



How to Win an Argument With a Meat Eater

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 in the world 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 beef: **16**

The Environmental Argument

- Cause of global warming: **greenhouse effect**
- Primary cause of the greenhouse effect: **carbon dioxide emissions from fossil fuels**
- Fossil fuels needed to produce food for a 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 raising livestock: **85**
- Number of acres of U.S. forest cleared to date 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 age five who are undernourished: **75**
- Area of tropical rainforest destroyed for every quarter-pound of rainforest beef produced: **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 Cholesterol Argument

- Number of U.S. medical schools: **125**
- Number of U.S. medical schools requiring a course in nutrition: **30**
- Nutrition training received by the 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. male risk of death from heart attack: **50 percent**
- Heart attack risk to average U.S. male who eats no meat: **15 percent**
- Heart attack risk to average U.S. male who eats no meat, dairy, or eggs: **4 percent**
- Average cholesterol level of people eating a 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

- Consumer of more than half of all water used for all purposes in the U.S.: **livestock production**
- Amount of water used in the 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 in the U.S. devoted to the production of livestock: **33**
- Percentage of all raw materials consumed in the U.S. needed to produce a complete vegetarian diet: **2**

The Antibiotic Argument

- Percentage of staphylococci infections resistant to penicillin in 1960: **13**
- Percentage of U.S. antibiotics fed to livestock: **55**
- Percentage of staphylococci infections resistant to penicillin in 1988: **91**
- Response of European Economic Community to routine feeding of antibiotics to livestock: **complete 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**
- Breast milk contamination rate, 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 the highest turnover rate in U.S.: **slaughterhouse worker**
- Occupation with the highest rate of on-the-job-injury in U.S.: **slaughterhouse worker**

Source: Diet for a New America by John Robbins

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