ARGUMENT 1: YOU SHOULDN’T EAT MEAT BECAUSE IT HARMS ANIMALS:

- 50 billion animals are killed per year (34).¹
- Animals are genetically modified (34); Chicken is genetically produced (106).
  - Animals are not mobile (34).
  - Animals have unnatural diets (34).
  - Animals are smarter than what we think (64).
- U.S. poll about animal welfare: 96% of Americans say animals deserve legal protection, and 76% say that animal welfare is more important than low meat prices (73).
  - COWS: Cows are terrorized in various ways (227).
    - The cow slaughter process (229-233).
  - Branding animals is unnecessary violence, based on tradition (223).
  - PIGS: Diseased, stressed pigs (158).
    - Abuse of pigs (181-182).
    - Pigs are intelligent (64).
  - CHICKENS: 67 square inches is what egg-laying hens have (79).
    - “Free range” doesn’t really mean much (61).
    - Chicken intelligence (65).
  - FISH: 1.4 billion hooks to get fish, and 1200 nets (35); 27 million hooks (191).
    - There are few fish left when they fish for them (33).
    - 80 to 90% of fish/sea animals returned after fishing (49).
    - 4.5 million sea animals killed by bycatch (=animals not intended to be caught and eaten) (191).
    - Scientists estimate as many as 650,000 whales, dolphins and seals are killed every year by fishing vessels (C Facts)²
      - 26 pounds of other sea animals are killed for 1 pound of shrimp (49).
      - As many as 40% (63 billion pounds) of fish caught globally every year are discarded (C Facts)
        - Salmon farm abuse (189–190).
        - Fish intelligence (65).
- Even humane farming has issues (224).

REPLY TO ARGUMENT 1: I DON’T THINK ANIMALS SUFFER PAIN AND/OR I DON’T CARE ABOUT ANIMAL SUFFERING.

(continued …)

¹ All page numbers refer to Eating Animals, by Jonathan Safran Foer, New York: Back Bay Books, 2009, or the Reading Guide thereof, unless otherwise noted.
² “C Facts” = Information obtained from Cowspiracy Facts, here: http://www.cowspiracy.com/facts/ (“Cowspiracy” is a documentary, that should be available on Netflix.)
ARGUMENT 2: YOU SHOULD NOT EAT MEAT BECAUSE IT HARMS THE ENVIRONMENT:

- Animal agriculture is the number one cause of climate change, 40% of the total cause (43).
- Animal agriculture is responsible for 18% of greenhouse gas emissions, more than the combined exhaust from all transportation (C Facts)
- The UN states that one of the top three causes of every significant environmental problem in the world is due to animal agriculture (p. 9 of the Reading Group Guide)
- Livestock generate 18% of greenhouse gas emissions, 40% more than transportation (58).
- Livestock and their byproducts account for at least 32,000 million tons of carbon dioxide (CO2) per year, or 51% of all worldwide greenhouse gas emissions (C Facts)
  - Even without fossil fuels, we will exceed our 565 gigatonnes CO2e limit by 2030, all from raising animals (C Facts)
    - Animal agriculture is responsible for up to 91% of Amazon destruction;
    - The leading causes of rainforest destruction are livestock and feedcrops (C Facts)
  - Animal agriculture generates 37% of anthropogenic methane [23 times more potent Global Warming Potential (GWP), and 65% of anthropogenic nitrous oxide (296 times GWP)] (59).
- Pig and cattle manure have 130 times the human production thereof (174). [5 tons of animal waste is produced per person in the US (C Facts)]
  - Every minute, 7 million pounds of excrement are produced by animals raised for food in the US (C Facts)
    - Cows produce 150 billion gallons of methane per day (C Facts)
    - Chicken, pig, cattle excrement has polluted 35,000 miles of rivers in 22 states (179).
  - In China, 50% of water is used on livestock; by 2050, it is estimated livestock will consume what 4 billion people would (262).
- Agriculture is responsible for 80-90% of US water consumption; growing feed crops for livestock consumes 56% of water in the US (C Facts)
- 2,500 gallons of water are needed to produce 1 pound of beef (the amount of water used to produce 1lb. of beef vary greatly from 442 - 8000 gallons) (C Facts)
  - 477 gallons of water are required to produce 1lb. of eggs; almost 900 gallons of water are needed for 1 lb. of cheese (C Facts)
  - 1,000 gallons of water are required to produce 1 gallon of milk (C Facts)
  - 5% of water consumed in the US is by private homes. 55% of water consumed in the US is for animal agriculture (C Facts)
    - Animal Agriculture is responsible for 20%-33% of all fresh water consumption in the world today (C Facts)
  - Livestock or livestock feed occupies 1/3 of the Earth’s ice-free land; livestock covers 45% of the earth’s total land (C Facts)
  - Animal agriculture is the leading cause of species extinction, ocean dead zones, water pollution, and habitat destruction (C Facts)
  - Livestock operations on land have created more than 500 nitrogen flooded dead zones around the world in our oceans (C Facts)
    - 2-5 acres of land are used per cow; Nearly half of the contiguous US is devoted to animal agriculture (C Facts)
    - 3/4 of the world’s fisheries are exploited or depleted; We could see fishless oceans by 2048 (C Facts)
- A person who follows a vegan diet produces the equivalent of 50% less carbon dioxide, uses 1/11th oil, 1/13th water, and 1/18th land compared to a meat-lover for their food (C Facts)
- Each day, a person who eats a vegan diet saves 1,100 gallons of water, 45 pounds of grain, 30 sq. ft. of forested land, 20 lbs. CO2 equivalent, and one animal’s life (C Facts)

REPLY TO ARGUMENT 2: I DON’T THINK ANIMAL AGRICULTURE IS REALLY HARMING THE ENVIRONMENT AND/OR I DON’T CARE THAT I AM HARMING THE ENVIRONMENT.

(continued …)
ARGUMENT 3: YOU SHOULD NOT EAT MEAT BECAUSE IT HARMS YOURSELF:

- Flus (e.g., H5N1, etc.) caused by animal production (123–129), pandemics, epidemics, etc.
- 76 million cases of food-borne illnesses per year (p. 9 of the Reading Group Guide)
- 95% of chicken has E. coli initially, and 39-75% of chicken in stores still has E. coli (131).
  - 8% of chicken has salmonella (131, 139).
- 70–90% of chickens have campylobacter (131, 139) and undergo chlorine baths to purify them from bacteria.
  - Antibiotics given to livestock, pigs, and chickens (140).
  - 80% of antibiotic sold in the US are for livestock (C Facts)
  - Animal agriculture promotes anti-microbial resistance (140).
- Meat is responsible for the top three diseases: heart attack, cancer, and stroke (143).
- The American Dietetic Association gives health benefits of vegetarianism and claims that it is good for all ages (144).
- Harmful chemicals in manure: ammonia, methane, hydrogen sulfide, cyanide, phosphorus, nitrates, and 100 microbial pathogens (175).
  - Children next to factory farms: 50% have asthma, and they are two times more likely to have asthma (175).
  - Fines given to Smithfield Farms for violating FDA standards (179).
    - Hog farm → MRSA link? (180).
  - Slaughterhouse: 27% of workers have injuries per year (231).
    - Slaughterhouse workers get fired if they mention injuries down the line (231).
- Watch “Forks Over Knives” (MD Doctors show how a plant-based whole foods diet actually can cure conditions such as high blood pressure, diabetes, low energy, etc.)