Dietetics states that a well-planned vegan diet is safe for all stages of the life-cycle including pregnancy, lactation, infancy, childhood, and adolescence, as well as for athletes. Vegans have lower rates of heart disease, type 2 diabetes, certain types of cancer, and obesity.

How can you make a difference?

Go vegan

Veganism is on the rise, and it's easier than you think! Replace animal products with plant products (burger vs veggie/bean burger) and reap the benefits: plant-based foods do not exploit animals and use fewer resources than animal products—less land, water, and energy. Plus, they are great for your health! Sign up for our free PAN Vegan Pledge Program to receive all the help and support you'll need.



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