

Chicken Is Not a Health Food

Chicken flesh today has three times as much fat as it did just 35 years ago, as much cholesterol as beef, and no fiber. And eating chicken also means eating poison: The most toxic form of arsenic is used in animal feed, and the U.S. Department of Agriculture has found that just 2 ounces of chicken may contain as much as 5.2 micrograms of arsenic—as little as 10 micrograms per day can lead to skin, respiratory, and bladder cancers.



"It was the death of a chicken that finally strengthened my resolve to become vegetarian."

—His Holiness the Dalai Lama

How You Can Help

Choosing vegetarian options is the best way to help chickens and other farmed animals. For a free vegetarian starter kit, packed with faux-chicken and egg-free recipes, shopping tips, and health information as well as a free DVD, call 1-888-VEG-FOOD or visit GoVeg.com.

"Chickens are probably the most abused animals on the face of the planet."
—Alec Baldwin



PETA

PEOPLE FOR THE ETHICAL TREATMENT OF ANIMALS
501 FRONT ST., NORFOLK, VA 23510

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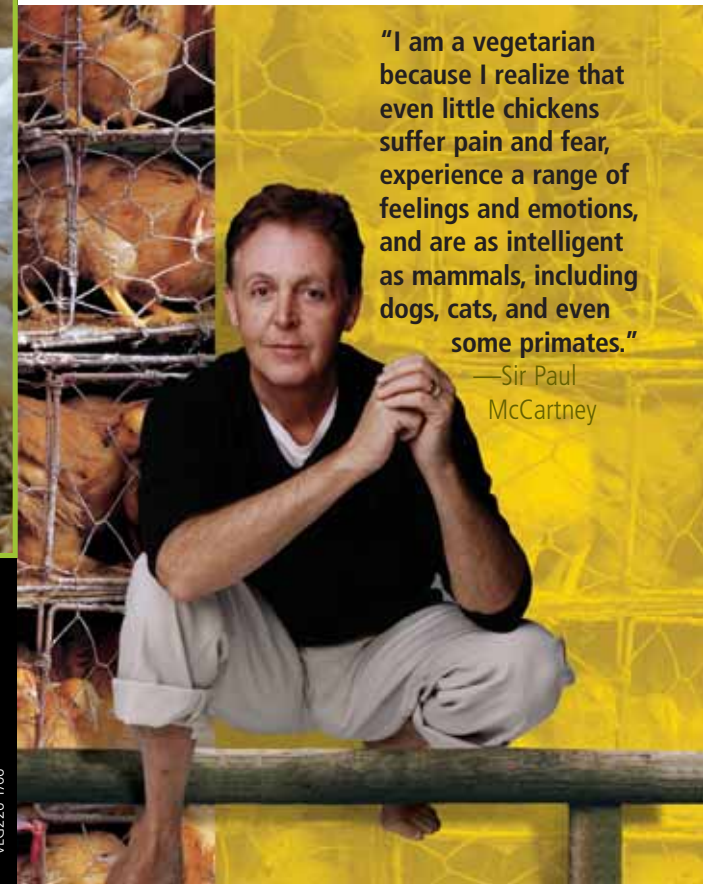


THE TRUTH ABOUT

Chickens

"I am a vegetarian because I realize that even little chickens suffer pain and fear, experience a range of feelings and emotions, and are as intelligent as mammals, including dogs, cats, and even some primates."

—Sir Paul McCartney



THE TRUTH ABOUT CHICKENS

The Hidden Lives of Chickens



Esteemed animal behaviorist Dr. Chris Evans explains that chickens are able to understand that recently hidden objects still exist, a concept that small children are unable to grasp. Discussing chickens' capabilities, he says, "As a trick at conferences,

I sometimes list these attributes, without mentioning chickens, and people think I'm talking about monkeys."

In their natural surroundings, chickens are inquisitive, intelligent animals who form friendships and social hierarchies, recognize one another, love their young, and enjoy dustbathing, making nests, roosting in trees, and more. In the U.S. alone, more than 9 billion chickens are crammed into cages and windowless sheds each year. They are denied all that is natural and important to them and abused in ways that would be illegal if done to dogs and cats. Although 96 percent of Americans oppose cruelty to animals, there are no federal laws to protect chickens from abuse.



left to die



Chickens Used for Flesh

Chickens raised and killed for their flesh are bred and drugged to grow so large so fast that many become crippled under their own weight and are unable to reach food or water.

Many chickens die of heart attacks, suffocation, starvation, or stress-related illness. Survivors are forced to live among the corpses of other chickens in dark, crowded, excrement-filled sheds. The ammonia in the air burns their eyes and lungs, and many suffer from pneumonia and cancer. At slaughter, chickens' throats are cut, and they are dunked into tanks of scalding-hot water, often while they are still conscious.



"If people saw how chickens were treated, they'd never eat another drumstick."

—Pamela Anderson



Chickens Used for Eggs

Birds raised for their eggs are crammed together in wire cages so small that they don't have enough room to spread a single wing or do anything else that is natural or important to them. The chickens' sensitive beaks are cut off so that they can't peck each other out of frustration with their unnatural environment. After about two years of confinement, they are violently yanked from their cages and shipped to slaughter. By then, their bodies are already so battered that they can only be used for soup or companion-animal food. Visit GoVeg.com for more information and chicken-free recipes.

