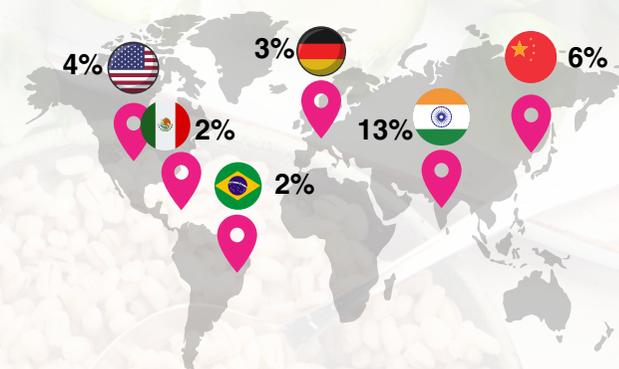


# Veganism

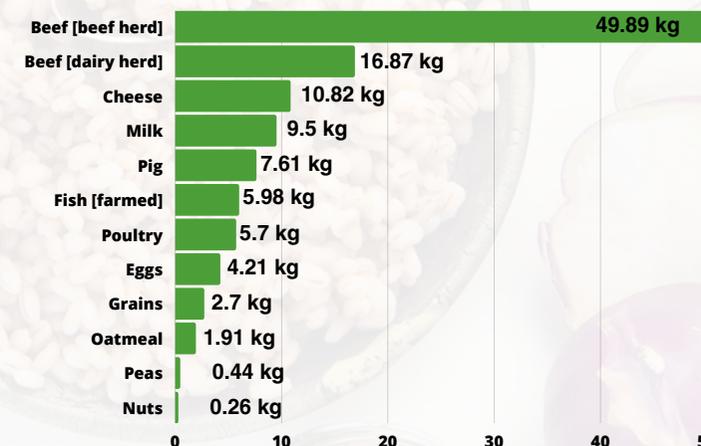
Veganism is a way of life and a philosophy that opposes using animals for anything, including food, cosmetics, and clothes. Through the use of plant-based diets, it aims to improve the ethical treatment of animals, reduce environmental harm, and enhance health. It's a rapidly expanding movement that offers advantages for everyone participating.



Share of Vegans in 2022.<sup>9</sup>



GHG emissions per 100 grams of protein.<sup>10</sup>



**70% of global water use**

accounted for agricultural industry. **41%** goes to livestock feed for meat.<sup>2</sup>

**24% Lower Mortality**

Plant-based diets associated with a **lower mortality** when compared to meat based diets<sup>3</sup>

**8.74 million animals per hour**

were killed for global meat production in 2021. **76.574 billion** animals slaughtered.<sup>2</sup>

**50% LESS**

GHG dietary emissions among **vegetarians** in comparison to meat-eaters.<sup>4</sup>



**99% LESS**

GHG dietary emissions among **vegans** in comparison to meat-eaters.<sup>4</sup>



**WATER USE**

The production of 1 kg of beef requires up to 15,500 litres of water. With this amount of water, a person could shower every day for a whole year.<sup>5</sup>



**68% LESS**

GHG would be emitted until 2100, if phasing out animal agriculture over the next 15 years.<sup>6</sup>



**ETHICS**

Animals in animal agriculture are subjected to painful procedures such as castration, dehorning, and tail docking without pain relief.<sup>7</sup>



**75% LOWER RISK**

of developing high blood pressure is the top value vegans can benefit when compared to vegetarian and non-vegetarian consumers.<sup>8</sup>

