VEGAN FOR...

your health

PLANT-BASED EATING =

15% LOWER RISK OF CANCER

42% LOWER RISK OF HYPERTENSION

50% LOWER RISK OF DIABETES

VEGAN MEANS PLENTIFUL PROTEIN & VITAL VITAMINS

CALCIUM mg per 100 g
- broccoli 47
- almonds 264
- tofu 350

PROTEIN mg per 100 g
- chickpeas 9
- soybeans 17
- peanut butter 25

IRON mg per 100 g
- pumpkin seeds 8.1
- kale 1.5
- kidney beans 2.2

the animals

ANIMALS USED FOR MEAT

- LIVES 15 YEARS — KILLED AT 6 MONTHS
- LIVES 10 YEARS — KILLED AT 7 WEEKS
- LIVES 15 YEARS — KILLED AT 3 YEARS

VEGAN MEANS SEEING ANIMALS AS INDIVIDUALS

PIGS PLAY GAMES

HENS COMMUNICATE

COWS MAKE FRIENDS

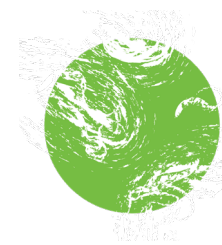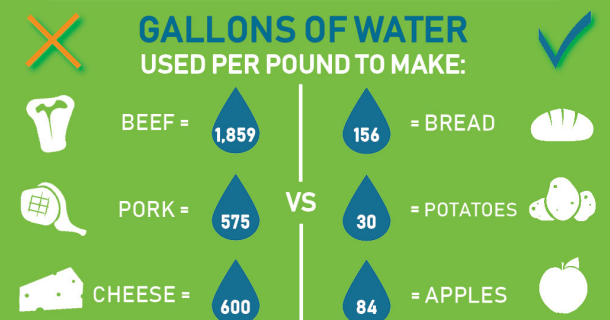## the planet

ANIMAL AGRICULTURE =

LOSS OF RESOURCES
- 83% MEAT & DAIRY
- 17% OTHER
- FARM LAND USE

LOSS OF BIODIVERSITY
- 60% LIVESTOCK
- 4% WILD
- 36% HUMANS
- MAMMAL BIOMASS

LOSS OF OZONE
- 80% LIVESTOCK
- 20% OTHER
- AGRICULTURE CO_2 EMISSIONS

VEGAN MEANS SAVING RESOURCES FOR THE FUTURE

GALLONS OF WATER USED PER POUND TO MAKE:

✗		VS		✓
BEEF =	1,859		156	= BREAD
PORK =	575		30	= POTATOES
CHEESE =	600		84	= APPLES

LEARN MORE AT WWW.PASADOSAFEHAVEN.ORG

PASADO'S SAFE HAVEN
Pro-animal. Anti-cruelty.