



10 quick vegetarian facts... part 2

- Every day, in the United Kingdom alone, over 2 million land animals are slaughtered for their meat.
- Over 15½ million sheep were slaughtered in the UK during 2009, the vast majority of these were lambs (under 1 year old!).
- Almost 800 million broiler chickens were slaughtered in the UK in 2009. The majority of these were housed in large windowless sheds in massive flocks, holding between 20,000 – 50,000 birds, before being slaughtered at about 6 weeks old.
- Going vegetarian is an easy way to lower your own environmental impact.
- Clearing land for livestock production is responsible for approximately 70% of the destruction of the Amazon rainforest in Latin America.
- Cows and pigs are inefficient converters of feed into meat. Cattle require about 7kg of grain to generate 1kg of beef and pigs require about 4kg for 1kg of pork.
- Farmed animals produce more greenhouse gases than the world's entire transport system (and yes, that does include aeroplanes, cars and trains!).
- Animals need much more water than is required to grow enough grain to produce the same amount of protein.
- The process of getting a piece of meat onto a dinner plate results in huge amounts of animal waste, some of which ends up in our water systems causing pollution.
- Our protein needs are automatically met by balanced, varied diets. Good vegetarian protein sources are beans, peas, nuts, rice, dairy products, eggs, lentils, seeds, tofu and soya.

