

## **Animal welfare concerns of a meat, poultry, meat and dairy product diet**

In order to produce milk, a cow must give birth. Just like human mothers, cows produce milk to feed their babies. The only way for humans to consume that milk is to take it away from calves. Cows will be artificially inseminated, giving birth after 9 months, she will be made pregnant again 2 months later.

The toll of near-constant pregnancy wears a cow's body out and she will be slaughtered after five years, cutting her natural lifespan short by 10 to 15 years. New-born calves are taken from their mothers within 24 hours. Female calves will be reared for milk. Around half of male calves in a dairy herd are shot at birth, or reared for low-grade beef, or veal (and condemned to live their 16-18 week lives in cramped indoor pens designed to restrict their movement, and normally pumped up with antibiotics).

In France, annual milk production per cow has more than doubled over 50 years to 200 litres on average, or 29 litres per day during lactation. That translates to over 28kg cows have to lug around which gives rise to arthritis and cardio vascular problems.

The European Food Standards Agency has reported on major welfare problems in cattle kept for beef, respiratory diseases linked to overstocking, inadequate ventilation, mixing of animals, digestive disorders due to intensive concentrate feeding and behavioural disorders resulting from inadequate floor space.



**Selective breeding** to increase yields is ubiquitous and results in broken bones, weak hearts and repeated infections.

**Overcrowding** in dark barns and crates means little or no access to outside.

**Mutilation** is often done to prevent aggressive behaviour caused by confined

**94%**  
**OF ANIMALS RAISED  
FOR FOOD ARE ON  
FACTORY FARMS**

