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THINK

BEFORE YOU EAT

"I've been vegetarian
for about seven years now.
I think it really does a lot of good."

—TODD MOHNEY, GUITARIST FOR
RISE AGAINST



"I started realizing that the meat industry is a very fucked-up thing, and I think that the idea behind animals as products, selling animals like that, is a wrong thing. They are living creatures that feel pain, and I don't believe in that, so I'm vegetarian."

—**JOE PRINCIPE,**
BASSIST FOR RISE AGAINST

"The meat that you're eating is just so many additives and preservatives and just so much disgusting stuff that you could find all about in PETA literature. It just makes what you put in your body seem like some really gross stuff, some really disgusting things."

—**TIM MCILRATH,**
VOCALIST FOR RISE AGAINST

It's no secret that eating animal products—full of saturated fat, cholesterol, pesticides, hormones, and antibiotics—is bad for your health and leads to many diseases and illnesses, including heart attacks, strokes, cancer, diabetes, and obesity.

Not worried about cancer and heart disease yet? Well, get this: Up to 33 percent of teens are obese. Only 2 percent of vegans are obese.

Keeping animal products out of your body is easy and will make a huge difference in how you feel and look. Replace that hamburger with a veggie burger and that glass of cow's milk with soy milk and you'll have clearer skin, more energy, and a longer, healthier life. You'll wonder why you didn't do it sooner.

"[Eating meat's] not healthy at all. It's not a good way to live."

—**JOE PRINCIPE,**
BASSIST FOR RISE AGAINST



WHAT'S WRONG WITH MEAT AND DAIRY PRODUCTS?

Today, the animals we eat are crammed by the tens of thousands into prisons called "factory farms." They're kept in cages, crates, and warehouses without enough room even to turn around, stretch a leg, or spread a wing. Chickens have their beaks sliced off with a hot blade, pigs have their tails chopped off and their teeth cut in half, and male pigs and cows have their testicles cut out—all without any painkillers! They're pumped full of drugs to make them grow so big, so fast that their hearts and limbs can't keep up and they end up dying excruciating deaths when they have heart attacks or when their legs break beneath their weight. At the slaughterhouse, they are hung upside-down and have their throats slit, often while totally aware. Oh, and don't think that this scenario is an example of a few extreme cases—more than 90 percent of all animals raised for consumption in the U.S. are raised on factory farms.



YOU CAN HELP!

"If we can make vegetarianism, veganism work on the road, you can make it work at home. All four members of Rise Against, none of us eat meat." —Tim McIlrath

The easy changes you make in your life will make a huge difference. Now that you have the facts, visit peta2.com, e-mail PETA2@peta.org, or call **1-888-VEG-FOOD** for tons of information, including free stickers.

PEOPLE FOR THE ETHICAL TREATMENT OF ANIMALS

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