



By consuming dairy, we're condemning animals to a miserable life and a horrible death. In France, 5 million cows and 6 million sheep and goats are killed in slaughterhouses every year.

By what right do we take their lives?

SOME NUMBERS:



In France, about 40 % of beef consumption comes from culled dairy cows:

they're deemed unprofitable since their milk production has decreased, they've become sterile or they're sick or wounded.



Age at slaughter of a dairy cow: 8 years

Life expectancy: 20 years

CALCIUM:

There are many calcium-rich foods: consuming three servings of these foods (including water) a day can cover our calcium needs: [L214.com/calcium](https://l214.com/calcium)

2 oranges · 100 mg calcium

3 cups broccoli · 100 mg calcium

2 tbsp sesame cream (tahini) · 120 mg calcium

1 plant-based yoghurt · 120 mg calcium

1 dairy yoghurt · 128 mg calcium

1 cup of cow milk (200 mL) · 220 mg calcium

1 cup enriched plant-based milk (200 mL) · 240 mg calcium

½ cup tofu · 80 to 350 mg calcium

4 cups hard water (Contrex, Rozana...) · 300 to 500 mg calcium

6

BECAUSE IT'S UP TO US TO CONSUME OTHER PRODUCTS

Plant-based creams, yoghurts, milks and cheeses: **many plant-based alternatives make it possible to easily replace dairy products in any recipe.**

Plant-based diets offer a huge variety of delicious and healthy foods. Meat, dairy and egg alternatives are becoming more and more abundant and ubiquitous. **L214 supports the dietary transition through their Vegan Pratique and Vegoresto websites!**

To know more: L214.com/sans-lait



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WHY REFUSE TO EAT DAIRY PRODUCTS?



1

BECAUSE COWS ARE SENTIENT BEINGS

Cows are **intelligent and curious**. Cows have been recorded while using their horns as tools to open doors, taps or water pumps! They're also affectionate mothers and, whenever they can, the calf and the mother stay together during the calf's first year of life, and sometimes much longer.

Like us, animals can suffer and feel joy, and they should be able to live their lives however they wish. Animals are sentient, that is, **they are conscious and they can feel emotions**.

2

BECAUSE CALVES ARE SEPARATED FROM THEIR MOTHER

To stimulate their milk production, dairy cows are artificially inseminated every 12 months, starting at the age of two.

In dairy farms, **calves are separated from their mothers right after birth or during the next 24 hours: they'll never see each other again**. This is a truly traumatic experience and, after the separation, they usually try to find each other by hollering for days. Some cows have even destroyed fences and traveled miles of distance to find their baby, sometimes even risking their own life. Ewes and lambs, goats and kids, they all know the angst of this separation.

Cow calves spend their first 8 weeks of life all alone in individual cells often barely bigger than them and sometimes without litter.

3

BECAUSE CALVES ARE TREATED AS COMMODITIES

Oftentimes, **calves are castrated without anesthesia and their horns are cut with either fire or caustic soda**.

Some calves are bred in battery cages and killed after three months, some others are fattened and killed before the age of two years. Most of them will never see a meadow. Most females replace their mother, some others are fattened and killed just like males.



Tens of thousands of calves are transported across Europe every year, during exhausting journeys that can last over 24 hours.

4

BECAUSE COWS ARE EXPLOITED

Dairy cows have been **genetically selected to produce the maximum possible amount of milk, to the detriment of their health**. Nowadays, a cow produces up to 3 times more milk than in 1950 on average.

Usually, cows have a limited outdoor access, and closed farms ("zero grazing") are spreading.

Since they're also milked during pregnancy, dairy cows' body has to comply with milk production demands and feeding the fetus at the same time. Pushed to their limit, they frequently suffer various pains and illnesses that can bring them to the slaughterhouse: urine infections, limping, metabolic and fertility problems, etc.

5

BECAUSE COWS DON'T WANT TO DIE

After giving birth an average of 2 to 4 times, exhausted, sick, wounded or sterile, cows are sent to the slaughterhouse.

Some lactating cows are sent to the slaughterhouse without having been milked. Individuals incapable of moving on their own are transported as well despite this practice being against the law. Footage from our investigation at the Limoges slaughterhouse revealed that **pregnant cows are killed**, and fetuses, sometimes about to be born, are thrown away.

Slaughter conditions are dreadful: to "stun" them before bleeding them, their skull is perforated and their brain damaged. Some of them, badly or not stunned, slowly agonize for minutes, sometimes up to 14 minutes.

Tens of thousands of cows are exported across long distances and killed in Turkey or North Africa, for example. Transport and slaughter conditions defy our imagination.