How to Win an Argument With a Meat Eater

The Hunger Argument
- Number of people worldwide who will die as a result of malnutrition this year: 20 million
- Number of people who could be adequately fed using land freed if Americans reduced their intake of meat by 10%: 100 million
- 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: 90
- How frequently a child dies in the world as a result of malnutrition: every 2.3 seconds
- Pounds of potatoes that can be grown on an acre: 40,000
- Pounds of beef produced on an acre: 250
- Percentage of U.S. farmland devoted to beef production: 56
- Pounds of grain and soybeans needed to produce a pound of beef: 16

The Environmental Argument
- Cause of global warming: greenhouse effect
- Primary cause of the greenhouse effect: carbon dioxide emissions from fossil fuels
- Fossil fuels needed to produce food for a meat-centered diet vs. a meat-free diet: 3 times more
- Percentage of U.S. topsoil lost to date: 75
- Percentage of U.S. topsoil loss directly related to raising livestock: 85
- Number of acres of U.S. forest cleared to date for cropland to produce meat-centered diet: 260 million
- Amount of meat imported to U.S. annually from Central and South America: 300,000,000 pounds
- Percentage of Central American children under age five who are undernourished: 75
- Area of tropical rainforest destroyed for every quarter-pound of rainforest beef produced: 55 square feet
- Current rate of species extinction due to destruction of tropical rainforests for meat grazing and other uses: 1,000 per year

The Cholesterol Argument
- Number of U.S. medical schools: 125
- Number of U.S. medical schools requiring a course in nutrition: 30
- Nutrition training received by the average U.S. physician during four years in medical school: 2.5 hours
- Most common cause of death in the U.S.: heart attack
- How frequently a heart attack kills in the U.S.: every 45 seconds
- Average U.S. male risk of death from heart attack: 50 percent
- Heart attack risk to average U.S. male who eats no meat: 15 percent
- Heart attack risk to average U.S. male who eats no meat, dairy, or eggs: 4 percent
- Average cholesterol level of people eating a meat-centered diet: 210 mg/dl
- Chance of dying from heart disease if you are male and your blood cholesterol level is 210 mg/dl: greater than 50 percent

The Natural Resources Argument
- Consumer of more than half of all water used for all purposes in the U.S.: livestock production
- Amount of water used in the production of the average cow: sufficient to float a destroyer
- Gallons of water needed to produce a pound of wheat: 25
- Gallons of water needed to produce a pound of California beef: 5,000
- 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
- Calories of fossil fuel expended to get 1 calorie of protein from beef: 78
- To get 1 calorie of protein from soybeans: 2
- Percentage of all raw materials (base products of farming, forestry and mining, including fossil fuels) consumed in the U.S. devoted to the production of livestock: 33
- Percentage of all raw materials consumed in the U.S. needed to produce a complete vegetarian diet: 2

The Antibiotic Argument
- Percentage of staphylococci infections resistant to penicillin: 99
- Percentage of U.S. antibiotics fed to livestock: 55
- Percentage of staphylococci infections resistant to penicillin in 1988: 20
- Response of U.S. meat and pharmaceutical industries to routine feeding of antibiotics to livestock: complete ban
- Response of European Economic Community to routine feeding of antibiotics to livestock: full and complete support

The Pesticide Argument
- Common belief: U.S. Department of Agriculture protects our health through meat inspection
- Reality: fewer than 1 out of every 250,000 slaughtered animals is tested for toxic chemical residues
- Percentage of U.S. mother’s milk containing significant levels of DDT: 91
- Percentage of U.S. vegetarian mother’s milk containing significant levels of DDT: 9
- Percentage of staphylococci infections resistant to penicillin in 1960: 13
- Percentage of U.S. antibiotics fed to livestock: 55
- Percentage of staphylococci infections resistant to penicillin in 1988: 91
- Response of U.S. meat and pharmaceutical industries to routine feeding of antibiotics to livestock: complete ban
- Response of European Economic Community to routine feeding of antibiotics to livestock: full and complete support

The Ethical Argument
- Number of animals killed for meat per hour in the U.S.: 660,000
- Occupation with the highest turnover rate in U.S.: slaughterhouse worker
- Occupation with the highest rate of on-the-job-injury in U.S.: slaughterhouse worker