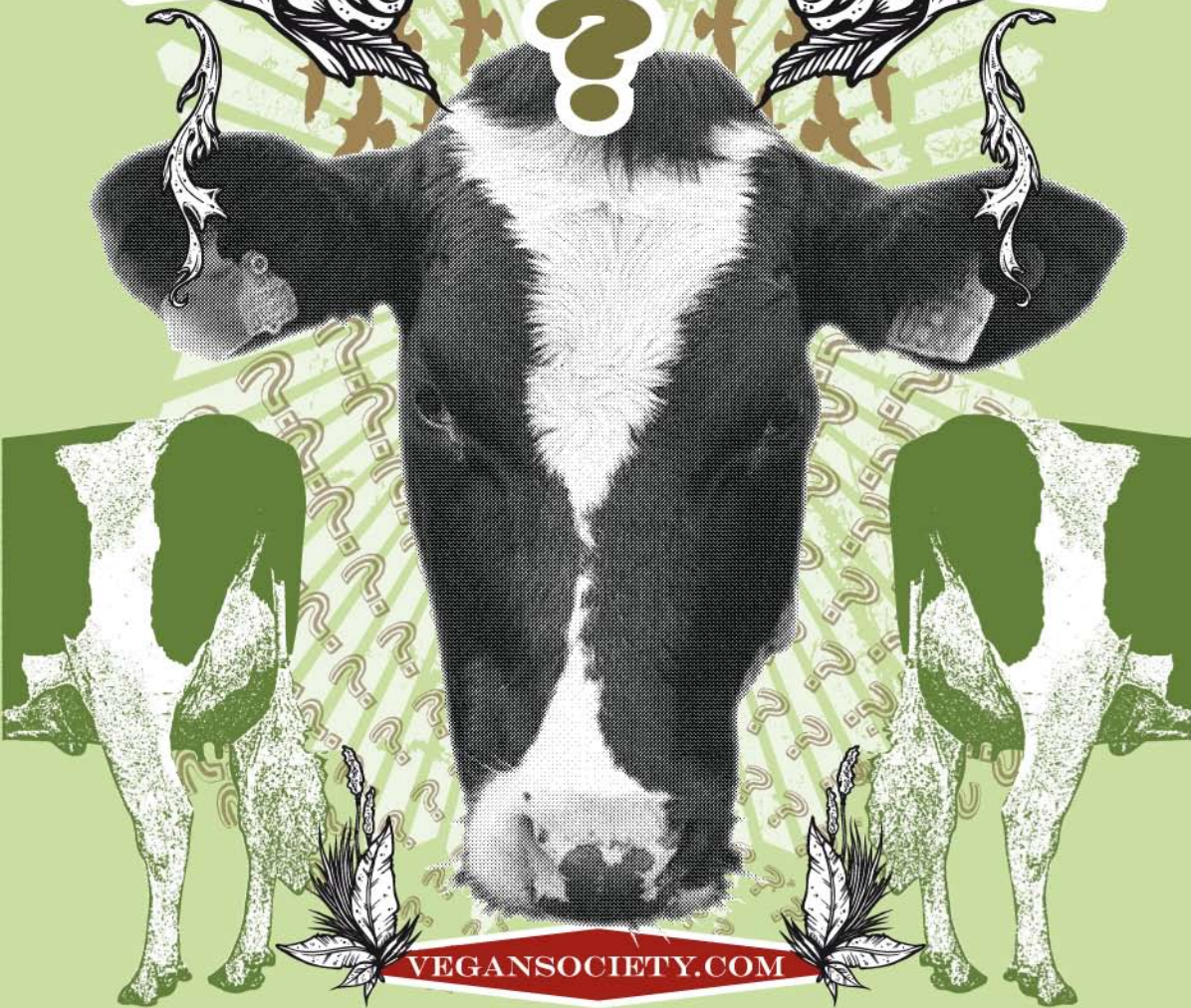


**WHY  
VEGAN?**



[VEGANSOCIETY.COM](http://VEGANSOCIETY.COM)





*“The livestock sector emerges as one of the top two or three most significant contributors to the most serious environmental problems, at every scale from local to global.”*

**United Nations**

### **VEGAN FOR THE ANIMALS**

Going vegan means that - in your name - animals won't experience a terrifying death in the slaughterhouse, calves won't be separated from their mothers to bring you your daily pinta and male chicks won't be gassed as by-products of the egg industry.



### **VEGAN FOR THE PLANET**

Going vegan means that you will have a smaller eco-footprint. Your vegan diet will have less impact on the rainforests, reduce greenhouse gas emissions and ease world-wide water shortages. People will need to eat plant protein direct if we are to feed a growing world population.



### **VEGAN FOR YOUR HEALTH**

A well-balanced vegan diet is among the healthiest of diets. It is typically high in fruit and veg and low in saturated fats. Protein, calcium and iron are easily provided.



### **A VEGAN DIET IS TASTY AND NUTRITIOUS**

Vegans eat a variety of delicious foods including spicy chickpea curry, burritos with refried beans and salsa, and even chocolate fudge cake!

## **CHECK IT OUT!**

Our website contains a wealth of information: from mouth-watering recipes and vegan nutrition to where to purchase vegan shoes. Email us at [info@vegansociety.com](mailto:info@vegansociety.com) or ring us on **0121 523 1730** for a free vegan starter pack today.



#### **THE VEGAN SOCIETY**

Donald Watson House  
21 Hylton Street, Hockley, Birmingham B18 6HJ  
T: 0121 523 1730

**VEGANSOCIETY.COM**