

"Outsmart him. Outrun him. Outlive him." -- Dave Scott

The Hunger Argument

Number of people worldwide who will die as a result of malnutrition this year: **20 million**
Number of people who could be adequately fed using land freed if Americans reduced their intake of meat by 10%: **100 million**
Percentage of corn grown in the U.S. eaten by people: **20**
Percentage of corn grown in the U.S. eaten by livestock: **80**
Percentage of oats grown in the U.S. eaten by livestock: **95**
Percentage of protein wasted by cycling grain through livestock: **90**
How frequently a child dies as a result of malnutrition: **every 2.3 seconds**
Pounds of potatoes that can be grown on an acre: **40,000**
Pounds of beef produced on an acre: **250**
Percentage of U.S. farmland devoted to beef production: **56**
Pounds of grain and soybeans needed to produce a pound of edible flesh from feedlot beef: **16**

The Environmental Argument

Cause of global warming: **greenhouse effect**
Primary cause of greenhouse effect: **carbon dioxide emissions from fossil fuels**
Fossil fuels needed to produce meat-centered diet vs. a meat-free diet: **3 times more**
Percentage of U.S. topsoil lost to date: **75**
Percentage of U.S. topsoil loss directly related to livestock raising: **85**
Number of acres of U.S. forest cleared for cropland to produce meat-centered diet: **260 million**
Amount of meat imported to U.S. annually from Central and South America: **300,000,000 pounds**
Percentage of Central American children under the age of five who are undernourished: **75**
Area of tropical rainforest consumed in every quarter-pound of rainforest beef: **55 square feet**
Current rate of species extinction due to destruction of tropical rainforests for meat grazing and other uses: **1,000 per year**

The Cancer Argument

Increased risk of breast cancer for women who eat meat daily compared to less than once a week: **3.8 times**
For women who eat eggs daily compared to once a week: **2.8 times**
For women who eat butter and cheese 2-4 times a week: **3.25 times**
Increased risk of fatal ovarian cancer for women who eat eggs 3 or more times a week vs. less than once a week: **3 times**

Increased risk of fatal prostate cancer for men who consume meat, cheese, eggs and milk daily vs. sparingly or not at all: **3.6 times**.

The Cholesterol Argument

Number of U.S. medical schools: **125**

Number requiring a course in nutrition: **30**

Nutrition training received by average U.S. physician during four years in medical school: **2.5 hours**

Most common cause of death in the U.S.: **heart attack**

How frequently a heart attack kills in the U.S.: **every 45 seconds**

Average U.S. man's risk of death from heart attack: **50 percent**

Risk of average U.S. man who eats no meat: **15 percent**

Risk of average U.S. man who eats no meat, dairy or eggs: **4 percent**

Amount you reduce risk of heart attack if you reduce consumption of meat, dairy and eggs by 10 percent: **9 percent**

Amount you reduce risk of heart attack if you reduce consumption by 50 percent: **45 percent**

Amount you reduce risk if you eliminate meat, dairy and eggs from your diet: **90 percent**

Average cholesterol level of people eating meat-centered-diet: **210 mg/dl**

Chance of dying from heart disease if you are male and your blood cholesterol level is 210 mg/dl: **greater than 50 percent**

The Natural Resources Argument

User of more than half of all water used for all purposes in the U.S.: **livestock production**

Amount of water used in production of the average cow: **sufficient to float a destroyer**

Gallons of water needed to produce a pound of wheat: **25**

Gallons of water needed to produce a pound of California beef: **5,000**

Years the world's known oil reserves would last if every human ate a meat-centered diet: **13**

Years they would last if human beings no longer ate meat: **260**

Calories of fossil fuel expended to get 1 calorie of protein from beef: **78**

To get 1 calorie of protein from soybeans: **2**

Percentage of all raw materials (base products of farming, forestry and mining, including fossil fuels) consumed by U.S. that is devoted to the production of livestock: **33**

Percentage of all raw materials consumed by the U.S. needed to produce a complete vegetarian diet: **2**

The Antibiotic Argument

Percentage of U.S. antibiotics fed to livestock: **55**

Percentage of staphylococci infections resistant to penicillin in 1960: **13**

Percentage resistant in 1988: **91**

Response of European Economic Community to routine feeding of antibiotics to livestock: **ban**

Response of U.S. meat and pharmaceutical industries to routine feeding of antibiotics to livestock: **full and complete support**

The Pesticide Argument

Common belief: **U.S. Department of Agriculture protects our health through meat inspection**

Reality: **fewer than 1 out of every 250,000 slaughtered animals is tested for toxic chemical residues**

Percentage of U.S. mother's milk containing significant levels of DDT: **99**

Percentage of U.S. vegetarian mother's milk containing significant levels of DDT: **8**

Contamination of breast milk, due to chlorinated hydrocarbon pesticides in animal products, found in meat-eating mothers vs. non-meat eating mothers: **35 times higher**

Amount of Dieldrin ingested by the average breast-fed American infant: **9 times the permissible level**

The Ethical Argument

Number of animals killed for meat per hour in the U.S.: **660,000**

Occupation with highest turnover rate in U.S.: **slaughterhouse worker**

Occupation with highest rate of on-the-job-injury in U.S.: **slaughterhouse worker**

The Survival Argument

Athlete to win Ironman Triathlon more than twice: **Dave Scott (6 time winner)**

Food choice of Dave Scott: **Vegetarian**

Largest meat eater that ever lived: **Tyrannosaurus Rex** (Where is he today?)

Source = "Diet For A New America" by John Robbins