



How to win an argument with a meat-eater

The Hunger Argument

- Number of people worldwide who will die as a result of malnutrition this year: 20 to 40 million
- Percentage of protein wasted by cycling grain through livestock: 90
- How frequently a child dies as a result of malnutrition: once every 2.3 seconds
- Kilos of potatoes that can be grown on 1 hectare of land: 22,417
- Kilos of meat that can be produced on 1 hectare of land: 185

The Fitness Argument

- Optimal diet for fitness training as documented in medical studies: a high-carbohydrate diet which optimizes storage of carbohydrates in the body, thus fuelling the body for exercise and supporting performance in both the endurance and the strength athlete
- Optimal sources of carbohydrates: whole grains, fruits and vegetables
- A diet which relies on animal products for protein increases the risk of the following diseases: osteoporosis, certain cancers and kidney disease
- Optimal source of protein: whole grains, vegetables and pulses
- Diet of six-time Ironman Triathlon winner Dave Scott, nine-time Wimbledon winner Martina Navratilova, World Recordholder for bench press Stanton Price and India's international cricket star Anil Kumble: vegetarian

The Healthy Heart Argument

- Expected increase in incidence of heart disease in India by 2015, according to the World Health Organization: 100 percent
- Results of latest research into the effect of diet on heart disease: Diet and lifestyle changes alone can prevent heart disease.
- The food constituents that are most commonly linked with heart disease: fat and cholesterol
- Foods that are high in fat and cholesterol: meat, eggs, milk and milk products
- Amount of cholesterol found in fruits, vegetables, grains and pulses: none
- The only diet proven to help reverse heart disease: a pure vegetarian diet

The Cancer Prevention Argument

- Expected increase in incidence of cancer in India by 2015, according to the World Health Organization: 200 percent
- The single greatest factor causing the epidemic of cancer, according to the U.S. National Research Council: diet
- Foods that are linked with a higher risk of cancer: meat, eggs, milk and milk products
- Food constituents that help protect against cancer: dietary fiber, beta carotene, vitamin C and vitamin E
- The foods in which these cancer-fighting nutrients are principally found: whole grains (chapatis, breads), pulses, fruits and dark green and yellow vegetables

The Natural Resource Argument

- What the Worldwatch Institute has to say about water usage in India: "India is pumping underground water faster than it can be replenished, threatening a drop in water tables, irrigation supplies and food production. ... India—like Africa—may soon face a decline in life expectancy".
- Litres of water necessary to produce 1 kilo of wheat: 209
- Litres of water necessary to produce 1 kilo of meat: 20,861
- Amount of water used by the average meat-eater in America compared to the average vegetarian: 16 times as much
- Amount of land used to produce meat through intensive farming compared to the amount of land necessary to produce vegetable food: 20 times as much
- Number of years the world's known oil reserves would last if every human ate a meat-centred diet: 13
- Number of years the world's known oil reserves would last if human beings no longer ate meat: 260

The Ethical Argument

- Conditions animals live in on India's factory farms: dark, crowded buildings where they never see the sun or breathe fresh air
- Overcrowded conditions on India's factory farms: Animals are crammed into cages and stalls so small that they can barely turn around. Egg-laying chickens are crowded as tightly as five birds in a space no larger than that of a folded newspaper.
- Treatment of animals transported to slaughter by lorry: Goats and cows are routinely crowded into lorries so tightly that they accidentally gouge each other with their horns or crush each other when they collapse. Many animals sustain broken bones on the rocky road to slaughter.
- Treatment of animals transported by foot: Marched animals are often denied food and water. Animals are beaten and have their tails broken to keep them moving.
- Condition in which animals arrive at the slaughterhouse: Some animals arrive dead or too sick even to stand. Animals too sick to be fit for slaughter sometimes languish for days before they are killed or die.
- How animals are slaughtered: Animals have their throats slit, sometimes with dull, rusty knives. In some instances, goats, sheep and cows have their legs hacked off or are skinned while still alive.

The Survival Argument

- The diet of the most powerful animals on the planet, including gorillas, elephants and bulls: pure vegetarian
- The life expectancy of vegetarians compared to nonvegetarians: Vegetarians live, on average, six extra years.
- The largest meat-eater that ever lived: Tyrannosaurus rex

"Outsmart him, outrun him, outlive him". —Dave Scott, six-time Ironman Triathlon winner
Contact PETA for a free vegetarian starter kit.



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