

101 REASONS NOT TO CONSUME DAIRY PRODUCTS

- 1) Nature tells us that mammals wean their offspring from milk during infancy.
- 2) The milk of each species is 'designed' for that species.
- 3) There is no nutritional need for humans to consume milk beyond infancy.
- 4) Consumption of dairy products has been linked to heart disease.
- 5) Animal fat is the most addictive of all food substances.
- 6) 80% of all cows in the U. S. may have Bovine Leukemia Virus.
- 7) Raising farm animals for milk or flesh is an extremely inefficient way to feed humans.
- 8) Consumption of dairy products has been linked to atherosclerosis.
- 9) The first slaves were 'farm' animals; they were the model for human slavery.
- 10) Infectious diseases in farm animals are commonly spread by feeding dead animals, animal feces, and/or contaminated water to living animals.
- 11) The grazing of farm animals leads to 'dust bowls' and desertification.
- 12) Consumption of dairy products has been linked to breast cancer.
- 13) Cows milk should be consumed by calves.
- 14) Bovine Spongiform Encephalopathy (BSE-'Mad Cow Disease') may be a world-wide epidemic.
- 15) The dairy industry sees cows as "milk machines."
- 16) Consumption of dairy products has been linked to colon cancer.
- 17) Animal proteins, such as the casein in milk, are among the most powerful antigens known, causing a variety of serious allergic reactions.
- 18) The same farming practices that led to BSE in Britain have existed in the U. S. for decades.
- 19) Dairy cows go to the slaughterhouse as soon as their production drops off.
- 20) 50% of U. S. cows may have Bovine Immunodeficiency Virus (BIV).
- 21) Cows, like all other animals, are sentient: they experience discomfort and pain.
- 22) Contrary to traditional belief, many infectious diseases can cross the 'species barrier.'
- 23) Cows, like most mammals, love and care for their young.
- 24) BSE and the human equivalents --kuru, Gerstmann-Straussler Syndrome (GSS), and Creutzfeldt-Jakob Disease (CJD)-- may have a common cause, the "prion."
- 25) The dairy industry is a major polluter of the environment.
- 26) Consumption of dairy products has been linked to prostate cancer.
- 27) Female dairy calves replace their mothers as working slaves.
- 28) As of March, 1996, only 2,791 bovine brains had been tested for BSE in the U. S.; or about .000027 % of the 108 million cattle in America.
- 29) The most disease-prone animals on earth are farm animals and humans.
- 30) Most dairy cows are slaughtered while still 'teenagers' in 'human years.'
- 31) BSE has not yet been found in cow's milk, but new tests were begun in England when previous tests were deemed unreliable.
- 32) Consumption of dairy products has been linked to baldness.
- 33) Human slaves have also been used as "milk machines."
- 34) Infectious disease is the third leading cause of death in the U. S.
- 35) The 'prions' suspected to cause Spongiform Encephalopathies are animal proteins, and are not destroyed by pasteurization or cooking.
- 36) Lactose intolerance, the allergic response to milk sugar, is probably the least of our worries when it comes to the risks of dairy products.
- 37) Consumption of dairy products has been linked to liver disease.
- 38) Rainforests are destroyed to create temporary grazing land for cattle.
- 39) Pasteurization kills *some* infectious agents, but also destroys nutrients and increases the carcinogenicity of animal proteins.
- 40) The Dairy Council supplies schools with false information about the benefits and risks of dairy products.
- 41) Many of the infectious diseases with suspected human/farm animal connections have no known cure.
- 42) Consumption of dairy products has been linked to kidney disease.
- 43) Animal agriculture is responsible for at least 60% and possibly 90% of all pollution to American lakes and streams.
- 44) The structure and characteristics of BIV are closely related to those of HIV.
- 45) Many male dairy calves are slaughtered immediately after birth for "bob veal."
- 46) Streptococcus bacilli such as Strep B cause mastitis in cows and can be fatal to human infants.

- 47) Consumption of dairy products has been linked to gallstones.
- 48) Many farm animals are so disease-prone they must be given heavy doses of anti-biotics just to keep them alive until they go the slaughterhouse.
- 49) Dairy products are often contaminated with toxic and carcinogenic agricultural chemicals, such as pesticides, herbicides and fungicides.
- 50) Male dairy calves rarely spend more than a few hours with their mothers.
- 51) Human deaths due to infectious disease increased 58% between 1980 and 1992.
- 52) Consumption of dairy products has been linked to numerous allergic reactions.
- 53) Veal calves are fed a diet lacking in iron, so that they will be anemic, and their flesh will be nice and white on the consumer's plate.
- 54) The GAO reports that somewhere between 6.5 and 81 million Americans experience food-borne illnesses every year.
- 55) Consumption of dairy products has been linked to ovarian cancer.
- 56) In 1985, in Chicago, over 16,000 confirmed cases of Salmonella poisoning were attributed to contaminated pasteurized milk.
- 57) Listeriosis, caused by a bacteria in Mexican cheese, has affected thousands in southern California.
- 58) Over 50% of all antibiotics manufactured in the U. S. are fed to farm animals.
- 59) Consumption of dairy products has been linked to asthma.
- 60) Veal calves typically suffer from "scours" or constant diarrhea.
- 61) The antigenic milk protein *casein* was used to make glue, before it came to be used as a "binder" in processed foods.
- 62) Brucella, or undulant fever, is caused by a virus that can survive in cheese for up to six months.
- 63) Consumption of dairy products has been linked to strokes.
- 64) Many banned agricultural chemicals are still used outside the U. S., and find their way to American tables via imported animal products.
- 65) Cancer is the 2nd leading cause of death in American children.
- 66) Veal calves are kept in veal crates so small they can hardly move, keeping their muscles weak, their flesh 'tender.'
- 67) Consumption of dairy products has been linked to ulcers.
- 68) Many infectious agents responsible for diseases with suspected human/farm animal connections, have incubation periods as long as twenty years.
- 69) There has been no long-term study regarding the safety of Bovine Growth Hormones (BGH) for the consumer of dairy products.
- 70) Some Staphylococci bacteria survive pasteurization.
- 71) Cow's milk contains 300 times as much casein as human mother's milk.
- 72) Consumption of dairy products has been linked to arthritis.
- 73) Campylobacter (*Vibrio Jejuni*), considered the most frequent cause of bacterial diarrhea, is common in raw milk and poultry.
- 74) Veal calves live in almost total darkness for their entire 15-16 week lives.
- 75) The veal industry would not be profitable, but for the steady supply of male dairy calves.
- 76) Land used to graze cattle could end human starvation were it used to grow plant foods, and gradually allowed to revert to natural forests and plains.
- 77) There are many *better* sources of calcium than dairy products.
- 78) Consumption of dairy products has been linked to diabetes.
- 79) The dairy industry measures % of fat in its products by *weight*, giving a false impression of safety to consumers.
- 80) When measured properly, by calories, dairy products are seen for what they are: far too high in saturated fat.
- 81) There are so few 'inspectors' per animal in the meat and dairy industries, that the value of inspection is almost non-existent.
- 82) 'Normal' cholesterol levels in the U. S. are 150-330. Healthy levels are 50-150.
- 83) Consumption of dairy products has been linked to osteoporosis.
- 84) Osteoporosis is *not* a disease of calcium deficiency, it is characterized by calcium *loss* (resorption), primarily because of (a) lack of exercise, (b) use of drugs--especially, caffeine, nicotine and alcohol, and (c) excess protein in the diet.
- 85) The dairy industry is the most heavily subsidized of all farming endeavors, and the federal subsidies are set up so as to reward the production of high fat products.
- 86) There is *no* cholesterol in fruits, vegetables, legumes and grains.

- 87) There is a tragic myth about protein that abounds in America....we are told to be concerned about getting enough protein, when in reality, *excess* protein in the diet is a major health problem, although it is virtually ignored.
- 88) Consumption of dairy products has been linked to abnormal sex growth.
- 89) Vegetarians can expect to outlive meat-eaters, on average, by about eight years; vegans (those who consume *no* animal products), outlive meat-eaters by 15 years.
- 90) Nature (and all non-human life) is our family, our teacher and our sustainer, not our enemy, our servant or our possession.
- 91) Consumption of dairy products has been linked to impotency.
- 92) Obesity is, with rare exceptions, caused simply by eating more calories of food energy than one uses, and consumption of high fat foods, especially dairy products.
- 93) Consumption of dairy products creates excess mucous, an ideal breeding ground for infectious agents.
- 94) The health 'benefits' of yogurt have not been clearly established; yogurt remains a dairy product, with all the risks and problems associated with such foods.
- 95) Dairy products are an unnatural, illogical, addictive, high risk choice of food.
- 96) Dairy farmers are by and large good people who have been influenced by cultural myths and misled by the food and agriculture industries; it would be to their long-term benefit and the benefit of all involved, if they would consider replacing their dairy operations with sustainable, environment-friendly, health engendering plant-based agriculture.
- 97) The 'natural' diet of the human species (what most humans have eaten for most of human 'history') is at least 80-90% vegetarian. The 'ideal' diet for humans (based on un-biased, comprehensive studies) is probably 100% vegetarian, or vegan.
- 98) Consumption of dairy products has been linked to cervical cancer.
- 99) All nutritional needs, protein, calcium, omega 3 and 6 fatty acids, iron, even vitamin B12, can be easily met on a vegan diet.
- 100) Milk, butter, and ice cream are not health foods; there are delicious, safe, nutritious and satisfying substitutes for dairy and indeed, all animal products.
- 101) Cows do not exist just to serve as wet nurse slaves for unweaned humans.

Documentation for the information in the above list can be found in numerous sources, including: [Diet For A New America](#) by John Robbins;

[Mad Cows and Milk Gate](#) by Virgil Hulse

Other important books relating to the above topics include:

[Pregnancy, Children & the Vegan Diet](#) by Michael Klaper

[An Unnatural Order](#) by Jim Mason

[A Green History of the World](#) by Clive Ponting

For a catalog of over 300 books and tapes addressing the health, environmental, economic and ethical implications of our dietary choices, contact the American Vegan Society

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