



## For Compassion

- All beings want to live and be free from suffering, just like we do.
- Farm animals are thinking, feeling beings. Octopuses and pigs are highly intelligent. Salmon make friends.
- By eating a plant-based diet we can each save 95 animals a year and 1,000s over a lifetime.
- Cows only make milk if they give birth. Then, their calves are taken from them and the males and 'excess' females are killed or live in misery and sold as veal.
- 4.6 billion sentient farmed animals are killed each year in the US in slaughterhouses.
- For every pound of fish caught, up to 5 lbs of unintended marine life are killed and discarded as by-catch.
- Slaughterhouse workers suffer from PTSD and painful injuries and are also victims of the meat industry.

## For Our Planet

- Emissions from animal agriculture are between 25-50% of worldwide greenhouse gas emissions (GHG)—even more than transportation.
- It takes 20 times more fossil fuel energy to produce 1 calorie of meat than 1 calorie of plant-based protein.
- Meat and dairy production is a major water pollution source. Methane from livestock is a GHG 84 times more powerful than carbon dioxide.
- The world cannot meet global GHG reduction targets without significantly curbing consumption of animal products.

*"Being vegetarian is already enough to save the world."*

*—Thich Nhat Hanh*

## For Our Health

- Health is improved through plant-based eating for all major disease categories including heart disease, cancer, diabetes, arthritis, asthma, obesity, and kidney disease.
- Just eating an additional 1 cup of beans or legumes a day can improve your health outcomes.
- 68% of all diseases in the U.S. are related to diet and many diseases can be prevented and health improved by eating a healthy plant-based diet.
- Processed meats (cold cuts) are recognized by the World Health Organization as Type 1 carcinogens.
- Consumption of dairy products has been linked to higher risk for various cancers and pose additional health risks for children.

## For The Future To Be Possible

- Forty percent of grain and 80% of soy are fed, not to people, but to animals. If more food went to people, more of the worldwide population could be fed.
- Eating plants uses 1,500 gallons less water a day per person.
- Adoption of a plant-based diet would cut food-related emissions by 70% and make people healthier too.
- Eating more plants and less animals is an easy way each of us can reduce greenhouse gas emissions, improve our health, and practice our compassion every day.
- Cattle ranching alone is responsible for up to 80% of rainforest destruction.

Visit our webpage <https://earthholder.org/nourish/> to learn more.

## For Our Practice

### A Mindfulness Training

--By Brother Phap Ho (Brother Dharma Protection)

Aware of the suffering caused by human exploitation of animals for food, clothing, cosmetics, medical testing, and the pet industry, I am committed to recognizing the preciousness of all life. I will learn about the situation of animals as well as establish relationships with wild and domesticated animals in order to deepen my understanding of their happiness and suffering. I will continue to take steps to lessen my consumption of animal products and help others do the same, in a joyful and loving way. I see my transition to a plant-based lifestyle as a necessary ingredient in a collective awakening and a comprehensive approach to mitigating catastrophic climate change. Cooking or serving a plant-based meal, I shall also remember the plant life that is being offered to sustain my life.

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### Thich Nhat Hanh's Call for Compassionate Eating

Lay communities should be courageous and give rise to the commitment to be vegetarian, at least 15 days each month. If we can do that, we will feel a sense of well-being. We will have peace, joy, and happiness right from the moment we make this vow and commitment. We only need to be vegetarian, and we can already save the earth. Being vegetarian here also means that we do not consume dairy and egg products, because they are products of the meat industry. If we stop consuming, they will stop producing. Only collective awakening can create enough determination for action.

As a spiritual family and a human family, we can all help avert climate change with the practice of mindful eating. Going vegetarian may be the most effective way to stop climate change. Being vegetarian is already enough to save the world.

--Thich Nhat Hanh, 2007