

Many people are vegans because they are concerned about the Earth. Raising animals for food is very bad for the environment. No matter what we eat, we need water to grow it. But raising animals for food uses a lot more water than growing plants. This is a problem, because we are running out of water! To make a pound of each of these foods, you need the following number of gallons of water:



tomatoes	23
potatoes	24
eggs	544
chicken	815
pork	1630
<b>beef</b>	<b>5214</b>



It takes a lot of extra land to grow grain for animals. If this same land were used to grow grain for people, you could feed six times as many people! Forests are cut down to make room for grazing cattle. It is one of the main reasons that the rainforests are disappearing. Did you know that almost an acre of forest is saved



when a person becomes a vegetarian? Often, people become vegans because they don't like the sad conditions that factory farmed animals live in. Most of these animals spend their whole lives inside tiny cages and never get to see the sun or their babies. The cages are often so small, the animals cannot even turn around in them. These animals often get sick and sometimes not taken care of. No animal has to be in a cage for a vegan!

