



## 10 quick vegetarian facts... part 1

- Approximately one quarter of the world's population enjoy a mostly vegetarian diet.
- It is estimated that a lifelong vegetarian will save the lives of approximately 760 chickens, 5 cows, 20 pigs, 29 sheep, 46 turkeys and half a tonne of fish.
- Many animals are vegetarians, including rhinos, elephants, giraffes, guinea pigs, rabbits, gorillas, hippos and goats.
- Vegetarians do not eat fish!
- Famous vegetarians include Albert Einstein, Pythagorus, Leonardo da Vinci, Gandhi, Mary Shelley, Paul McCartney, Martina Navratilova, Natalie Portman, Tony Benn, Monty Panesar, Morrissey, Russell Brand and Stella McCartney.
- A "westernised" diet containing meat requires up to 3 times as many resources as a vegetarian diet.
- Vegetarians enjoy some of the lowest rates of obesity, coronary heart disease and high blood pressure.
- There are vegetarians amongst the followers of all the major religions, including christianity, islam, buddhism, judaism and hinduism.
- Veggies are no more prone to iron deficiency than meat eaters! Even those who do eat meat get a high percentage of their iron from vegetarian sources.
- Anyone eating dairy products and eggs will get plenty of vitamin B12 in their diet. Other good sources are fortified foods such as breakfast cereals, yeast extract and soya drinks.

