



# What's Wrong With Dairy?

*“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.”*

—Frank A. Oski, M.D., former director of pediatrics, Johns Hopkins University

Cows produce milk for the same reason that humans do: to nourish their babies. Cows are kept constantly pregnant in order to produce the most milk possible, and their babies are taken away from them within a day of birth. Dairy products are a health hazard and have been linked to a long list of illnesses, including osteoporosis.

**Please, dump dairy products today.**

Visit [GoVeg.com](https://www.GoVeg.com) to take the [Pledge 2B Veg](#) and get free recipes.

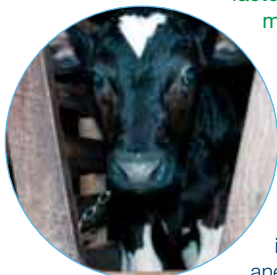
**PETA**

# Cow's Milk: Not for Humans



*Up to 50 percent of dairy cows have infected udders*

Most small farms have been replaced by industrialized factory farms. Cows are kept in huge sheds and mud-filled lots where disease is rampant.



*Calves are chained inside filthy stalls and then killed to make veal.*

Using genetic manipulation, powerful hormones, and intensive milking, factory farms force cows to produce 10 times as much milk as they would naturally. In order to make them continually produce milk, cows are artificially inseminated to make them pregnant, only to have their babies traumatically taken away from them within a day of birth. Male calves are typically sent to veal farms, where they will be chained inside tiny stalls for a few months and then slaughtered for their anemic flesh, and females are usually added to the herd and forced to give milk, just like their mothers.

When their exhausted bodies can no longer provide enough milk, dairy cows are sent to slaughter and ground up for hamburger meat. An industry study reports that by the time they are killed, nearly 40 percent of dairy cows are partially crippled because of the intensive confinement, filth, and strain of constantly being pregnant and giving milk. According to former Agriculture Secretary Ann Veneman, roughly 400,000 "dead and dying" cattle are forced onto trucks bound for the slaughterhouse each year.

## Dairy: A Health Hazard

Dairy products contain no fiber or complex carbohydrates and are laden with saturated fat and cholesterol.

They are contaminated with cow's blood and pus and are frequently contaminated with pesticides, hormones, and antibiotics. Dairy products are linked to allergies, constipation, obesity, heart disease, cancer, and other diseases. And studies show that dairy products actually cause osteoporosis, rather than preventing it!



*Many cows are hacked apart while still conscious.*



### What You Can Do

Give the bottle the boot! It's never been easier to cut dairy products out of your diet.

Nondairy milks, such as Silk soy milk, Almond Breeze, and Rice Dream, are available in many grocery stores. Soy Delicious and Tofutti can satisfy any ice cream craving, and Smart Balance and Soy Garden margarines provide the perfect creamy spread. Plus, there are even dairy-free yogurts, cheeses, sour creams, cream cheeses, and coffee creamers! They taste great, many are good sources of calcium, and they don't support cruelty to animals.

Take the **Pledge 2B Veg** and get free stickers and dairy-free recipes at [GoVeg.com](http://GoVeg.com).