



The animals we use for food feel fear and pain, just like the animals we consider family. When we buy their flesh or fluids, we pay for them to be harmed.

For example, to produce dairy milk, a cow is impregnated every year of her life. And despite the mom/calf bond being one of the strongest in nature, her baby is taken every year. Boys are killed, and moms are killed at 1/3 their natural lifespan.

And their harm becomes ours:



Animal foods increase the risk of several diseases: heart disease (America's #1 killer), cancer (#2 killer), stroke (#5 killer), Alzheimer's (#6), diabetes (#7), erectile dysfunction, obesity, and more. Dairy has been linked to cancers, asthma, acne, Parkinson's, and more.



Animal agriculture produces more global warming than all cars, trucks, and planes in the world combined (per U.N.), with dairy alone having a greater impact than all planes. Anim-ag is also a leading cause of deforestation, species extinction, and ocean dead zones.



One hamburger requires 600+ gallons of water to produce, while one gallon of milk requires 600-1000 gallons of water! That's 10x more than oat milk and 20x more than soy milk. And when flowing into rivers, there's a difference between water that's passed through a cow versus a plant.

*Learn more and see sources at: www.GetPlantMilk.org

Milk does a body (& planet) BAD

- Dairy milk has been proven to NOT build strong bones. All that stuff you were told as a kid was complete nonsense.
- Any nutrients you ever got from cow's milk (e.g. calcium, B12), the cows got from plants and supplements. Go to the source!
- All protein starts with plants, and getting your protein directly from plants has major health benefits (e.g. no cholesterol).
- Eating plant-based may be the #1 way to reduce your environmental impact – it can cut your carbon footprint in half!

"There is no fundamental difference between humans and animals in their [ability to] feel pleasure and pain, happiness and misery."

-Charles Darwin



"The animals of the world... were not made for humans any more than blacks were made for whites."

-Alice Walker, *The Color Purple*

"I am in favor of animal rights as well as human rights."

-Abraham Lincoln

"A long habit of not thinking a thing wrong, gives it a superficial appearance of being right"

-Thomas Paine, *Founding Father, Common Sense*



The Good Moos

There's already an abundance of delicious plant-based milks/cheeses/etc available! Just finding a plant-milk you like is an easy yet **enormous** step in a revolutionary direction.



*Learn more DairylsScary.org GetPlantMilk.org
& see sources at: StarbucksSucks.org ThankMoo.org