



**Animals in the Room:  
The true costs of eating meat,  
dairy and eggs**



## Farmed animals are not born as MEAT but as individuals who want to live a life without fear & suffering

An estimated 60 billion land animals are killed for food every year, the majority of which are raised on feedlots and factory farms. Farmed animals have almost no protection from inhumane treatment. Maliciously and intentionally maiming, mutilating, torturing, wounding, or killing an animal is legal provided it's done in accordance with generally accepted agricultural practices--all in the name of efficiency and cost-control. We lose sight that each one of the billions of animals born and killed is a sentient being who wants nothing more than to live a natural pain-free life.

## Plants have all the protein and nutrients you need but without the violence

Livestock production accounts for 70 per cent of all agricultural land use and occupies 30 per cent of the land surface of the planet. Livestock constitutes 65% of terrestrial animal mass; humans and their pets, 32% and wild animals just 3%. Besides occupying the bulk of space and biomass, the process of growing animals for food is extremely inefficient. For example, it takes approximately five to seven kilograms of grain to produce one kilogram of beef. Switching to an all plant-based diet would increase calories available by 50%, which could easily be used to end global hunger and sustain the growing human population into the future without the use of GMOs or other dangerous technologies. It is ironic how compassion for animals has fallen away in the name of efficiency. Wouldn't it just be more efficient (as well as compassionate) to eat a plant-based diet?

**The traditional North American diet high in meat, dairy and processed foods is making us sick.** Eating meat and animal-based foods has been linked with the rapid increase of chronic lifestyle diseases including cardiovascular disease, stroke, type II diabetes, cancer and many autoimmune diseases. While disease continues to increase healthcare costs are soaring to the benefit pharmaceutical companies. Also to be considered are zoonotic infections like avian and swine flus, food-borne diseases like Salmonella, Campylobacter and Escheria coli, and water and air contamination from toxic manure lagoons and agricultural runoff. Intensive agriculture is a major user of antibiotics, suspected to be an agent in the creation of antibiotic resistant super-bugs.

**Dramatically reducing meat consumption is probably the most effective strategy to fight climate change – and we can do it now.** Global agriculture—dominated by livestock production—accounts for 30% of greenhouse gas emissions in the form of carbon dioxide, nitrous oxide and methane--more than the entire transportation sector. As the demand for meat and dairy continues to expand globally, animal agriculture is expected to contribute to a roughly 80% increase in global greenhouse gas emissions. In addition to being a major contributor to climate change, animal agriculture is responsible for the loss of forests, excessive use and pollution of fresh water, destruction of wildlife and the loss of bio-diversity.

## Eat plants & save the world

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