More and more people are deciding to cut out chicken, fish, and other animal products, and replace them with tasty vegan meals. Average meat consumption in the U.S. has dropped 10 percent in the past few years. And a whopping 5 million Americans have gone vegan.

Meats like chicken and fish are linked to many health problems. Chicken and eggs are two of the biggest sources of saturated fat intake. That’s one reason they are linked to higher death rates from breast cancer. Chicken and fish have high levels of cancer-causing chemicals such as dioxin, arsenic, and mercury.

According to the Academy of Nutrition and Dietetics, people who go vegan have:

- lower body weight
- less heart disease
- less cancer
- lower cholesterol
- lower blood pressure
- lower rates of type 2 diabetes
Are You Against This Cruelty?

“They lie covered in their own urine and excrement, with broken legs from trying to escape or just to turn, covered with festering sores, tumors, ulcers, lesions.”

-MATTHEW SCULLY, Speechwriter for President George W. Bush

Pigs are kept indoors for their entire lives on concrete floors with no bedding. Female pigs are locked in cages so small they can’t even turn around for months at a time. Because pigs are very smart (smarter than cats and dogs), this causes severe mental problems. Some will repeatedly bite their cage bars; others become depressed and lie on the ground without moving.

When they are six months old, pigs are electrocuted or shot in the head with a “captive bolt gun.” (A gun that shoots a metal rod into the pig’s brain.) Pigs that don’t die right away are drowned alive in boiling water.
“Every factory-farmed animal is, as a practice, treated in ways that would be illegal if it were a dog or a cat.”

- THE NEW YORK TIMES, “Against Meat” (October 7, 2009)

Chickens live their entire lives inside dark, crowded sheds. They have been bred to grow so fat so quickly that their legs can’t even support their weight. By the time they are one month old, a third of them are in constant pain and have trouble walking. They spend nearly all of their time lying in the feces that coat the shed floor.

Hens who get sick or injured do not receive veterinary care. They are left to suffer and die on their own or are clubbed on the head. Hens often have their hips, legs, and wings broken by rough handling. At the slaughterhouse, birds are electrocuted and have their throats cut. Many are drowned alive in tanks of scalding hot water because they were not killed correctly.
Eating vegan can be fun and delicious. You can keep many of the foods and flavors you already love – and try a few new ones.

You already eat lots of vegan food. So keep filling your plate with the foods you know and love! Good, simple breakfast choices include cereal, bagels, granola, toast, muffins, waffles, and fresh fruit.

Familiar lunch and dinner options include a veggie sub with chips, pasta with tangy marinara sauce, bean burritos packed with guacamole and salsa, stir-fried vegetables and tofu over rice, creamy mashed potatoes, and hearty lentil soup.

Next, replace animal meat with vegan meats. There are so many mouth-watering options now that you’ll wish you had tried them before! They are also very convenient – just warm and serve in minutes. Satisfy your craving with protein-packed meat-free sausages, burgers, chicken nuggets, meatballs, lunch meats, hot dogs, ribs, chicken patties, ground beef, and more.