



99% of our uses of animals do not involve any sort of necessity or any real conflict between human and nonhuman interests.

If animals matter morally at all, then, those uses of animals cannot be morally justified.

We kill over 80 billion animals a year worldwide.

If you reject the idea that animals are things that have no moral value whatsoever, you are morally committed to veganism.

HOWDOIGOVEGAN.COM



In under five minutes, we will show you that you are committed to veganism.

GARY L. FRANCIONE AND ANNA CHARLTON

Let's think about this together and start with a hypothetical: We meet Fred, who seems like a kind and friendly person. We then learn that Fred keeps some dogs in his basement, and regularly tortures and kills them. We are shocked that someone who seems to treat humans well would act this way. Fred explains to us that he gets pleasure and amusement from these actions.

Would we say that what Fred is doing is morally okay? Of course not. Would condemning Fred's behaviour mean that we regard animals and humans as being of equal moral value? No. Even if we think that animals have a lesser moral value than humans do, we would still object to Fred's fetish, as long as we believe that animals have **some** moral value.

Most people believe that animals have **some** moral value but also believe that it's acceptable to kill animals for food, clothing, entertainment, etc., as long as we don't impose unnecessary suffering on them.

Given that we have criticized Fred, what do we have to say in our defense if Fred points to his critics as hypocrites who consume animal products?

The view that we need animal foods for human nutrition is false. It's now acknowledged by just about every respected professional organization, including the American Heart Association and the Mayo Clinic, as well as by governmental agencies all over the world, that a diet consisting only of plant foods can not only be perfectly healthy, but is **almost certainly more healthy** than a diet heavy in meat, dairy, and eggs.

But whether a vegan diet is more healthy, it is certainly not less healthy and **animal foods cannot be considered necessary for human health**. There is also broad consensus that animal agriculture is an ecological disaster.

So, in the end, what's the best justification that we have for imposing suffering and death on many billions of animals?

Animal foods taste good.

We enjoy the taste of animal flesh and animal products.

We find eating animal foods to be convenient. It's a habit.

The usual response at this point is to say that there is a moral difference between Fred and someone who goes to the store and buys animal products. There may be a psychological difference but there is no moral one – any more than there is a difference between someone who commits a murder and someone who pays to have the murder committed.

So if we object to what Fred does, we are acting inconsistently if we don't stop eating animal foods and **go vegan**.

Unless you embrace the idea that animals are merely things, you are committed to veganism. 99% of our uses of animals, including our numerically most significant use of them for food, do not involve any sort of necessity or any real conflict between human and nonhuman interests. If animals matter morally at all, then those uses of animals cannot be morally justified.

You can go vegan today.
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