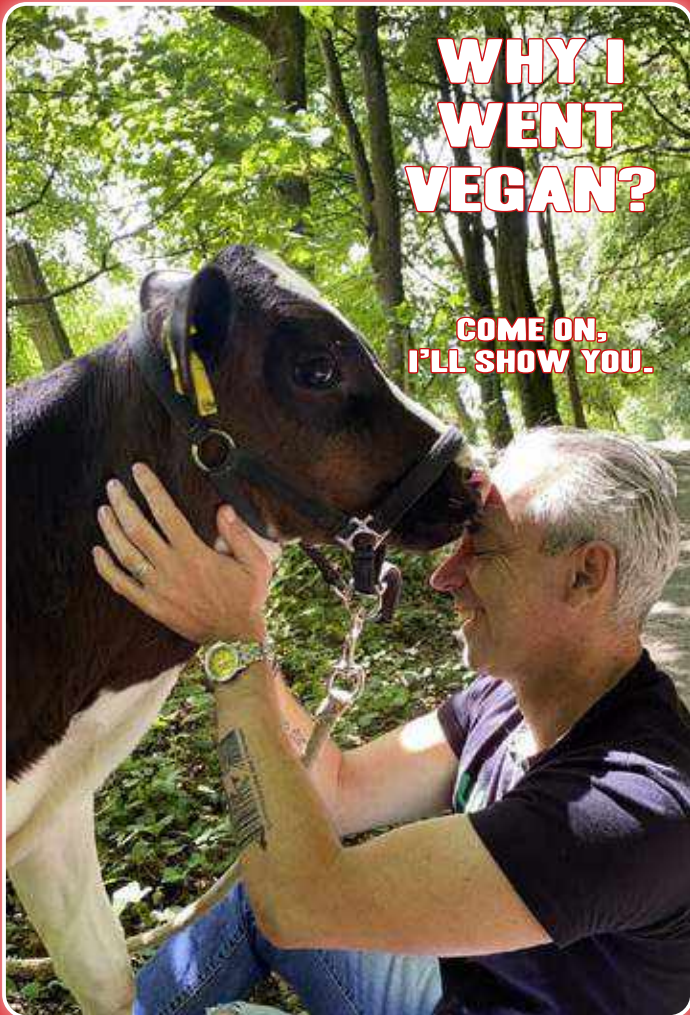


WHY I WENT VEGAN?

COME ON,
I'LL SHOW YOU.



THE TOPICS

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Nir Rosenfeld

born 1970 in Tel Aviv

My wife and I have three children. I've been a restaurateur in Frankfurt since 2003. I went vegan in 2017 and have run exclusively vegan eateries since 2019.

IMPRINT

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Dear Friends!

I was already running three restaurants in the Rhine-Main region by the time I decided to go vegan in 2017. None of them were even remotely vegan. But I was unable to continue squaring this with my conscience. I didn't want to earn my money with the exploitation of animals. Everyone I knew thought I was crazy when I suggested switching the businesses to vegan. Only my wife stood behind me at the time.

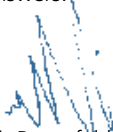
After protracted discussions, my business partners agreed that the *ZEIL-KITCHEN* would go vegan. I sold my shares in the other two restaurants.

Now I am again running five hospitality businesses in Frankfurt: *ZEIL-KITCHEN*, *KULI ALMA*, *DOMINION FOOD REVOLUTION*, *NANA EXPRESS*, *LIFE DELI* and *NANA'S KITCHEN*,

a large-scale production kitchen. All of them are 100% vegan! I even opened the *DOMINION FOOD REVOLUTION* during the COVID-19 pandemic. So at a time when other eateries were closing their doors for good.

Looking back, I can confirm that it has been a success story. But it was a big risk I took. I had been doing very well financially. The restaurants were buzzing and making good money to support me and my family. So why was I willing to risk it all?

This booklet gives you the answers.



Nir Rosenfeld

MEAT



4

Photo: Animal Rights Watch e.V.

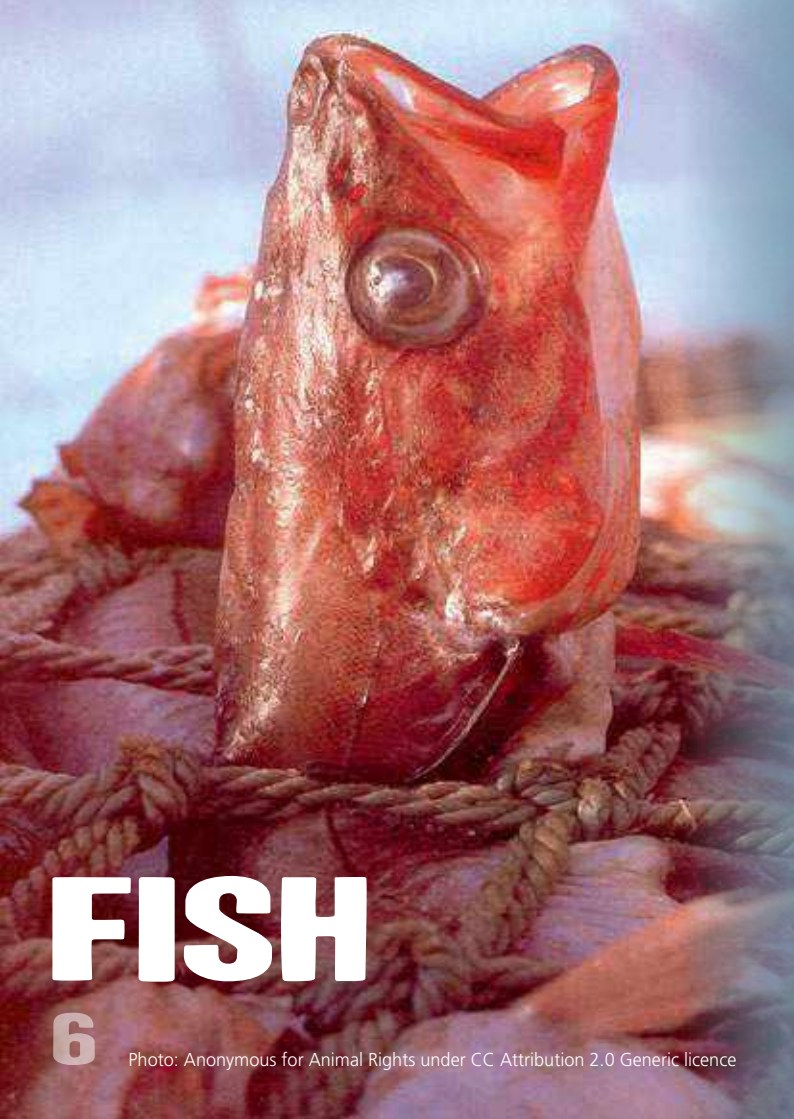
"I don't eat much meat myself. But if I do, it comes from happy animals." These two sentences will crop up in almost every conversation about meat. But you can be tempted to dismiss these arguments as barefaced lies if you know that 98% of the meat consumed in Germany comes from factory farming and that, just statistically, every German eats almost 1,200 land animals and countless aquatic animals over the course of their lives. These lies deserve to be dismissed as such in many cases. Plenty of people are perfectly aware of the consequences of their actions and simply prefer to keep kidding themselves. Some folks actually believe that they don't eat much meat. Perhaps they are only remembering their lunch and conveniently forget what they have for breakfast or dinner. Or because they define 'meat' only as steaks and cutlets – but not as sausage. Many people also blank out poultry and fish when discussing their consumption of meat. Occasionally they will ignore 'hidden' meat like ham in their salads or meat filling in ravioli.

In fact, around 77 billion land animals are killed for food worldwide – every year. Aquatic animals such as fish, crabs and

others are caught in nets and dragged from the water in such unfathomable numbers that they are only recorded by weight. The Food and Agriculture Organisation of the United Nations (FAO) estimates that we kill up to 2.3 trillion aquatic animals for food each year. That's 6.3 billion living creatures per day. Or around 4.4 million animals per minute. The population of Sydney – wiped out in 60 seconds flat.

And no, none of these animals were happy. After all, many were held captive and torn from their families just to tickle our palates. And all of them were killed – usually after torture, mutilation and forcible impregnation.

Animal welfare labels that speak of 'wellness in the barn' are just window dressing with the sole purpose of giving consumers a clear conscience. The husbandry conditions are barely better (if at all) and still very poor. Organic labels hardly reflect a perfect world, either – regardless of whether they are the EU organic label or the 'premium labels' from Bioland, Naturland or Demeter. The photo about eggs on page 10, for instance, was taken on an organic free-range farm. Are these the conditions you imagined?



FISH

6

Photo: Anonymous for Animal Rights under CC Attribution 2.0 Generic licence

There is actually no ethical difference between veal and fish meat, however, many of us would like to believe that there is. Why?

No other form of animal use claims more victims than the fishery sector. They are actually too many to even be counted. They are only weighed. The Food and Agriculture Organisation of the United Nations (FAO) estimates that we kill up to 2.3 trillion aquatic animals for consumption purposes each year. It's barely conceivable how much louder this planet would be if they were all able to scream...

Is that perhaps why we have so little compassion with fish? Anglers are keen to spread the rumour that fish are unable to feel pain. But they do – especially around the mouth, the area that is pierced by the hook. But fishing with nets and trawling are no better: the fish feel pain due to the drop in pressure when they are dragged from the water. Those at the bottom of the bulging nets are crushed, their swim bladders burst. The fish are clubbed to death on deck or sliced open while still alive – at least those that have not already suffocated in terrible agony. Fish suffer all these ordeals – fear, stress, pain and death throes – in mute silence.


Sure, fish are different. But perhaps not as much as we believe. The things we have already learned about them are incredible: fish build gardens to grow food algae; they use tools, have strong memories and make individual decisions instead of just following instinct.

Fishing doesn't just kill individuals – it wipes out entire habitats. The nets extend down to a depth of 2,000m. FAO estimates suggest that fishing has already eliminated all or almost all of the fish from 87% of these habitats. The stocks of many fish species have been decimated by 90% over the last 50 years. Another problem: According to the WWF, fishing gear – nets especially – accounts for at least one third of the plastic waste in the world's oceans.

The fishing industry is keen to sell 'aquaculture' as a solution, but it is nothing other than factory farming with all of its curses such as the use of antibiotics, animal suffering and destruction of the environment. And it doesn't mean less fishing, as the farms use fish caught in the wild to feed their stocks. It takes around 5kg of wild fish to produce just 1kg of the farmed variant. The number can even be as much as 20kg for 1kg farmed tuna.

MILK

A close-up photograph of a cow's udder and teats. The teats are severely inflamed, appearing bright red and swollen. The surrounding skin is dark, mottled, and appears to be covered in a thick, crusty layer of infection or dried milk. The cow's legs are visible in the lower part of the frame, one with a metal band. The ground is covered in straw.



Cows and calves graze peacefully side by side on a verdant meadow. That's how many people imagine the lives of the around four million dairy cattle in Germany. It is, after all, the image that the dairy industry would like us to believe. But the reality is completely different.

By far the majority of dairy cows remain stuck in dark stables and never even see a meadow. Instead they stand and lie on concrete strewn with manure. The slatted floors cause leg and claw diseases. The animals are also plagued by back troubles, as their udders – bred specifically for size – are simply too heavy for the spine. Relentless milking and the udders dragging along the manure-drenched floors cause painful inflammations (mastitis), which can even lead to premature death. Instead of grass, the cows usually eat special feed made of soy, cereal and drugs.

And like all mammals, cows will only lactate if they have been pregnant. That's why dairy cows are kept more or less permanently in-calf. In other words: they are inseminated (artificially in most cases) as soon as their milk production dips. The calf sees little of its suffering mother at first, as it is separated from her immediate-

ly after birth. A traumatic ordeal for them both. Male calves are useless in the dairy industry. They are sold for fattening and slaughtered after just a couple of weeks or months. Female calves are kept in a separate pen in the stable, sometimes even confined to a 'calf igloo'. It's nothing more than a plastic box with barely enough space for one animal. The reason: newborn calves are denied their mother's milk – as every drop needs to be sold. Instead they are given milk substitutes until they can take regular feed and are ready for forced impregnation. Some dairy farmers claim in their marketing texts that the calves are left with their mothers. But they are fitted with 'weaning devices' to prevent them from suckling milk. The devices consist of pronged rings that hurt the heifer as soon as the calf tries to drink. The mother then rejects the child to protect itself. An equally traumatising experience.

The heifer is a physical wreck after four to five years and three to four calves and no longer profitable enough for the dairy industry. So it is slaughtered as well.

EGGS



10

Photo: Animal Rights Watch e.V.

The life of a typical laying hen begins in the hatchery, where the chicks are sorted by sex straight from the egg. Until 2022, the 45 million male chicks born each year were gassed to death or tossed in a shredder as they cannot lay eggs and are therefore without value to the industry. This practice has been banned in Germany since 2022. But the most likely outcome is that a significant proportion are now transported to be killed abroad, as they are simply not suitable for fattening. The female chicks are moved to the rearing station. Assuming they survive this stage, it is then decided on how they will be kept.

But the type of husbandry is largely meaningless for the hen. In 'small group husbandry' (cages), 12 hens per square metre are crammed into a boring life. There are still 9 hens per square metre in barn farming. Hens kept in organic free-range facilities have the most space, theoretically at least: 4 square metres – but in reality, the animals are often barred from entering the meadow. Too cold, too wet, sick animals, a broken fence... and the barn farming standards apply in the barn: 9 hens/square metre. Barns with perches and nesting boxes arranged on several levels are called aviaries, which permit

even 18 hens/square metre. That's how quickly the space allotted to an organic hen can shrink to just 1/72th of its intended size.

The hens look disturbingly alike towards the end of their short lives, irrespective of how they were kept. What kind of husbandry do you think that the hen in the picture experienced? It's hard to believe, but she's an organic hen from the Landkost-Ei brand, photographed in 2019.

Animal husbandry is intrinsically linked to colossal waste of resources and environmental pollution. You should certainly read the chapter on environmental impacts if the topic catches your interest and you would like to protect the environment.

Eggs – menstrual products from hens – are also unhealthy. Their consumption contributes to cardiovascular diseases. Salmonella poisoning is responsible for hundreds of fatalities each year and dwarfs the repercussions of avian flu. The widespread use of antibiotics and medicines in animal husbandry is also a serious threat. Feed can become contaminated with dioxins and dangerous mould, that then recontaminate the eggs laid following consumption by the hen, giving rise to regular public health scandals.

HONEY



12

Photo: Delphotostock/AdobeStock

What's the issue with eating honey? And what is honey anyway? Its main constituents are nectar (a sugar-rich liquid produced by flowers) and honeydew (secretions of aphids and scale insects). Adult worker bees pick up these substances with their proboscis and store them in their honey stomachs, where enzymes are added. Back in the hive, they regurgitate this proto-honey and pass it on to younger worker bees, who suck it back into their own honey stomachs, transport it through the hive and regurgitate it elsewhere. This is repeated several times so that the bees add more and more enzymes and proteins to the 'honey precursor'. It is finally filled into honeycomb cells. The bees fan their wings to increase the temperature in the hive, which causes a large proportion of the water to evaporate. Then the bees ingest the finished honey one more time, regurgitate it and deposit it in storage cells sealed with a layer of wax. The bees do not toil like this for our benefit. Honey feeds the bee colony and contains nutrients that are essential for survival, especially during the cold winter months. It protects the animals from mites and diseases, which, along with soil sealing, monocultures and

pesticides, are the main causes of bee mortality. The 'substitute feed' (usually sugared water) provided by the beekeepers cannot offer this protection. What's more, the reared honey bees are displacing the wild bees – precisely the ones that are less vulnerable to environmental influences. This is a catastrophic trend in the age of climate change. The beekeepers smoke the hive to get to the honey. It is often claimed that this calms the bees. Actually, though, they only know smoke in conjunction with fire, which induces a state of terrified panic! They crawl into the hive and ingest as much honey as possible to follow their queen to a safe place. The beekeepers exploit the chaos to steal the honey. During the process, bees are often crushed, their wings damaged or their legs even severed. The wings of the queen bee are always clipped to prevent the colony from escaping. While queens can live up to six years in the wild, they are killed after just one year – especially abroad – and replaced with a younger, more productive one. Interestingly: 80% of the honey consumed in Germany is produced abroad.

LEATHER



14

Photo: Jo-Anne McArthur/We Animals Media

Leather is a product obtained from the skin of killed animals. Their torturous life in a factory farm is followed by a violent, cruel death in the slaughterhouse.

According to the Federal Statistical Office, almost 58 million animals were slaughtered in Germany alone in 2020 and their skin processed into clothing and other articles. Over 91% of them were pigs.

Many argue that leather is 'merely' waste from meat production. In actual fact, the skin accounts for a considerable portion of the animal's total value. A market analysis by [grandviewresearch.com](https://www.grandviewresearch.com) indicates that the global leather industry made a whopping US\$394.12 billion with this 'waste' in 2020.

It is no secret that the conditions in German slaughterhouses are catastrophic as well: many of the people working there make far less than the statutory minimum wage. They are crammed into exorbitantly priced quarters and have their passports confiscated so that they cannot return to their home countries etc. But most of the leather for our shoes and bags comes from Asia. And the slaughterhouse and tannery workers in these countries are exposed to even more disastrous conditions:

lack of protective clothing, obsolete machinery without safety mechanisms, highly toxic chemicals combined with lack of or inadequate ventilation and child labour are just a few of the many points of criticism.

Chromium or aluminium salts and other chemicals are frequently used in the tanning process. This is cheaper than vegetable tanning, but comes with health risks as residues can be carcinogenic or mutagenic. To illustrate the point: 90% of tanners in Bangladesh's capital Dhaka die before their 50th birthday. The raw waste water is mostly discharged into rivers and lakes or onto the nearest property, where it contaminates water points and the groundwater.

In 2009, the Federal Office for Consumer Protection took random samples of leather products sold in Germany and found that 42% were contaminated with carcinogenic chromium VI. The consumer organisation Stiftung Warentest even determined that the chromium VI residues in 6 of 10 children's shoes exceeded the permitted limits.

Leather is not a natural product.

FUR



16

Photo: Animal Rights Watch e.V.

Fur is the skin of dead animals with the hair left on. Most of the 'fur animals' (over 40 million each year) are kept in tiny cages on wire mesh floors, where they live a short and torturous existence. Foxes and martens are crammed in cages of less than 1 square metre, while minks are given even less space. In spring, the cages burst at the seams with the young after the forced insemination and pregnancy of the mothers. The animals bite each other when stressed, which leads to mutilations. Kept in isolation later on, the animals experience absolute monotony and the consequent mental problems. The animals are clubbed to death, gassed or electrocuted after only a few months. These are not reliable methods of killing, so that animals are commonly skinned alive. The photo shows a skinned mink.

Fur from animals caught in the wild usually comes from nutrias (rodents) and coyotes (a species belonging to the dog family). Hunted with firearms, many of the animals escape seriously injured and die slowly and painfully in a hiding place. Or they get snared in snap traps that shatter their limbs. Sometimes the desperate animals try to bite off their foot to escape from the trap.

A vast quantity of fur comes from 'livestock' like rabbits. But their fur is not really a 'by-product'. Like with cattle, the fur of bred rabbits accounts for a significant portion of their value. The animals are never kept for their meat alone.

The trade in real fur almost collapsed just a few decades ago, but has now been making a comeback for some years. The reason: big money is no longer made with fur coats but with appliqués such as fur collars or pom-poms, which many people believed were not produced with the genuine article. And since organisations have started emphasising this fact and people have been reading the label, tests have increasingly demonstrated that the industry declares real fur as synthetic in order to deliberately deceive consumers. After all, exploiting animals is cheaper than making synthetic products.


The best solution would be to buy neither real nor synthetic fur. Because the person next to you cannot know what you are wearing. You might unknowingly be promoting the use of fur.

PIGEONS



18

Photos: foto_tech/AdobeStock



Doves symbolise hope in the Bible, for instance when one returns to the ark carrying a green branch after the Flood. They were considered particularly pure in antiquity. Doves are also symbols of peace, and newly-weds often release a pair as a sign of love, fidelity and fertility. How is it possible that a war is being waged on doves and pigeons in our cities?

Myth no. 1: Risk of epidemics. Modern science knows that the health risk posed by pigeons is no greater than that of other birds or pets. For years now, not a single urban pigeon has been identified as the cause of notifiable ornithosis, despite the persistent rumours. The same applies to salmonellosis: one single alleged case in 1995 contrasts with the hundreds of thousands of instances over the last twenty years in which people have contracted the infection after eating meat and egg products.

Myth no. 2: Pigeon droppings damage buildings. Pigeon droppings have a pH value of between 5.5 and 5.8 – like uncontaminated rainwater. The Institute of Construction and Building Materials at the Technical University of Darmstadt conducted a study into the effects of pigeon droppings on various building materials. Its findings: no damage, even after 70 days.

So pigeons are neither especially responsible for the transmission of diseases, nor do they destroy buildings. They are intelligent animals that can memorise up to 725 different patterns, identify women's and men's faces in photographs and even reliably distinguish a painting by Marc Chagall from a Vincent van Gogh. Pigeons have a grasp for systems and adapt to them. And they solved tasks from intelligence tests that involved recognising objects in rooms faster than their smartest human counterparts.

And yet war is still being waged against them. Most pigeons in Frankfurt nest in the over 300 bridges. The city is now boarding them up so that the pigeons have to look for new nesting sites – even on the ubiquitous spikes for lack of alternatives, which often leads to injuries. Pigeons are also poisoned, walled in alive, trapped and clubbed to death.

Like many other birds, pigeons experience hunger all year round as well. The situation is exacerbated by feeding bans, which forces the pigeons to eat anything they can scavenge. Even waste that can cause illness.

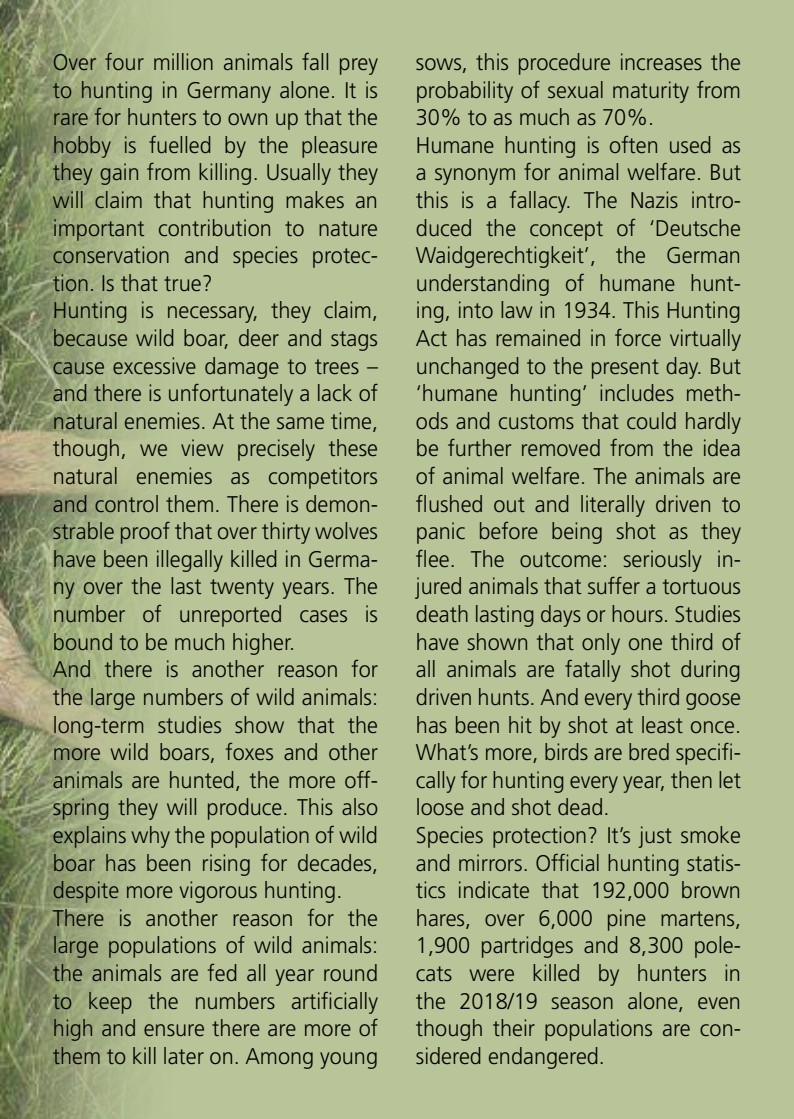
Doves and pigeons are not our enemies. They are living creatures like you and I and deserve respect.

HUNTING



20

Photo: PETA Deutschland e.V.



Over four million animals fall prey to hunting in Germany alone. It is rare for hunters to own up that the hobby is fuelled by the pleasure they gain from killing. Usually they will claim that hunting makes an important contribution to nature conservation and species protection. Is that true?

Hunting is necessary, they claim, because wild boar, deer and stags cause excessive damage to trees – and there is unfortunately a lack of natural enemies. At the same time, though, we view precisely these natural enemies as competitors and control them. There is demonstrable proof that over thirty wolves have been illegally killed in Germany over the last twenty years. The number of unreported cases is bound to be much higher.

And there is another reason for the large numbers of wild animals: long-term studies show that the more wild boars, foxes and other animals are hunted, the more offspring they will produce. This also explains why the population of wild boar has been rising for decades, despite more vigorous hunting.

There is another reason for the large populations of wild animals: the animals are fed all year round to keep the numbers artificially high and ensure there are more of them to kill later on. Among young

sows, this procedure increases the probability of sexual maturity from 30% to as much as 70%.

Humane hunting is often used as a synonym for animal welfare. But this is a fallacy. The Nazis introduced the concept of 'Deutsche Waidgerechtigkeit', the German understanding of humane hunting, into law in 1934. This Hunting Act has remained in force virtually unchanged to the present day. But 'humane hunting' includes methods and customs that could hardly be further removed from the idea of animal welfare. The animals are flushed out and literally driven to panic before being shot as they flee. The outcome: seriously injured animals that suffer a tortuous death lasting days or hours. Studies have shown that only one third of all animals are fatally shot during driven hunts. And every third goose has been hit by shot at least once. What's more, birds are bred specifically for hunting every year, then let loose and shot dead.

Species protection? It's just smoke and mirrors. Official hunting statistics indicate that 192,000 brown hares, over 6,000 pine martens, 1,900 partridges and 8,300 polecats were killed by hunters in the 2018/19 season alone, even though their populations are considered endangered.



ZOO

22

Photo: Wirestock/AdobeStock

People are becoming increasingly sceptical. Is it right to lock animals up so that we can admire them? Zoos respond with fairy tales about species protection. Strangely, most of their captives are not even on the endangered species list. Zoos are mainly concerned to showcase animals that draw the largest crowds. 'Breeding animals to preserve the species' is a non-starter: according to experts, the reared animals would barely be able to survive in the wild. "Born into the artificial zoo environment, they lack the skills to establish adequate social relationships and do not learn traditions that are essential for survival. Important sensory organs may even waste away due to lack of use", says Laura Zodrow from animal public. Not to mention how vital it would be to protect the animals' natural habitat consistently. Compounding this situation are scandals about culled zoo animals who (barely beyond childhood) were no longer cute enough to attract visitors and therefore became 'useless mouths to feed'. This prompts increasing numbers of people to ask whether the tortures of captivity can be justified in order to preserve an animal species. The zoos' response: to replace bars with bulletproof glass

and moats, paint the concrete and tile walls and scatter some peat and hay across the floor. It's just window dressing for visitors – but woefully inadequate to satisfy the needs of the imprisoned animals. While tigers in the wild roam a territory that extends across several dozen square kilometres, they have to make do with a few measly square metres at the zoo. Captive elephants are also unable to complete their daily wanderings of up to 17 km. Birds cannot fly and bears are prevented from digging. Penguins and polar bears suffer from the summer heat, while lions and gazelles shiver through the cold winters. In captivity, inquisitiveness about other species and the natural habitat is limited to their own kind and the gawking zoo visitors. Zoos were not invented as arks for endangered species. They have always been places for human amusement. They rob animals of their liberty and make them sick. Behavioural disorders are expressed, for example, by constant head swaying, pacing the same circle or other repetitive movements.

CI

24

Photo: Jiri Foltyn/AdobeStock

CIRCUS

The circus is back in town and promises breathtaking artistes, side-splitting clowns and jaw-dropping animal acts. Horses parade in an incredible array as if guided by magic, feline predators leap through hoops and elephants stand upright or balance on their heads. But an evening of pleasant entertainment for the audience means a life in captivity and misery for the animals.

It all looks so effortless in the ring: trainers snap their fingers and the horses immediately perform a pirouette. The whip in their hands remains concealed. If it features at all, it cracks in the air and does not hit any of the animals. But the performance in front of an audience is merely the end product. Bull hooks, metal rods, sticks, whips, electric shocks and food deprivation are commonly used to break the animal's will during training. The animals' own decisions are superseded by the fear of imminent punishment. The animal is ready for the ring when the link between the snapping of

fingers or the cracking of a whip and potential punishment has been established and the required trick is performed.

The audience returns home after the show – but the animals are locked back into their cages. They spend most of their lives in just a few square metres. Some are even chained up. Many 'circus animals' develop behavioural disorders known as zoochoses. Elephants and horses, for example, swing their heads back and forth (known as 'bobbing and weaving') just to see something other than the monotonous wall in front of them.

Countries are increasingly taking action. Unfortunately, though, this mostly involves banning exotic animals such as elephants and big cats. But captivity is captivity and pain remains pain. It doesn't matter whether it is a zebra or a horse, an elephant or a llama, a dog or a lion. All animals experience suffering. Meandering for kilometres through the terrain, social contacts with members of the same species and a life without systematic brutality, coercion and degradation are only possible in freedom.

ANIMAL EXPERIMENT



26

Photo: SOKO Tierschutz e.V./Cruelty Free International

ENTS

Section 7 of the Animal Protection Act defines animal experiments as “interventions or treatments on animals for experimental purposes if they may involve pain, suffering or harm to these animals.” The fact that the Animal Welfare Act addresses the issue implies that the state has a concern for animals. But a distinction must be made between ‘pets’ and ‘livestock’. In Germany, pets do indeed enjoy a relatively high degree of protection. But the Animal Welfare Act takes a more liberal approach when it comes to ‘livestock’ like fattening pigs, laying hens or even laboratory animals. After all, capital reigns supreme – and naturally freedom of research. This means that virtually any suffering can be inflicted on these animals, even without a medical benefit. Indeed, basic research (by definition) without specific purpose accounts for around 50% of animal experiments. The main concern is simply to expand

knowledge within the research community. Useful results are not the primary objective. Just one example: Who will suffocate faster? The mouse or the naked mole rat?

But even in experiments in which one might reasonably assume there is a certain scientific benefit, the question remains as to whether the results can be transferred to humans. Pharmaceutical development is a good example. But 92% of the active pharmaceutical ingredients are not approved due to unexpected adverse effects in human clinical trials, despite extensive animal testing. People are neither mice nor cats, after all. Medical associations around the world have been opposing animal experimentation for decades, arguing from a scientific perspective. But people still cling to this outdated, killer model for reasons of tradition or to further their careers, despite the dangers it poses to humans as well.

So over 2.9 million mice, rats, rabbits, dogs, cats, fish, monkeys and other animals were abused and killed in animal experiments for medicines, cleaning agents, chemicals, paints, creams, cosmetics and much more. And these figures are just for 2019 in Germany.

ENVIRONM



28

Photo: Robert/AdobeStock

IMENT

Animal husbandry is intrinsically linked to colossal environmental pollution and resource wastage. For example, around 200 litres of water are wasted for a single egg, and as much as 15,400 litres for 1 kg of beef. Vast quantities of faeces are also produced that poison our soil and groundwater. Waste gases are another problem – either those that are produced by the animals themselves, but also the ones emitted while transporting feed, much of which is imported. Downstream products are shunted around the world as well. The egg powder in your biscuits, for instance, may come from Brazil.

“But the rainforest is destroyed for your tofu”, is a common response. The soy used to produce tofu consumed in Europe is almost exclusively grown on the domestic market, for example in Italy, France, Romania or Germany. In fact, 90% of the world’s soy harvest is fed to animals. And rainforests or grazing areas are indeed cleared for these feedstuffs.

Oxford University carried out a sensational study exploring which

diet would bring the greatest benefits to the planet and its inhabitants by the year 2050 – always compared to a reference scenario based on a forecast by the United Nations on the development of our consumption habits. The first diet it examined is based on the recommendations of the World Health Organization (WHO): certain amounts of fruit and vegetables, less red meat. The second diet is vegetarian – so without products from dead animals. Veganism involves abstaining from animal products and is the third diet that the study explored. The findings: one third (35%) of all greenhouse gas emissions are linked to our diet – and animal husbandry accounts for about 80% of them. If everyone followed the WHO recommendations, 29% of greenhouse gas emissions associated with diet could be prevented. The reduction would be far greater, namely 63%, if everyone adhered to a vegetarian diet. But the biggest impact would come if everyone stuck to a vegan diet, which would cut emissions by 70%.

We are already observing the effects that climate change can have (less arable land, falling groundwater level, famine, natural disasters and war ...).

GLOBAL HUN



30

Photo: Khaled Abdullah/Reuters/AdobeStock

HUNGER

The world population currently stands at around 8 billion people. Statistics released by Welthungerhilfe indicate that around 2 billion of them are malnourished, 811 million go hungry, 41 million more live on the brink of famine and, according to Oxfam, 11 die of hunger every minute. It's worth reminding ourselves that our agricultural sector could feed approximately 15 billion people. So why does hunger even exist in the world? The causes of hunger include poverty, war, natural disasters, corrupt governments, the purchase of land and water sources by large corporations, the cultivation of crops to produce biofuels, financial speculation on food prices or, increasingly, advancing climate change. And all these factors merely aggravate each other, of course.

Another reason is the consumption of animal products. More and more people are eating more and more meat. While it may

seem like meat consumption is dropping steadily in Germany, this does not reflect the global trend at all. And the more animals that are kept because of their meat, milk or eggs, the more feed we need to cultivate. Statistics released by Forum Moderne Landwirtschaft show that 61.8% of German arable land is used to grow animal feed – with just 21% left over to produce food specifically for humans. But that's not enough. All over the world, pastures and above all arable land are being wasted to feed what is known as 'livestock'. For example, 90% of the world's soy crop and about 70% of the world's wheat crop is fed to animals. Small farmers are increasingly losing their land and therefore their livelihoods due to our insatiable hunger for meat. This leaves them so impoverished that they cannot buy food – so they starve.

An additional factor is that redirecting food through animals is highly inefficient. About seven plant calories are needed on average to produce one animal calorie. So significantly more people could survive on the same amount of plant-based food.

HEALTH





It is quite common to hear someone say how impossible it has become to know what is actually healthy. That 'the scientific community' changes its mind every few months. People feel shooed back and forth from omnivore to vegan, from vegan to vegetarian, from vegetarian to flexitarian and back to omnivore again. One day eggs are lethal and the next day vital. Some say that milk builds you up, others that it makes you sick. It's understandable that people just stop listening...

But we should bear in mind that the media tend to just quote snippets from the studies and often draw the wrong conclusions. Another factor is the varying standards of the studies themselves. Finally, confusion reigns supreme if we have, for example, an omnivorous athlete and a corpulent vegan in our circle of friends. Of course, it is obvious that many factors contribute to a healthy life and that each body responds differently. Surely no one would seriously claim that cigarettes are beneficial to health just because Johannes Heesters, a smok-

er, lived to the age of 108, while his abstinent grandfather died at 80.

If we focus only on nutrition and leave factors such as hereditary diseases or sporting activity aside, we can now assert with a clear conscience that a whole food vegan diet is precisely what humans need. Whole food means eating more than just vegan TV dinners and crisps. Your meals should consist mainly of vegetables, pulses, nuts and seeds, whole grains and fruit. And it's a good idea to keep experimenting with new ingredients! This way you can prevent many diseases. Among them are high blood pressure and other cardiovascular diseases, diabetes, Crohn's disease, neurodermatitis and asthma etc. You can also alleviate or cure pre-existing conditions. A vegan diet helps to prevent numerous forms of cancer as well. A recent study by the University of Oxford comes to the conclusion: if the world's population were to adhere to a vegan diet, this could prevent 8.1 million food-related deaths every year.

LEARN MORE

Documentaries

- Dominion (YouTube)
- Cowspiracy (Netflix)
- Seaspiracy (Netflix)
- Keine besonderen Vorkommnisse – Der (Bio-)Schlachter von nebenan (YouTube)
- Schmerzensschreie im Gas (YouTube)
- Herrmannsdorfer – Lügen im „Biomärchenland“ (YouTube)
- Wie leben Biohennen wirklich? (YouTube)
- Pelz: Ein Fuchsleben – Welt aus Stahl (YouTube)
- Pelz: Todeskampf im Gas (YouTube)
- Angels of Mercy – Animal Liberation Front (YouTube)
- Der Artgenosse (YouTube)
- 101 Reasons To Go Vegan (YouTube)

- Eine lebensverändernde Rede (YouTube)
- What The Health (Netflix)
- Gabel statt Skalpell (Netflix)
- The Game Changers (Netflix)
- Vegan is ungesund (YouTube)

Websites

- nirrosenfeld.de
- ariwa.org
- soko-tierschutz.org
- stadttaubenprojekt.de
- offensive-gegen-die-pelzindustrie.net
- veganstart.de
- veganuary.de
- petazwei.de/einkaufsguide
- happycow.net

Books

- How Not To Die (Dr. M. Greger)
- Warum wir Hunde lieben, Schweine essen und Kühe anziehen (Dr. M. Joy)
- Vegan-Klischee ade! (N. Rittenau)
- Aus Liebe vegan (K. Ehret & M. Vögler-Mallok)

Recipes

- Kochen ohne Knochen – Das Ox-Kochbuch (U. Herzer & J. Hiller)
- Vegan für Faule (M. Kintrup)
- Vegan Low Budget (N. Rittenau & S. Copien)
- Vegan kochen für alle (B. Moschinkski)
- The Lotus and the Artichoke: Vegane Rezepte eines Weltreisenden (J. P. Moore)
- Vegan. Tut gut – schmeckt gut. (J. Eckmeier)

- La Veganista: Lust auf vegane Küche (N. Just)
- Vegan Super Easy: Gut essen für alle (I. Lauber)
- Vegan lecker lecker (M. Pierschel)
- Veganomicon: Das ultimative vegane Kochbuch (I. C. Moskowitz)
- Lebensfreude – vegan bringt Freude ins Leben – Herzhafte Gerichte (C. Goeb-Kümmel)
- Schlemmen for Future: Rezepte für die klimafreundliche Pflanzenküche (M. Bachmann)
- Hier kocht Alex – vegan satt (A. Flohr)
- Jackfruit (T. Glässig)
- zuckerjagdwurst.com
- veganwelt.de (R. Mitsam)
- freevegan.de/unsere-e-books/ (Jutta & Stefan)
- biancazapatka.com/
- Immer schon vegan (K. Seiser)



DON'T CLOSE YOUR EYES.

WATCH DOMINION ON YOUTUBE

youtube.com/watch?v=LQRAfjyEsko



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