

## When We Sit Down to Eat, We Can Stand Up for Animals, the Planet & Our Health!

- Reduce your meat consumption
- If consumed, buy meat and dairy from certified pasture-raised animals
- Consider a vegetarian or vegan diet

### To learn more check out:

Humane Society of the United States: [hsus.org](http://hsus.org)

Compassion Over Killing: [tryveg.com](http://tryveg.com)

Plant-based Food Association: [@Growplantbased](https://www.growplantbased.com)

Watch Farm Sanctuary's video on factory farms:

[whatcamebefore.com](http://whatcamebefore.com)

**STAND UP FOR ANIMALS!**

## DR. BRONNER'S GUIDE TO

# Eating With a Conscience

Stand Up for Animals,  
the Environment and  
your Health



DR. BRONNER'S  
**ALL-ONE!**

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IN ALL WE DO, LET US BE  
generous, fair & loving  
to Spaceship Earth and all  
its inhabitants. For we're  
ALL-ONE OR NONE! ALL-ONE!

## Eat Like You Care!

Help farm animals and the planet.  
Improve your health.

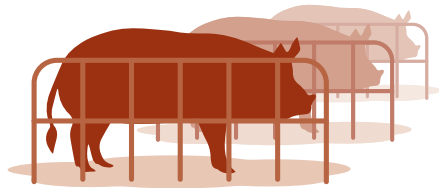


Whether we are vegetarian, vegan, or omnivores it is important to educate ourselves about where the food we eat comes from.

## The Cruel Reality

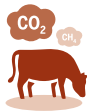
Every year in the U.S., nine billion farmed animals\* (chickens, turkeys, cows and pigs) are confined in filthy conditions on factory farms, enduring needless stress, pain and suffering to produce meat, eggs & dairy products.

Dr. Bronner's believes that all animals should be treated humanely and with respect for their well-being. Don't you?



\*Source: U.S. Department of Agriculture

## Eating a Plant-Based Diet is Good for the Planet!



**Reduce Pollution:** Animal farms generate huge amounts of manure, polluting soil, water and air.<sup>1</sup>



**Combat Climate Change:** 18% or more of global greenhouse-gas emissions are caused by animal agriculture.<sup>2</sup> A global shift toward more plant-based diets will help curb the worst effects of climate change.<sup>3</sup>



**Save Water:** A plant-based diet uses nearly **600 gallons** of water per day less than the average American diet does.<sup>4</sup>



**Reverse Deforestation:** Expansion of livestock production is a key factor in deforestation—**80%** of previously forested land in the Amazon is now occupied by pastures.<sup>5</sup>



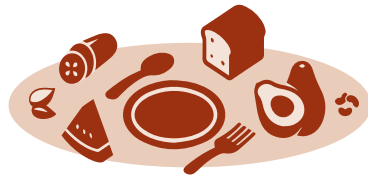
**Feed the Hungry:** Feeding grain to farm animals diverts land and crops that could be used to feed people instead. **One billion** people go hungry every day, but livestock now consumes the majority of the world's crops.<sup>6</sup>

Sources:  
1,2: U.N. Food & Agriculture Organization  
3: Climatic Change

4: Water Footprint Network  
5: World Wildlife Fund  
6: Environmental Research Letters

## Eating More Vegetarian Foods Protects your Health!

According to the Academy of Nutrition & Dietetics, vegetarians, on average, have lower levels of obesity, a reduced risk of cardiovascular disease, and lower total mortality rates.



The key to a nutritionally sound diet is variety. A healthy and varied plant-based diet includes fruits, vegetables, plenty of leafy greens, whole grain products, nuts, seeds, and legumes. If you do choose

to eat meat, dairy and egg products, it's best they are limited in amount and come only from pasture-raised animals.

Increasingly, high performance athletes are adopting vegetarian or vegan diets. From Olympic medal winner Carl Lewis, to “Germany’s Strongest Man”, Patrik Baboumian – athletes are disproving the myth that we need meat to be healthy and strong!

