Captain Vegan

A site that measures your impact as a vegan or flexitarian

Save the planet and lives through becoming vegan

Benefits for you and the planet for reducing your consumption

Pages

Front page

A page explaining veganism and its different forms

A FAQ page - A page that tackles popular arguments

The calculator: a form where you put in how many products from certain categories you eat and you get out how many animals you harm and how much emissions you create.

A page with recipe converters

Calculator

1 cow gives 305.6 kg; get meat consume per year = week\*52; divide result to 305.6 to see how many cows you eat a year;

1 pig 83.3 kg

1 chicken has 1kg

Sheep 19.4 kg

1 cow give 12 liters milk a day

From 10 liter milk you get 1 kg of cheese

1 hen lays one egg a day or less as opposed to one a month in the wild