

# TAKING A STAND FOR ANIMALS

Gallup polls show that most people in the USA think nonhuman animals deserve protection from harm and exploitation. According to a Harris Interactive Poll, almost 3 million people in the USA never eat any animal products.

Every day more and more people learn why nonhuman animals shouldn't be discriminated against, and decide to do something about it. How we live, including what we choose to eat, can make a big difference for animals.

Veganism is an attitude and a way of life committed to avoiding causing harm to non-human animals to the extent that it is possible. This includes what we do directly, such as hunting or fishing. More importantly (as it affects many more animals) it also includes what we support as consumers. Animals are routinely killed and made to suffer in farms and slaughterhouses. This happens because there is a demand for animal products, especially food products. Veganism means not consuming these products so animals are not harmed to produce them.



Veganism conveys a message of respect for all sentient beings. Vegans see all sentient animals as beings we should respect, not as objects for us to use.

## CONCERN FOR NONHUMAN ANIMALS IS GROWING RAPIDLY

There are people who think that we should have no qualms about discriminating against and exploiting animals simply because they are less intelligent than humans. But there are many human beings who, due to certain injuries or conditions, have very limited intellectual capacities. Most of us think it's unjustified and unacceptable to exploit them and discriminate against them. Doesn't this show us that intelligence is not what matters when it comes to respecting a sentient being? Rather, what matters is simply that sentient beings, such as nonhuman animals, can experience suffering and enjoyment. Animal exploitation causes great harm to its victims. If we can live without supporting it, why not do it?

Veganism is becoming increasingly common as more people learn that they can help prevent animal suffering and deaths by simply replacing foods and other products of animal origin with better options. In addition, as this attitude becomes more widespread, it is leading to a reduction in speciesism, the discrimination against animals based on their species membership. Is it really fair to protect some animals, like dogs and cats, and disregard others who suffer just as dogs and cats would in the same situation?

### ALTERNATIVES ARE WIDELY AVAILABLE

More and more people are choosing to substitute animal foods with healthy and tasty alternatives. With all the options available to us, replacing animal products with plant-based items is easier than it has ever been before.

In grocery stores and supermarkets, we can choose from a wide variety of plant-based foods at affordable prices, including chickpeas, beans, lentils, pasta, rice, cereals, vegetables, fruits, seeds, and nuts. Tofu, soy, and vegetable burgers and nuggets are becoming increasingly available in stores. Also common are vegan milks made from a variety of grains, beans, and seeds such as soy, rice, oats, and hemp. Vegan yogurts, cheeses, and ice creams are becoming more popular as well.

Not sure what to order when you eat out with friends and family? Rice, pasta, salad, mushroom, and potato dishes are available at almost any restaurant and can often be easily modified if they aren't already vegan. Additionally, Chinese, Thai, Middle Eastern, Indian, Ethiopian, and Italian restaurants, among many others, offer delicious dishes naturally free from animal products.

Outside of supermarkets and restaurants, there are other, even simpler steps we can take to end animal cruelty. When buying clothing, for example, we can choose alternatives to fur, leather, wool, and feathers. There are many different materials at our disposal such as cotton and polyester. Also, the range of leisure activities we can enjoy that don't involve the exploitation of animals is enormous. Rather than hunting, fishing, or going to animal shows, for example, we can go hiking, rock climbing, to the movies, the theatre, and to circuses that do not use animals.



### WE CAN ALL DO IT

The Academy of Nutrition and Dietetics (the largest association of nutritionists and dieticians from around the world) has acknowledged that a vegan diet is healthy at all stages of life. This is also shown by the fact that millions of people have already chosen to live their lives without animal products. We can all do it – you can, too!

## TAKE A STAND

More and more people are now changing the way they eat and contributing to an end to animal exploitation. We can all join them.

We can also inspire others by sharing the reasons to reject animal exploitation and all discrimination against animals. An easy way to do this is to follow us on social networks and share our posts and tweets about how to help animals, and to encourage others to do the same.

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