



*The animals of the world exist for their own reasons. They were not made for humans any more than black people were made for white, or women created for men.*

You don't have to eat someone for dinner. Buy spaghetti, minced soy and oat milk instead of spaghetti, minced meat and cow milk. Your choice makes a difference!



Veganprojektet Stockholm is an animal rights organization that educates about veganism and strives towards a society free from violence against animals. Contact us if you want to know more.

- [www.veganprojektet.se/stockholm](http://www.veganprojektet.se/stockholm)
- [www.facebook.com/veganprojektetstockholm](https://www.facebook.com/veganprojektetstockholm)
- [www.instagram.com/veganprojektetsthlm](https://www.instagram.com/veganprojektetsthlm)
- [stockholm@veganprojektet.se](mailto:stockholm@veganprojektet.se)



**Who would you like to eat tonight?**


**Is it okay to subject an animal to unnecessary suffering? You will probably answer “no”. That answer leads to the conclusion that we can’t exploit animals for human purposes.**

Most people feel that the animals on our plates are subjected to suffering. However, not many people think about the fact that their suffering is completely unnecessary, since humans have no nutritional need to consume meat, milk or eggs.

When we eat a hamburger or a cheese sandwich someone is affected. There is a victim. Cows, pigs and chickens are, just like cats and dogs, sentient beings. They experience joy, fear, pleasure and suffering. They form memories and relationships during their lives. They have parents and children, friends and foes.

It is not right to treat animals as resources. They exist for their own reasons, not for us. If they have legs they have the right to run, if they have wings they have the right to fly, if they have fins they have the right to swim.

More and more people take a stand for animals and become vegans. It is easy to understand, no one wants to hurt animals. You too can choose not to consume food, clothes and forms of entertainment that cause suffering and death. You can say “no”.

 *Long-time experience and scientific studies have shown that a well planned and varied vegan diet (with a controlled intake of vitamin B12) gives an adequate nutritional intake for healthy individuals.*

National Food Administration of Sweden



### Milk, yoghurt and cheese kill animals

When calves are born, they are separated from their mother since the milk will be sold to humans. The male calf is routinely killed after eighteen months. The female calf will meet the same fate as her mother. She will grow up, lose her calves and be sent to slaughter when her milk production has decreased, usually after five years. Over 60% of Swedish beef is from cows within the dairy industry. There is no difference between meat and dairy products – a glass of milk contains as much suffering as a hamburger.

### Eggs kill animals

When chickens are hatched they are sorted by sex. Male chicks are immediately gassed to death. Their sisters are sent away for “destruction” after one year, when their bodies are worn out. When living free, hens and roosters can become 15 years old.



*Veganism is a way of living which seeks to exclude, as far as is possible and practicable, all forms of exploitation of, and cruelty to, animals for food, clothing or any other purpose.*

The Vegan Society

### How do I become vegan?

Some people go vegan overnight, for others it is a longer process. One suggestion is to start with a vegan breakfast. A lot of things on the breakfast table are of course already vegan, such as coffee, tea, juice, peanut butter and muesli. There are animal free alternatives to yoghurt, cheese and caviar. After a couple of weeks you can expand to a vegan lunch and dinner.

During the last few years the selection of vegan products in grocery stores have exploded. Today it is easier than ever to cook vegan versions of traditional dishes. There are heaps of recipes and plenty of information online. A good start is to search for your favourite food plus the word vegan in any preferred search engine.

Do you have any questions? Feel free to get in touch with us. And remember that you are doing it for the animals!

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4%

of Swedes are vegan according to a survey by Demoskop. A doubling in just a few years.

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