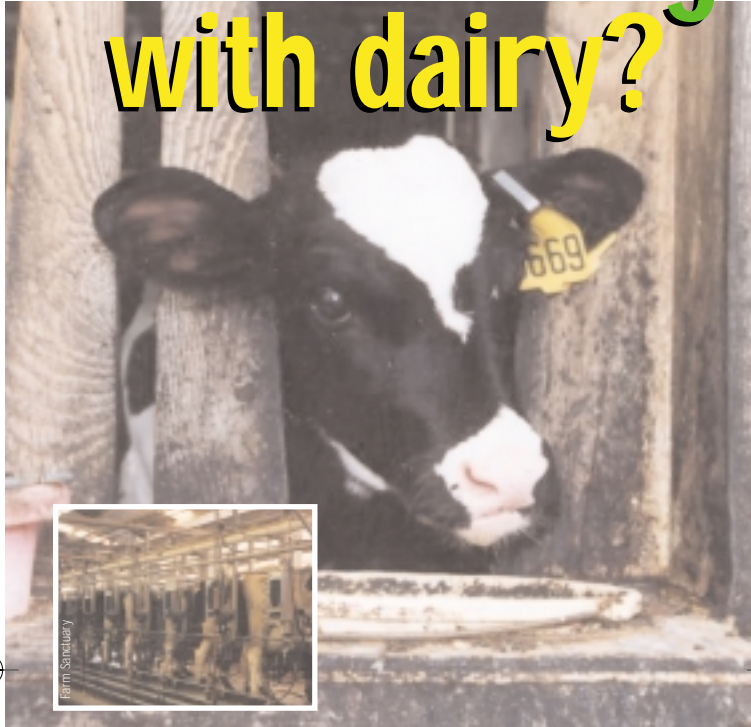


What's wrong with dairy?



Most small family farms have been replaced by corporate-owned factories where cows are warehoused in huge sheds and treated like milk machines. To keep milk production as high as possible, farmers artificially inseminate cows every year. Growth hormones and unnatural milking schedules cause dairy cows' udders to become painful and so heavy, they sometimes drag on the ground, resulting in frequent infections and overuse of antibiotics. Cows—like all mammals—make milk to feed their own babies—not humans.



**Calves are torn away within hours of birth so the milk that nature intended for them can be used by people, instead.
Please—don't eat dairy products!**

PETA

Milk: It's unnatural.



- A cow can live 20-25 years, but a typical factory-farmed cow is "used up" in four years. Then it's off to the slaughterhouse.

- Male calves, the "byproducts" of the dairy industry, endure 14-17 weeks of torment in veal crates so small that they can't even turn around. Female calves often replace their old, worn-out mothers. They are often kept in tiny crates or tethered in stalls for the first few months of their lives, only to grow up to become "milk machines" like their mothers.

- Dairy products are a health hazard. They are frequently contaminated with pesticides, hormones, and antibiotics and are deficient in fiber, niacin, vitamin C, and iron. Dairy products are linked to allergies, heart disease, cancer, and other diseases.

- The late Dr. Benjamin Spock, America's leading authority on child care, spoke out against feeding cow's milk to children, saying it can cause anemia, allergies, and insulin-dependent diabetes.

And milk and cheese may actually cause osteoporosis, not prevent it, since their high-protein content leaches calcium from the body. A ground-breaking Harvard study of more than 75,000 nurses suggests that drinking milk doesn't prevent osteoporosis. The best sources of calcium are beans, figs, and green leafy vegetables. To learn more, check out www.StrongBones.org.

WHAT YOU CAN DO:

Give the bottle the boot! Instead, try delicious soy or rice milk, soy cheese, Tofutti ice cream, and tofu sour cream and cream cheese. All are widely available at health food stores and many supermarkets. Call 1-888-VEG-FOOD for a free vegetarian starter pack.

"There's no reason to drink cow's milk at any time in your life. It was designed for calves, not humans, and we should all stop drinking it today."

—Dr. Frank A. Oski
Former Director
of Pediatrics,
Johns Hopkins
University



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