



a better world begins on your plate

plant-based eating

ANIMAL PROTECTION OF NEW MEXICO

FACTS ABOUT DIET AND ANIMAL WELFARE

Did you know that farmed animals are kept in **extreme confinement** and in many cases do not even have enough room to turn around or spread their wings?⁷ Farmed animals endure tremendous abuse and suffering, even for meat labeled as “humane,” “grass-fed,” “cage-free,” and “free-range.” Here are some facts that will help you decide what to put on your plate. For more information, contact Tony Quintana, Animal Protection of New Mexico Plant-Based Eating Program Manager, at 505-908-8176 or tony@apnm.org.

DID YOU KNOW...



Pigs

are more intelligent than dogs, have excellent memory, and form complex social relationships like primates.



Cows

are complex, social animals. Research shows they grieve when friends or family members die.



Chickens

are highly social animals. They use more than 30 types of vocalizations to communicate with each other.



Animal Agriculture effects

Animal agriculture is the leading cause of **species extinction**.¹

Animal agriculture harms not only farm animals but also **wildlife**.

Meat production causes **deforestation, pollution, and drought**, which all harm wildlife and lead to endangerment/extinction.⁸

Each year in the U.S., millions of wild animals—bears, coyotes, cougars, beavers, birds, and many other species—are **killed by state and federal agencies using tax dollars**, to protect animal agriculture.⁹

A TESTIMONIAL

“I went vegetarian 6½ years ago when I saw a PETA sign saying *why love one* (dog picture) *and eat another* (pig picture). I had dogs that I loved and that really resonated with me. I became vegan 6 months later, after learning about the egg and dairy industries and how they are as bad as the meat industry, if not worse. Best decision I have ever made! Anyone that truly loves animals will want to become vegan once they know the amount of cruelty that is on their non-vegan plate. My husband and I eat out at restaurants on average 4-5 times a week and only eat at places that offer vegan options.”

— Lisa Hackard, New Mexico resident



“Humane”

Regardless of the way animals are treated where they are raised, even animals from “humane” farms are forced to live lives that greatly differ from the way they would live in the wild.

They are **slaughtered very early in their lifespan**, and are slaughtered on a **production line, causing extreme physical and psychological harm and suffering**.²



“Grass-Fed”

There are no specific standards or guidelines regarding treatment of grass-fed animals raised for food.⁴

Regardless of how they are treated, they are still subjected to the **psychological and physical harm of being slaughtered early in their lifespan, being transported to the slaughterhouse in cruel conditions, and being slaughtered on a production line**.^{2,4}

Raising grass-fed animals may also be **worse for the environment**, and is not sustainable without causing irreversible damage to the planet.³



“Free-Range”



“Cage-Free”

Hens are still predominately confined in barns.

Less than 10 percent of the chickens go outside due to lack of access to the barn exits.⁵

All chickens **have their beaks mutilated** to prevent them from harming each other due to such crowded living conditions.⁶

¹ <http://www.worldanimalfoundation.org/articles/article/8949042/186425.htm>

² <https://veganuary.com/starter-kit/the-humane-meat-myth/>

³ <https://faunalytics.org/behind-the-graze-craze-the-environmental-impacts-of-grazing-ruminants/>

⁴ https://www.life.ca/naturallife/0812/grass-fed_beef_green_humane_healthful.htm

⁵ <https://veganuary.com/starter-kit/the-free-range-myth/>

⁶ <http://www.humanemyth.org/cagefree.htm>

⁷ <https://www.humanesociety.org/all-our-fights/protect-farm-animals>

⁸ https://www.takeextinctionoffyourplate.com/meat_and_wildlife.html

⁹ https://www.biologicaldiversity.org/campaigns/wildlife_services/