



Dairy's Big Lie

The dairy industry presents images of happy cows grazing with their calves on lovely pastures and of people benefitting from the wholesome goodness of dairy products. Nothing could be further from the truth.

A Dairy Cow's Life

- Calves are taken from their mothers within a few hours of being born. Both mother and child are greatly traumatized by this.
- Male and surplus female calves are sold to be killed for veal or cheap beef.
- Calves raised for milk spend 2 to 3 months in lonely hutches before weaning. They get milk replacer while people drink their mothers' milk.
- At 15 months, the calves are artificially inseminated.
- Nine months later, they give birth and start lactating, which continues for 12-14 months.
- They are inseminated again two months after the last birth.
- When they are "spent" in about 5 years, or an average of 2.5 births, they are killed and turned into pet food or low-grade ground beef. A free cow can easily live over 20 years.

Sources of Suffering

- Breeding makes today's dairy cows produce over 4 times more milk than normal. Their unnaturally large udders can make it hard to walk.
- By the time they are killed, nearly 50% of cows are lame from standing on concrete floors in intensive confinement.
- To make their flesh white for veal, calves are fed a diet low in iron and other nutrients. This can give them anemia, diarrhea, and pneumonia.
- Painful inflammation of the mammary glands, or mastitis, is common, and it is one of the main reasons cows are sent to slaughter.



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Environmental Destruction

Large dairy farms are very bad for the environment. In California, manure from dairy farms has poisoned hundreds of square miles of groundwater, rivers, and streams. Every cow excretes 18 gallons of manure daily, produces more smog-forming pollutants than a car, and consumes as much as 40 gallons of water a day. Overall, factory-farmed animals produce 1.65 billion tons of manure each year, much of which ends up in waterways and reservoirs. The EPA reports that agricultural runoff is the primary cause of polluted lakes, streams, and rivers. Two-thirds of all agricultural land in the U.S. is used to raise animals for food or to grow grain to feed them.

Health Consequences

Cow's milk is the #1 cause of food allergies among infants and children. Millions of Americans are lactose intolerant, including most Asian-, Native-, and African-Americans. It can cause bloating, cramps, vomiting, headaches, rashes, and asthma. A U.K. study showed that people with irregular heartbeats, asthma, headaches, fatigue, and digestive problems "showed marked and often complete improvements in their health after cutting milk from their diets."

American women consume a lot of calcium, but their rates of osteoporosis are among the highest in the world. A Harvard Nurses' Study of more than 77,000 women ages 34 to 59 found that those who consumed two or more glasses of milk per day had higher risks of broken hips and arms than those who drank one glass or less per day.

People can easily get all the protein they need from nuts, vegetables, grains, and legumes. It's hard not to get enough protein when you eat a healthy diet. Like cows and other large herbivores, we can be healthy eating only plants. Eating too much animal protein has been linked to some cancers, and it might also put a strain on kidneys.

You Can Make a Difference

You can greatly help animals, your health, and the environment simply by removing animal products from your diet. Today, it's very easy to find soy, rice, coconut, and almond "milk" products. Fortified plant-derived milks provide calcium, vitamins, iron, zinc, and protein but do not contain any cholesterol.

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