

Good for the Spirit

- Food is the source of the body's chemistry, and what we ingest affects our consciousness, emotions and experiential patterns. If we want to live in peace and happiness, with love for all creatures, then we cannot eat meat. By ingesting the grosser chemistries of animal foods, we introduce into our body and mind anger, jealousy, anxiety, suspicion and a terrible fear of death, all of which are locked into the flesh of butchered creatures.
- Number of land animals killed for food worldwide in 2006 was 56,416 million (over 56 Billion), not including fish and other marine animals. Based on simple calculations, if all the people in the world do not eat meat one day, we could save the lives of over 154 million land-based animals and many millions of fish and other marine animals.
- In Australia, we slaughtered over 46.5 million livestock animals and over 460 million Chickens last year. That is over half a Billion in a country of only 21 million people. It shows that in Australia we do slaughter and consume widely above the world average. All Australians should consider this issue very seriously and cut down on our meat consumption.

To find out more:

Attend the Evening Conference on observance of
MEAT-FREE DAY on **2 October 2008**

Organised by :

Hindu Council of Australia

17 The Crescent, Homebush NSW 2140

Supported by
ARRCC

(Australian Religious Response to Climate Change)

Australian Vegetarian Society

and a number of other organisations and prominent individuals.

**Contact : Dr. A. Balasubramaniam on 9746 7789 or Vijai Singhal on 9873 4214
Or Dr. Miriam Pepper on 0447 730 772**

TO ADDRESS GLOBAL WARMING

Observe Meat-free Day 2 October 2008



Mahatma Gandhi
(2 Oct 1869 - 30 Jan 1948)

A man with a very small ecological footprint:
a vegetarian, walked everywhere on foot
and wore only organic cotton.

Some important facts to consider

Consuming less meat is good for the environment, good for our health and good for our spirit.

Good for the Environment

- When it comes to feeding the world, an acre of land used for crops could feed about 10 times as many people as an acre for grass-fed beef.
- According to the UN Food and Agricultural Organization's report: "Livestock's Long Shadow", animal-farming contributes more green-house gases (in CO2 equivalents) than all of the cars, trucks and other forms of transportation worldwide (18% vs. 13.5%).
- Animals such as cows and sheep, being ruminant, emit huge amounts of methane due to flatulence and burping. Methane has 23 times the global warming potential of Carbon Dioxide. As per reports, livestock industry alone is responsible for 37% of human induced methane emissions.
- The report projects that the number of farmed animals will double in the next 50 years. If that happens, increased greenhouse gas emissions from 'livestock' agriculture would negate the reductions from many other positive changes, such as increasing automobile fuel efficiencies, switching to more efficient light bulbs, etc.
- Global production of meat is projected to more than double from 229 million tonnes in 1999/01 to 465 million tonnes in 2050, and that of milk to grow from 580 to 1043 million tonnes. The environmental impact per unit of livestock production must be cut by half just to avoid increasing the level of damage beyond its present level.
- A single person by not consuming meat, can prevent 1.5 tons of CO2 emissions in a year.
- Production of a single 150 gram serve of meat is estimated to use over 200 litres of water and create 5 kilograms of greenhouse pollution.

- Australia's meat consumption (kg per capita per year) is: 36 kg beef and veal; 13 kg lamb and mutton; 23 kg pig meat and 39 kg poultry.
- 1 kg of beef produces 51.0 kg CO₂-e(equivalent); 1 kg of lamb produces 13.8 kg CO₂-e. Hence, greenhouse gases saved by one person not eating beef one day=5.03 kg CO₂-e; and not consuming lamb and mutton= 0.49 kg CO₂-e., a total of 5.52 kg CO₂-e. Whole of Australia (21.3 million) not eating beef, veal, lamb or mutton for a day would save 117.57 million tons CO₂-e of greenhouse gases.
- Water consumption for meat production is enormous. Water usage for beef: 17,112 litre/kg; for lamb: 6,957 litre/kg; for pork: 5,909 litre/kg; and chicken: 2,914 Litre/kg.
- Water saved by one person not eating beef for a day = 1,688 litres and lamb= 470 litres. Hence water saved by whole of Australia by not eating beef or lamb for a day would be roughly 42 Mega litres.

Good for Health

- Medical studies prove that a vegetarian diet is easier to digest, provides a wider range of nutrients and imposes fewer burdens and impurities on the body. Vegetarians are less susceptible to all the major diseases that afflict contemporary humanity, and thus live longer, healthier, and more productive lives. They have fewer physical complaints, less frequent visits to the doctor, fewer dental problems and smaller medical bills. Their immune system is stronger, their bodies are purer, more refined and their skin more beautiful.
- Those who eat meat are far more likely to contract cancer than those following a vegetarian diet. The risk of contracting breast cancer is 3.8 times greater for women who eat meat daily compared to less than once a week; 2.8 times greater for women who eat eggs daily compared to once a week.
- The risk of fatal prostate cancer is 3.6 times greater for men who consume meat, cheese, eggs and milk daily as compared with sparingly or not at all.
- Heart attack is the most common cause of death in the U.S., killing one person every 45 seconds. The male meat-eater's risk of death from heart attack is 50%. The risk to men who eats no meat is 15%. Reducing one's consumption of meat, dairy and eggs by 10% reduces the risk of heart attack by 10%.