



By eating animals, we're condemning them to a miserable life and a terrible death. Just in France, 3 million animals are killed in slaughterhouses and tens of millions of aquatic animals are slaughtered, every day.

**By what right do we take their lives?**

## HOW OLD WAS YOUR MEAT?

When we kill them, most animals are only a few weeks or months old...



For meat  
**35 days**  
Life expectancy:  
8 years



For meat  
**From 84 to 128 days**  
Life expectancy:  
10 years



For meat  
**6 months**  
Life expectancy:  
15 years



For eggs  
**17 months**  
Life expectancy:  
8 years



For milk  
**8 years**  
Life expectancy:  
20 years



For foie gras  
**83 days**  
Life expectancy:  
15 years



For meat  
**From 1 to 10 months**  
Life expectancy:  
13 years



'Laying chicken' male  
**From 1 to 2 days**  
Life expectancy:  
8 years



For meat  
**From 1 to 2 years**  
Life expectancy:  
20 years



For their meat  
**6 months**  
Life expectancy:  
7 years



For breeding  
**3 years**  
Life expectancy:  
15 years



For meat  
**6 months**  
Life expectancy:  
20 years

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## BECAUSE THERE ARE ALTERNATIVES!

To take care of animals,  
the planet and ourselves.

It's now scientifically proven that eating animal products is not necessary to be in good health. **Veganizing our diet** saves animals, effectively acts against climate change, reduces pollution and helps preserve forests. 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!**

"It is the position of the Academy of Nutrition and Dietetics that appropriately planned vegetarian, including vegan, diets are healthful, nutritionally adequate, and may provide health benefits for the prevention and treatment of certain diseases. These diets are appropriate for all stages of the life cycle, including pregnancy, lactation, infancy, childhood, adolescence, older adulthood, and for athletes."

**American Academy of Nutrition and Dietetics**  
The biggest nutritionist organization in the world,  
with more than 100 000 members.



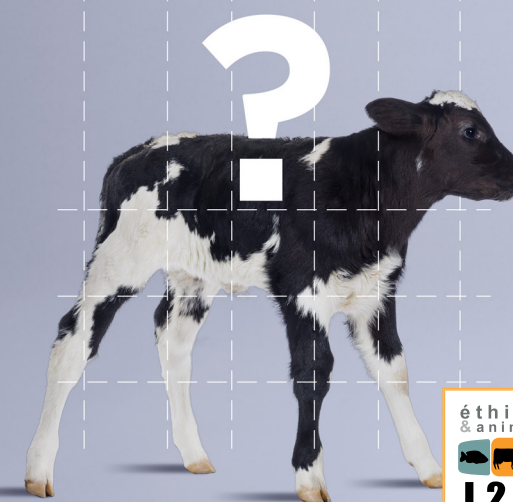
**L214.com**  
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# WHY REFUSE TO EAT MEAT?





## 1 BECAUSE ANIMALS ARE SENTIENT BEINGS

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 and a broad range of sensations.**

## 2 BECAUSE ANIMALS ARE TREATED LIKE COMMODITIES

Animals are **artificially inseminated**. **Genetic selection** transforms animal bodies to make them as profitable as possible, to the detriment of their health. Pigs, chicken and cows have been selected to produce the highest possible amount of meat. Hundreds of thousands of chicken die in farms even before getting to the slaughterhouse: their heart, skeleton and lungs cannot resist this accelerated muscle growth.

## 3 BECAUSE ANIMALS ARE MUTILATED

From the moment they're born, most animals are mistreated. Piglets are castrated with a scalpel and their tail and teeth are cut, all without anesthesia. Cow calves have their horns burnt with fire, chicken and duck chicks have their beak tip burnt and the latter have their claws cut as well, etc. These **painful mutilations** are the standard practices in conventional farming, and very frequent in organic farming.

## 4 BECAUSE ANIMALS ARE CRAMMED TOGETHER

Most farm animals find themselves cramped in the thousands in huge sheds. By separating animals by force, cramming them together or isolating them in cages, these farms prevent animals from having affective relationships and expose them to **physical**



**and psychological suffering.** Essential activities such as running, playing, jumping or exploring are simply impossible in the vast majority of farms.

Animals suffer when being **transported** as well, sometimes for tens of hours in such stressful conditions that some can't resist it. Terrified and exhausted, they're brutally forced to get off the truck to enter the noisy and unknown environment that's a slaughterhouse.

## 5 BECAUSE ANIMALS DON'T WANT TO DIE

Be them terrestrial or aquatic, **none of the animals we eat wants to die.** The footage we recorded in multiple slaughterhouses in France (Alès, Le Vigan, Mauléon-Licharre, Limoges...) shows **horrific slaughter conditions**, including in slaughterhouses certified as local and organic. Animals are either electrocuted, gassed, or their skull is broken with a captive bolt pistol and they are subsequently bled or directly have their throat slit. Some are not properly "stunned" and they regain consciousness while bleeding. Pregnant animals are killed and their fetuses, sometimes just about to be born, are thrown away.

## 6 AND FOR OTHER REASONS

Be it farming or fishing, "animal production" is sustained by **exorbitant public subsidies**, when their consumption doesn't respond to any nutritional need.

According to the United Nations' Food and Agriculture Organization (FAO), animal agriculture is responsible for 14.5% of **global greenhouse gas emissions**, which accounts for more than all motorized transport together. Animal agriculture is also responsible for massive deforestation and is a major source of environmental **pollution**.

Animal agriculture and meat consumption also represent a **waste of resources** hogged by some to the detriment of others. Currently, 800 million people are still suffering from malnutrition: vast arable land areas are monopolized for the sole purpose of feeding farm animals instead of being used to cultivate plants that could directly feed many more people.