

Common Reasons People Continue Supporting Animal Exploitation

1. This is too sad, I don't want to see this or know about this.

- If you feel sad seeing or knowing about animal suffering, how do you feel about maintaining daily habits that continue to add to the demand for animal exploitation?
- If this is not good enough for your eyes or mind, what makes it good enough for your stomach?

2. Animals eat other animals.

- Is it morally justifiable for humans to kill each other because wild animals kill each other?
- Lions sometimes kill their own cubs – do you think it's OK for humans to kill their children?
- Which animal is the best animal to base our morality and daily choices on?
- What separates humans from wild animals? Why should we base our morality on a wild animal?

3. We evolved eating animals. Our ancestors did it.

- Should we base our morality on what our ancestors did? (Some also raped & killed each other.)
- Do we need to hunt animals the way our ancestors did, in order to survive today?

4. We need to eat animal products for health or nutrition.

- Where do you think the animals that you eat get their protein and nutrients from?
- Why not get those nutrients directly from the source without killing an animal?
- Did you know that many governmental nutrition regulators worldwide now formally recognize that a balanced plant-based diet is healthy for all stages of life – including pregnancy/childhood?
- Why are so many vegans able to be top athletes if they are unhealthy?
- How are over 75 million vegans in the world able to stay alive for years if they are unhealthy?
- If we don't need animal products for health, what makes harming animals morally justifiable?
- Which animal products do you think you need to be healthy or survive? What makes you think you need that from an animal and can't get it from a plant?

Nutrient	Where to get it
Protein	Tofu, tempeh, nuts, broccoli, quinoa, chia, lentils, legumes. Daily requirement for the average person: 0.8-1g of protein per kg of body weight daily.
Calcium	Fortified soy milk, tofu, broccoli, spinach, almonds, navy beans, black strap molasses
Iron	Lentils, tofu, black beans, Lucky Iron Fish, spinach, black strap molasses. Make sure you eat food rich in Vitamin C with these to improve absorption (oranges, bell and chilli peppers, broccoli, cauliflower, strawberries).
B12	Fortified cereals, plant milks, nutritional yeast, marmite, B12 supplements. Remember – B12 is produced by bacteria; it is NOT an animal product.
Vitamin D	Get it from the sun! 10-30 minutes per day. Supplement in winter.

5. Eating animals is part of my culture/tradition.

- Why does our society simply believe that a dog is a pet while a pig is food? Do you support people's right to eat dogs in certain countries, because it's a tradition or cultural practice there?
- Is the slaughter of dolphins in Japan morally justifiable because it's a tradition?
- Which traditional or historical cultural practices between humans do you think are acceptable?
- What about slavery, female genital mutilation, violence to the LGBTQ+, or The Holocaust?

6. My religion says I can eat meat.

- If your religion doesn't prohibit eating meat, does it *require* you to eat meat?
- If eating meat isn't a requirement, could a kind and compassionate God prefer if you didn't?
- If Jesus, the Devil, and a lamb were in a room, who would want to kill it? Who would save it?
- Are there slaughterhouses in heaven?

7. I like the taste of meat and/or other food derived from animal products.

- Is your taste more valuable than the life of an animal?
- Is someone's pleasure more valuable than someone's consent?
- Do you support the killing of puppies in countries where people like the taste of them?
- What was it like the last time you tried a new food product and learned to love a new taste? What do vegans eat to replace meat or other animal products? How do these substitutes taste?

8. Peer pressure – I don't want to upset my friends or family.

- How have you responded to peer pressure in other situations in your life, such as the pressure to smoke? Would you make the same decision if you could go back to the start?
- What is something you currently do or plan to do even if your friends or family may not agree?
- Why should other people stop you from acting in a way that aligns with your compassion?
- What happens when people do something morally wrong because someone told them to do it?
- How could you explain veganism to friends or family, so that they understand and respect it?

9. Eating animals is a personal choice.

- What about the personal choice of the animal to live? Why is your choice more important?
- Is it OK for people to make the personal choice to abuse a dog or a child?
- When there is a victim involved in our choices, do we have a moral obligation to do no harm?
- If reasonable alternatives to inflicting pain are available, would you still choose to cause pain?

10. If we didn't eat animals, they would overrun us or go extinct.

- Did you know that humans breed farm animals at numbers far beyond natural rates – for food?
- Did you know that around 70 billion land animals are bred and killed each year for food globally?
- How quickly would the world go vegan? Hint: With less demand for animal products, farmers would breed fewer animals, so numbers would *gradually* decrease to natural levels.
- If you care about animal extinction, what do you think is the leading cause of species extinction?

11. Animals are bred for a purpose.

- Why do humans have the right to decide what purpose another living being has?
- Is dog fighting moral because the dogs are bred with the purpose to fight?
- Does an animal bred for our use have no ability to suffer, feel pain, have fear, or a desire to live?

12. Humans eating animals is the food chain.

- Why do you think we are at the top of the food chain?
- What are some things you are *able* to do, such as hit babies, but you don't do them? Why not?
- Because we *can* kill an animal, does that mean it's morally justifiable to do that?
- Do those at the top of a hierarchy have a responsibility to protect those lower on the hierarchy? What about the federal government – should they exploit you or help you?

13. Eating animals is the circle of life.

- What does the circle of life mean to you? What makes you say it requires killing animals?
- If the circle of life justifies repetitive, needless murder of animals, is that more a circle of death?

14. We have canines - like tigers. So we should eat meat - like tigers.

- Compare your teeth to a carnivorous tiger and an herbivorous horse. Which is more similar?
- What do the canines of a hippo look like? They are the largest canines of any land animal. Did you know hippos are herbivores? So why would canines entitle humans to kill animals?
- What are some physical characteristics you have that could allow you to do something, but you wouldn't do it? If your hands can make fists, why wouldn't you beat up a child with your fists?

15. What if you were on a desert island? Or a food desert?

- Are you on a desert island?
- Should we base our day-to-day actions and morality on extreme survival situations?
- In a survival situation, humans have killed other humans to survive. Does that mean it is moral to kill and eat each other in normal day-to-day life?
- If there are animals surviving on that desert island, what plants are they eating to stay alive?
- Are you living in a food desert? "The epitome of privilege is to be in a position of having non-violent options to eat, but choose to support the violent massacre of animals for your taste preference, and use marginalized humans as an excuse." - Sean O'Gorman
- How can we improve food deserts? foodispower.org/access-health/food-deserts

16. Human rights are more important.

- Why does the existence of human rights issues justify killing animals?
- Are vegans able to care or be involved in other causes in addition to animal rights?
- What do you think about the fact that animal agriculture industries exploits immigrants, minorities, and people in third world countries?
- Why do we have enough food to feed around 70 billion land animals every year, but there are 800 million people currently living in a state of starvation?

17. Humans are more intelligent.

- Does intelligence define the value of a life?
- In what way are humans more intelligent than animals?
- What are animals able to do that humans cannot do? Can animals hear sounds that humans cannot? Can animals detect magnetic and electrical fields that humans cannot?
- Which traits or abilities make one life more valuable than another life, and why?
- Should we abuse or kill mentally disabled humans or babies because they are less intelligent?
- If superiorly intelligent aliens invaded earth, would they be morally justified to farm and kill us?

18. Animals don't feel pain or suffer the same as we do.

- What proof do you have that animals don't feel pain? What proof do you have that they do?
- Why do people euthanize their pets when they are sick? Could the pets be experiencing pain?
- Why do you think there are laws to protect certain animals?
- Can animals, like fish, still feel pain and have a desire to live even if they don't look like us?
- Even if animals suffer or feel pain at a *different level* from what humans are able to feel, is it OK to inflict *any level* of pain or suffering on them?

19. Plants feel pain.

- If you were driving down the road, and a dog jumped out in front of your car, would you rather turn and drive into the grass to save the dog, or would you rather hit the dog to save the grass?
- Would you feel the same cutting the throat of a dog and cutting the stem of a broccoli?
- If you're concerned about plant pain, what do you think about the fact that we "kill" more plants when we eat animals? It takes up to 16kg of plants to create 1kg of animal meat.

20. Soy farming is destroying the environment.

- Did you know that 98% of US soy is fed to raise livestock? Did you know that soy is an ingredient in food like sausages, cereals, sauces, mayonnaise, processed food, chocolates, sweets, and more?

21. What if the animal had a good life before dying for my food or products?

- If you had a good life up until now, is it OK for someone to take away the rest of your life now?
- Are welfare and free-range labels just marketing tactics to ease our conscience?
- Can we humanely take the life of an animal who wants to live?
- Is there a right way to do a wrong thing?

22. Everything in moderation. I just eat a little bit of meat.

- Why did you start to cut down your animal product consumption?
- What makes it morally justifiable to kill someone just *once in a while*?
- Is it OK to beat a child just a little bit, in moderation?

23. I am vegetarian, isn't that good enough?

- Why did you choose to be vegetarian?
- Is there any proof that cows can produce milk without giving birth first?
- What happens to a cow's baby so that you can have the mother's milk?
- How are cows getting pregnant so quickly to keep up with global dairy demand?
- What happens to dairy cows when they are "spent" and stop producing milk (5-7 years)?
- Why cows? Why do people steal milk from a baby cow (calf), and not drink rat milk? Or pig milk?
- What happens to newborn chicks in the egg industry if they are born male and can't lay eggs?
- How long can cows and chickens live if they're not killed once they're "useless"? (10-20 years)

24. Some vegans are too preachy.

- What is it about vegans preaching about abuse and injustice that makes you uncomfortable?
- When you see something terrible happen, like a murder in a back alley, what do you do?
- How should we deliver the message in a way that would make a difference?
- Should we focus on the message or the way the message is portrayed?

25. You can't be 100% vegan. For example, mice get killed in crop production.

- Should we kill human babies because we can't guarantee that 100% of babies will live?
- Is accidentally hitting a dog the same, morally, as voluntarily running down a dog?
- Is it morally justifiable to pay to kill billions of animals because hundreds of animals die unintentionally while harvesting plants?
- What difference does intention make in your life?

26. What about farmers' jobs?

- Should we encourage people to smoke cigarettes because if nobody smoked, all the tobacco farmers and other tobacco company employees would lose their jobs?
- What other forms of food production or areas of farming can animal farmers transition into, if the demand for animal products goes down and the demand for plant products goes up?

27. Veganism is extreme, expensive, difficult and restrictive.

- Have you watched [Earthlings](#) or [Dominion](#)? After watching that footage, what feels more extreme: the way animals are tortured and exploited, or opting out of supporting that?
- What is the most expensive food product that you purchase at the grocery store?
- What are the cheapest food products available at the grocery store?
- If it's too difficult and restrictive, how did the current 75 million vegans worldwide manage it?
- Have you tried? With help from [challenge22.com](#), [veganuary.com](#), or a local vegan community?

28. Where do we draw the line?

- Sadly, it is true that it is currently impossible to have zero negative impact at all on animals.
- Just because complete elimination of suffering is presently impossible, should we not try at all?
- **As far as is possible and practicable**, what can we do to reduce our impact **to make a positive difference** in the lives of these vulnerable beings?

29. Government/big industries should make the changes.

- Should we wait for the government to make decisions, while animals keep suffering?
- Does the government *always* make the right choices in the best interest of the public?
- Looking back on past social justice movements (e.g. slavery, women's suffrage), did the changes start with the government? Or were the people driving the changes?

30. One person cannot make a difference.

- Why would other people's choices affect taking accountability for your own actions?
- If you can't stop murder worldwide, does that mean you should murder someone tonight?
- When has one person changed history? When has one person made a difference in *your* life?
- How does supply and demand work? How have a collective of individuals enacted change so far?
- Does your vote matter in elections? Are you voting for animal suffering with your food choices?

**"I alone cannot change the world, but I can cast a stone
across the waters to create many ripples." - Mother Teresa**