

The Benefits of Vegetarian and Vegan Menu Options

For Student Health:

- Animal products are high in saturated fat, cholesterol, and animal protein.
- Plant-based foods are the only source of fiber and many vitamins and minerals.
- Vegetarians and vegans tend to have lower rates of cancer, heart disease, diabetes, obesity, and several other illnesses.

For the Environment:

- Vegan foods save water, land, and fuel. More land, water and fuel are required to make meat and animal products than are required to make plant-based foods.
- Vegan foods prevent deforestation. Much of the rainforest land is cut down to provide grazing land for farm animals, or grains for farm animals.
- Vegan foods prevent water and air pollution. According to a study by United States' Senate, farm animals produce 130 times more poop than humans do. Also, according to a World Watch report, animal agriculture may account for half of greenhouse emissions.

For the Animals:

- Most farm animals live in factory farms. These farmed animals are confined in spaces so small they can barely move, mutilated without painkillers, and slaughtered brutally at a young age.
- Meat and animal products with the labels "humane", "organic", "free-range", "cage-free", and "kosher" often provide little difference in animal treatment. Animals are still treated poorly, and many of these farms are also factory farms.
- Farm animals are individual with personalities and feelings.

Citations:

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