

# How to Win an Argument With a Meat Eater:

## The Hunger Argument

- Number of people worldwide who will die of starvation this year: 60 million
- Number of people who could be adequately fed with the grain saved if Americans reduced their intake of meat by 10%: 60 million
- \* Human beings in America: 243 million
- Number of people who could be fed with grain and soybeans now eaten by U.S. livestock: 1.3 billion
- 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: 99
- \* How frequently a child starves to death: every **2** seconds
- Pounds of potatoes that can be grown on an acre: 20,000
- Pounds of beef produced on an acre: 165
- Percentage of U.S. farmland devoted to beef production: 56
- \* Pounds of grain and soybeans needed to produce a pound of **feedlot** beef: 16

## The Environmental Argument

- Cause of global warming: greenhouse effect
- Primary cause of greenhouse effect: carbon dioxide emissions from fossil fuels
- Fossil fuels needed to produce a **meat-centered** diet vs. a meat-free diet: 50 times more
- Percentage of U.S. top soil lost to date: 75
- Percentage of U.S. top soil loss directly related to livestock raising: 85
- Number of acres of U.S. forest cleared for **cropland** to produce meat-centered diet: 260 million
- \* Amount of meat U.S. imports annually from Costa Rica, El Salvador, Guatemala, Honduras, and Panama: **200,000,000** pounds
- \* Average per capita meat consumption in Costa Rica, El Salvador, Guatemala, Honduras, and Panama: less than eaten by average U.S. **housecat**
- Area of tropical rainforest consumed in every quarter-pound hamburger: 55 sq. ft.
- \* Current rate of species extinction due to destruction of tropical rainforests for meat grazing and other uses: 1,000 per year

## The Cancer Argument

- Increased risk of breast cancer for women who eat meat 4 times a week vs. less than once a week: 4 times
- For **women** who eat eggs daily vs. less than once a week: 3 times
- \* For women who eat butter and cheese 3 or

more times a week vs. less than once: 3 times

- \* Increased **risk** of fatal ovarian cancer for women who eat eggs 3 or more times a week vs. less than once a week: 3 times
- Increased risk of fatal prostate cancer for men who consume meat, cheese, eggs, and milk daily vs. sparingly or not at all: 3.6 times

## The Natural Resources Argument

- User of more than half of all water used for all purposes in the U.S.: livestock production
- \* Amount of water used in production of the average cow: sufficient to float a destroyer
- \* Gallons to produce a pound of **wheat**: 25
- \* Gallons to produce a pound of meat: 2,500
- Cost of common hamburger if water used by meat industry was not subsidized **by the** U.S. taxpayer: \$35 a pound
- \* Current cost of pound of protein from beefsteak, if water was no longer subsidized: **\$89**
- 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
- Barrels of oil imported into U.S. daily: 6.8 million
- Percentage of fossil fuel energy returned as food energy by most efficient **factory farm-**ing of meat: 31.5 percent
- \* Percentage returned from least efficient plant food: 328 percent
- Percentage of raw materials consumed by U.S. to produce percent meat-centered diet: 33

## The Cholesterol Argument

- Number of U.S. medical schools: 125
- \* Number requiring a course in nutrition: 30
- Nutrition training received by average U.S. physician during four years in medical school: 2.5 hours
- Most common cause of death in U.S.: heart attack
- How frequently a heart attack kills in U.S.: every **45** seconds
- \* Average U.S. man's **risk** of death from heart attack: 50 percent
- Risk for average U.S. man who avoids the meat-centered diet: 15 percent
- \* Risk for average U.S. man who consumes no meat, dairy products, or eggs at all: 4 percent
- Amount you reduce risk of heart attack if you reduce consumption of meat, dairy products, and eggs by 10 percent: 9 percent
- Amount you reduce risk if you reduce consumption by 50 percent: 45 percent

- \* Amount you reduce risk if you eliminate these foodstuffs from your diet entirely: 90 percent
- Meat, dairy, and egg industries claim you should not be concerned about your blood cholesterol if it is: "normal"
- Your risk of dying of a disease caused by clogged arteries if your blood cholesterol is "normal": over 56 percent

## The Antibiotic Argument

- Percentage of U.S. antibiotics food to livestock: **55**
- Percentage of staphylococci infections resistant to **penicillin** in 1960: 13
- Percentage resistant in 1988: 91
- \* Response of European Economic Community to routine feeding of antibiotics to livestock: ban
- \* Response of U.S. meat and pharmaceutical industries to routine feeding of antibiotics to livestock: full and complete support

## The Pesticide Argument

- Percentage of pesticide residues in the U.S. diet supplied by grains: 1
- Percentage of pesticide residues in the U.S. diet supplied by fruits: 4
- Percentage of pesticide residues in the U.S. diet supplied by vegetables: 6
- Percentage of pesticide residues in the U.S. diet supplied by dairy products: 23
- \* Percentage of pesticide residues in the U.S. diet supplied by meat: 55
- Pesticide contamination of breast milk from meat-eating mothers vs. non meat-eating: 35 times higher
- What USDA tells us: meat is inspected
- Percentage of slaughtered animals inspected for residues of toxic chemicals including dioxin and DDT: less than 0.00001

## The Ethical Argument

- Number of animals killed for meat per hour in U.S.: 500,000
- \* Occupation with highest turnover rate in U.S.: slaughterhouse worker
- \* Cost to render animal unconscious with "captive bolt pistol" before slaughter: 1 ¢
- Reason given by meat industry for not using "captive bolt pistol": too expensive

## The Survival Argument

- Athlete to win Ironman Triathlon more than twice: Dave Scott (6 time winner)
- \* Food choices of Dave Scott: vegetarian
- Lifespan of oldest human being on record: 969 years (Methuselah)
- \* Diet of Methuselah: **vegetarian**
- \* Lifespan just eleven **generations** later: 70 years
- \* Reason for shortened lifespan: eating meat and animal products

FOR MORE INFORMATION ON THIS AND OTHER TOPICS, PLEASE CALL THE GILEAD INSTITUTE AT 770-270-1087