





**Unlike Babe the movie star, pigs can't talk. If they could, they'd have plenty to say. This is the story of one real piglet – and millions of others like him.**

# Ten reasons to go Veggie



*"My mom couldn't even reach to nuzzle me..."*

"Metal – that's the first thing I saw in my life. Metal walls, metal floor and bars. Behind the bars was my mom, laying on the hard slats – no bedding of any kind. She bent her head round and tried to lick me clean but couldn't reach."

"A few days later, a man crushed two of my sharpest teeth and cut off my tail. I didn't know why and all I can remember is the terrible pain. All over the pig house was the sound of squealing, screaming piglets."

"After only three weeks everything changed. I was grabbed and pushed into a barren dark room with a metal floor and a crowd of other piglets. We were too little to leave our moms and we huddled together, frightened and alone. We had no straw to lie on, nothing to play with and nothing to do.



**Actor James Cromwell, who played Farmer Hoggett in Babe says: "If any kid ever realized what was involved in factory farming they would never touch meat again.**

**I was so moved by the intelligence, sense of fun and personalities of the animals I worked with on Babe that by the end of the film I was vegetarian."**

My friends became very ill, some died from severe diarrhea, meningitis, and pneumonia."

"It was nine weeks before we were moved again. This concrete stall is filthy and crowded. We even sleep on the concrete in the stench of our own droppings. We all feel like screaming and fights keep breaking out. The weak ones are bullied all the time, with no escape. I now know why our teeth and tails were done – to stop the biting."

"I've heard that tomorrow I'm going to die – turned into ham, bacon, pepperoni, sausages and hot dogs. I'm only five months old and I've never seen trees or fields, I've never felt the rain or the warmth of the sun. My life has been horrible and no one cares."

**If you care, contact Viva!**

1. You'll save the lives of 2,460 chickens, 96 turkeys, 32 pigs and 12 cows in your lifetime.

2. According to the American Dietetic Association, vegetarian diets are associated with a reduced risk for obesity, coronary artery disease, hypertension, diabetes mellitus, colorectal cancer, lung cancer, and kidney disease.

Vegetarians have 24% lower rates of heart disease when compared to non-vegetarians with similar lifestyles.

3. On average, you can get about five times as much biologically available protein from eating plant foods directly as you can from using them to produce meat.

4. Animals raised for eggs and milk are slaughtered when their production goes down.

5. There are virtually no laws to protect farmed animals from cruelty.

6. Fishing is causing the ecological collapse of the oceans.

7. We can almost double the amount of people on earth who could be fed on a purely vegetarian diet as compared to everyone eating 25% of their calories from animal products.

8. Almost all pigs are factory farmed. They are often in dark, barren, overcrowded pens and suffer from broken bones, abscesses, ruptured stomachs, pneumonia, meningitis, cuts and wounds which often kill the piglets

because they are not cleaned.

9. Chickens are fed antibiotics daily to try to stop the spread of disease. Up to 100,000 are crammed in sheds. Some have broken bones or deformed legs and feet by the time they are killed at just six weeks old.

10. Many animals are slaughtered while still conscious.

**With the single decision to stop eating animals you cease to play a part in this insanity.**

**Go on, be an eco-babe and go veggie today!**



*'In this place, no one cares.' Ill piglet left on feces-covered concrete*



*Piglets crammed into a barren cell*



*Crates in intensive units prevent the mothers from reaching their young*



*'Let us out of here'*



*Dead pig left to rot in gangway*



*An emaciated, ill pig in squalid, cramped conditions*