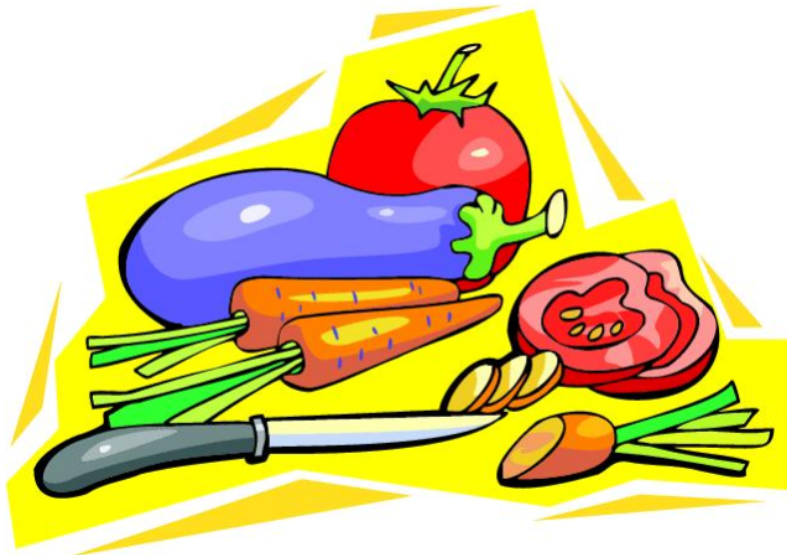


Vegetarianism



**Lacto-ovo
vegetarians: Don't
eat meat but do
consume dairy
products and eggs**

**Pure vegetarians or
vegans - consume
no animal
products
whatsoever**



Position of the American Dietetic Association

- **Scientific data suggest positive relationships between a vegetarian diet and reduced risk for several chronic degenerative diseases and conditions, including obesity, coronary artery disease, hypertension, diabetes mellitus, and some types of cancer.**



Diet-linked Diseases

- **Top three leading causes of death in the U.S.: heart disease, cancer, stroke. (CDC data)**
- **Main causes of heart disease and stroke: smoking and a diet high in saturated fat and low in fiber (American Heart Association)**



Prostate Cancer

Prostate cancer is the second largest killer of men after lung cancer. A 1998 international study conducted by the University of Massachusetts Medical School showed that men who eat the most meat and dairy products run the greatest risk of dying from the disease and confirmed that men who eat plenty of grains and nuts are the least likely to die from prostate cancer.



Colon Cancer

- **The third-biggest cancer killer in the United States is colon cancer. Colon cancer, too, has been strongly linked with a diet high in animal fat and low in fruits, vegetables and whole-grain products.**



Problems with Vegetarian Diets?

- **Myth: Not enough protein. If a wide variety of grains and legumes are eaten, one gets all essential amino acids. Soy can replace meat in the diet.**
- **Need to watch calcium and vitamin D, but these can easily be added via fortified foods, supplements and sunlight.**
- **Only B12 is completely missing, but available in fortified breakfast cereals, soy and rice milk. It is produced by bacteria, not in meat or dairy products themselves.**



What if I only eat lean beef, fish and skinless broiled chicken?

- **Concern about ecoli, mad cow disease, mercury poisoning, cancer-causing heterocyclic amines and polycyclic aromatic hydrocarbons created in cooking meat, esp BBQ.**
- **Eating a lot of lean meat and fish is bad because it is calorie-dense and is replacing calories which could be taken up by fruits, vegetables, nuts and grains.**



If meat is so bad for me, why is everyone on the Atkins diet?

- **Atkins may lead to short-term weight loss. People typically gain back the weight within a year.**
- **Consumption of large quantities of meat leaches calcium out of the bones and puts a strain on the kidneys, besides being linked to various cancers of the G.I. tract.**



Moral Issues: Anti-Meat Arguments

- **Causing needless suffering**
- **Killing conscious beings**
- **Environmental/Resource Use Issues**
- **Trivial vs Vital Interests**
- **Speciesism (Peter Singer)**



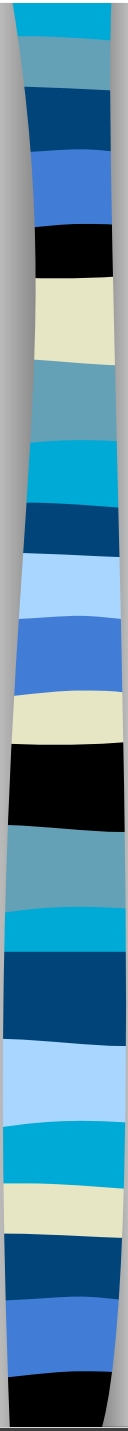
Moral Issues: Anti-meat Arguments

- **If a being is incapable of abstract or sophisticated reasoning, does that mean we can treat it any way we like?**
- **Alien analogy**
- **Pet analogy**
- **Swift's "Modest Proposal"**



Moral Issues: Pro-Meat Arguments

- **It's natural, therefore it's morally OK**
- **Animals eat each other**
- **Animals are incapable of moral action, therefore they are undeserving of moral consideration**
- **We're the dominant species**







Moral Issues: Pro-Meat Arguments (Rolston)

- **Eating animals is part of nature (ecology); killing or harming persons is a part of culture (morality).**
- **Animals are not persons, so they cannot be part of inter-personal relationships which comprise morality and culture.**
- **Borderline (“twilight zone”) cases don’t change “class differences” between humans and animals.**



Moral Issues: Pro-Meat Arguments (Rolston)

- **If we didn't eat cows, pigs, chickens, goats and sheep, they'd go extinct or live feral lives with at least as much pain as in captivity.**
- **All animals experience pain and deprivation of pleasure. Evolution uses pain as a survival mechanism; only NEEDLESS pain is bad.**



Moral Issues: Pro-Meat Arguments (Rolston)

- **Even though we not eat animals, we have an obligation not to cause needless suffering through cultural practices.**
- **Ritual slaughter of animals by Jews and Muslims is a cultural practice which causes needless pain and is thus unjustified.**