



## How does our diet affect animal welfare?

Our dietary habits affect billions of farm animals' lives: Worldwide, approximately 80 billion animals are slaughtered for human consumption every year, of which some 50 billion are reared in intensive keeping systems. When it comes to factory farming, unfortunately breeding, husbandry, transport and slaughter are not species-appropriate. However, the good news is that through our individual food choices every one of us can take action and positively influence animal welfare.

The more conscious we are about what we eat and what we buy, the better chance we have to reduce animal suffering in agriculture.

## About FOUR PAWS

FOUR PAWS is the global animal welfare organisation for animals under direct human influence, which reveals suffering, rescues animals in need and protects them. Founded by Heli Dungler and friends in Vienna in 1988, the organisation focuses on companion animals including stray dogs and cats, farm animals and wild animals kept in inappropriate conditions as well as in disaster and conflict zones. With sustainable campaigns and projects, such as its own sanctuaries, FOUR PAWS provides rapid help and long-term protection for suffering animals.

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To find out more about the link between animal welfare and human nutrition, visit: [four-paws.org/nutrition](https://four-paws.org/nutrition)

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# Animal Welfare and Nutrition



## The 3Rs Principle

Making changes to one's diet is the first step that directly impacts the life of animals on factory farms and on the environment. FOUR PAWS encourages people to follow the 3Rs Principle – **Reduce, Refine, Replace** – which helps you make compassionate food choices that are easily implemented and have a big impact on animal welfare.

### Reduce, Refine & Replace Three steps towards animal-friendly nutrition

With so many food options on the market today, making the right food choices may seem daunting. Making the decision to change one's eating habits is deeply personal, so the easiest way is to take it step by step. In this leaflet, FOUR PAWS provides helpful tips on how you can implement the 3Rs Principle in your everyday life.



Animal Welfare.  
Worldwide.







## REDUCE

Slowly reduce the amount of meat, eggs, fish and dairy in your diet, and try to limit the amount of food that may contain animal ingredients such as gelatine, casein (a milk protein) and stearic acid, which is found in many baked goods, sweets and beverages.

### Tips

- ✓ Think about how often you eat meat and what your favourite dish is. Many dishes do not even contain meat. Others are easy to prepare with a more animal-friendly mindset. For example, you can try **vegetarian mince for spaghetti bolognese or vegetarian patties for burgers**.
- ✓ Try to go **meat-free or even vegan for two days every week**. If it works out well, slowly increase the period of time without meat or animal products.



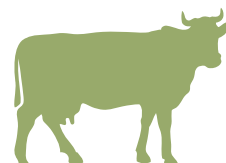
The less meat, dairy and eggs we consume, the fewer animals must be bred, kept, transported and slaughtered.

## REFINE

Familiarise yourself with labels and ingredients lists. By reading the ingredients and finding out where and how the product was sourced, you will be able to make more animal-friendly choices.

### Tips

- ✓ When in doubt, **ask your local supermarket or restaurant where the products come from and what the specific ingredients mean**. A lot of the names of animal ingredients may be disguised as something else, so it is best to find out what they mean. For example, albumin, which is the protein component of egg whites, is found in many processed foods. Glucose (dextrose) is another example of an ingredient that can come from animal tissues and fluids and not just from fruit.
- ✓ Even though organic foods are generally better than 'conventionally' sourced foods, it does not always mean they are animal cruelty-free. **Check to see what the organic farms promote and what is stated on the packaging about production processes**.
- ✓ Labels on products may say 'farm assured', 'locally sourced' or 'farm fresh' but none of these guarantee animals have been reared in systems with higher standards of welfare.



Opt for products that are animal welfare approved and are supported by high animal welfare standard labels.

## REPLACE

It has never been easier to replace meat, dairy, fish and eggs with delicious and healthy alternatives.

### Tips

- ✓ **Replace cow's milk** with oat, rice, coconut, hemp, hazelnut, soy and/or cashew drink.
- ✓ There are **plenty of meat alternatives** made from soya, wheat or peas. Texture, taste and look of these products are constantly being improved, which makes it easy to choose these cruelty-free products.
- ✓ **Look for vegan products**. There are various vegan labels to help identify plant-based foods.
- ✓ **Protein is not only found in animal products**. Beans and legumes, tofu and tempeh (both made from soya), hummus (from chickpeas) and tahini (sesame paste), nuts and seeds, rice and quinoa, and even protein powders for smoothie lovers, are rich in protein.



The most animal-friendly diet is a plant-based one.

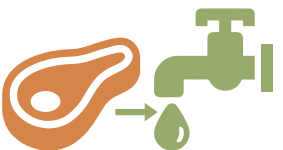


## Did you know that ...

... the production of animal-based products claims approximately 80 % of all agricultural land?



... for the production of 1 kilogramme of beef, 15,000 litres of water are used?



... tropical forests are cleared to gain grazing and cropland for animal feed?

