

Presented by The National Humane Education Society



Vegetarian **Guide**

A vegetarian is an individual who chooses, for health, environmental, ethical, or religious reasons to abstain from eating animal flesh, including poultry and fish. A lacto-ovo vegetarian eats no



flesh, but consumes dairy (lacto) and eggs (ovo). A vegan is an individual who chooses to abstain from the consumption of all animal products.

Eating less meat is kinder to animals and it helps in saving precious areas of our lands, including the rain forest. Because of animal grazing, more and more irreplaceable natural resource are being decimated. It takes much more energy and land to raise animals than it does to produce grain. Factory farms raise animals under very crowded, stressful conditions and treat the poor creatures more like machines than animals. By reducing the amount of meat you eat, you are helping to directly reduce the number of animals treated in this cruel manner.

NHES advocates a vegetarian lifestyle for both humane and health considerations. By choosing vegetarianism, more animals will be spared the cruel rigors of factory farming and inhumane slaughter. A diet without meat can be a very healthy and enjoyable way to eat if you take the time to discover your choices. They are practically limitless! A huge array of vegetarian cookbooks is available to suit any palate and most restaurants and chefs will accommodate special requests if they do not have anything on the menu that is meatless.

Be patient with yourself and remember, becoming a vegetarian is a process. Give yourself time to develop new eating habits. You will see that soon, your new diet will become second nature. It is easy to see the benefits of a vegetarian diet. Living a meat-free life equals wiping away cruelty on a daily basis. You only have to look into an animal's eyes to know that he has a soul or listen to his cries to realize that he has feelings, too.



Fostering a sentiment of kindness to animals

P.O. Box 340
Charles Town, WV 25414-0340
304-725-0506
www.nhes.org