

WHAT FOR

*50 billion  
killed  
each  
year....*

HAT FOR?

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Around 50 billion animals (roughly 8 times the whole human population of the planet) are bred and killed each year for food. (Source: [www.farmusa.org](http://www.farmusa.org))

(This number doesn't include natural populations like fish and animals that are hunted.)

## WHAT FOR?

"A man can live and be healthy without killing animals for food; therefore, if he eats meat, he participates in taking animal life merely for the sake of his appetite. And to act so is immoral."

Leo Tolstoy, author of *War & Peace*

## WHAT FOR?

"Vegetarians have the best diet. They have the lowest rates of coronary disease of any group.... Some people scoff at vegetarians, but they have a fraction of our heart attack rate and they have only 40 percent of our cancer rate."

William Castelli, M.D., Director of The Framingham Heart Study, cited in Barnard, Neal, *The Power of Your Plate*, Second Edition, USA: Book Pub Co, 1995, pp. 25-26.



***THE KILLING !***



***VEGETARIAN !***