Meat consumption is a major risk factor for nine different diseases. A massive National Institutes of Health (NIH) study found that people who ate the most red meat were 26 percent more likely to die from cancer, type 2 diabetes, stroke, infections, Alzheimer’s, and diseases of the kidneys, respiratory tract, and liver. (1)

The central role of dairy in the standard American diet ignores people of color, who have much higher rates of lactose intolerance than do white people. Dairy substitutes are healthy and delicious and can be enjoyed by all citizens equally. (2)

In the US, 80% of antibiotics are given to farmed animals, both to prevent outbreaks of disease in crowded and unsanitary conditions and to promote unnaturally fast growth. There is strong scientific evidence that antibiotic use in animals can lead to antibiotic-resistant infections in humans. (3)

Politicians and government agencies ignore the growing threat that meat and dairy products pose to our health because of powerful industry lobbyists in Washington and our state capitols, large campaign contributions from these industries to legislative campaigns, and executive agencies that are increasingly led by industry representatives.