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Eating Humanely

Plant-based eating benefits people, animals and the planet.

Americans eat more meat per person than any other country. Our habit is leading to poor health, environmental degradation and the suffering of billions of animals every year.



Simple swaps

Each of us can make a difference by actively choosing to **reduce** our consumption of inhumanely produced animal products, **refine** the items in our shopping cart and **replace** animal products with plant-based alternatives.

Caia Image/Blend

Why are millions of people adopting a plant-based diet?

For animals: Eating more plant-based meals means eating fewer animals—which means dramatically reducing the amount of suffering in the world.

For your health: Choosing to replace meat with plant-based proteins even once a week is a great way to gain energy and

prevent disease.

For the environment: Raising billions of animals for food each year pollutes our air and water and uses a tremendous amount of land, water and other precious natural resources.

For wildlife: Because of the meat industry's exaggerated claims of wildlife conflicts, taxpayer dollars fund the shooting, trapping, snaring and poisoning of millions of bobcats, black bears, grizzly bears, wolves, coyotes, foxes, mountain lions and birds every year.

For your wallet: Enjoying plant-based proteins such as beans, legumes and seeds can help save cash at the time of purchase and reduce the costs of expensive health conditions.



Plant-based meals reduce meat production's impact.

309

LAND ANIMALS

Are killed every second of every day in the United States.

500,000

CARS' WORTH

Of greenhouse gas emissions could be saved if every American went meatless one day a week, according to the Environmental Defense Fund.

4

YEARS

Can be added to our lives by adopting a plant-based diet.



Pledge to try Meatless Mondays.

One day a week can make a world of difference for your health, animals and the environment! Start by trying a new vegetable-packed dish or swap your usual entrée with a plant-based meat alternative.

Take the Pledge

andresr/iStock.com

We're promoting healthy, kind eating.

tongchuwit/Stock.com

Judges unanimously reject pork industry challenge to landmark farm animal law

["A Humane World" blog](#)

Meredith Lee/The HSUS

Five more reasons to choose meat-free meals

[Resource](#)

Sarsmis/Stock.com

Eating meat free

[Resource](#)

More on Eating Humanely

Banning Trophy Hunting

Improving the Lives of Farm Animals	Ending Dog Meat
Ending Cosmetics Animal Testing	Fighting Animal Cruelty and Neglect

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