

1. **Chicken – water fact:**  
<http://www.ceasc.com/Images/Content/2432%20final%20report.pdf>
2. **Chicken – space available:**  
Webster Management and Welfare of Farm Animals UFAW Animal Welfare series (2011) p342
3. **Chicken – UK slaughter figures:**  
<https://www.gov.uk/government/publications/poultry-and-poultry-meat-statistics>
4. **Beef – water fact:**  
[http://www.eblex.org.uk/wp/wp-content/uploads/2013/05/p\\_cp\\_testingthewater061210.pdf](http://www.eblex.org.uk/wp/wp-content/uploads/2013/05/p_cp_testingthewater061210.pdf)
5. **Beef – meat-free alternatives:**  
Food Standards Agency (2002) McCance and Widdowson Composition of Foods Sixth Summary Edition
6. **Beef – calf treatment:**  
Webster Management and Welfare of Farm Animals UFAW Animal Welfare series (2011)
7. **Pork – tail removal:**  
<http://www.fawc.org.uk/pdf/pig-mutilations-opinion110317.pdf>
8. **Pork – bowel cancer link:**  
World Cancer Research Fund International
9. **Lamb – death rates:**  
<http://archive.defra.gov.uk/foodfarm/farmanimal/welfare/onfarm/documents/lambsurvival.pdf>
10. **Salmon – sea lice:**  
<http://healthmanagementreport.co.uk/SS878%20SSPO%20Health%20Management%20Reports%20Oct-Dec%202013%20LR.pdf>
11. **Tuna – fishing techniques:**  
<http://ecosystemsafetuna.com/files/economic%20studies/james%20brown%20ieep%20study%20gb.pdf> | Turner 2010 Plenty more fish in the sea? Ethical Consumer PDF
12. **Cod – sustainability:**  
[http://wwf.panda.org/what\\_we\\_do/endangered\\_species/cod/](http://wwf.panda.org/what_we_do/endangered_species/cod/)
13. **Prawns – mangroves:**  
<http://www.mcsuk.org/downloads/fisheries>
14. **Fruit & Veg – heart disease:**  
Fruit and vegetable intake and mortality from ischaemic heart disease: results from the European Prospective Investigation into Cancer and Nutrition (EPIC)-Heart study 2013
15. **Pets – pig intelligence:**  
Croney, 2010; Hatkoff, 2009
16. **Cats – Internet figures:**  
<http://blog.three.co.uk/2014/02/19/cats-vs-selfies/>



17. **New Caledonian Crows:**  
<http://www.plosone.org/article/info%3Adoi%2F10.1371%2Fjournal.pone.0092895>
18. **Livestock – more pollution than transport:**  
UNEP Gap Report 2012 (<http://www.unep.org/pdf/2012gapreport.pdf>)
19. **Livestock – one third of the world's grain:**  
FAOSTAT. 2007. Statistical databases. Food and Agriculture Organization of United Nations, Rome in FAO (2008). Water and cereals in drylands. London: Earthscan. P. 1, paragraph 2.
20. **Vegetarian diet – reduction of cancer risk:**  
EPIC 2009 Key TJ, Appleby PH, Spencer EA, et al. Cancer incidence in British vegetarians. *Br J Cancer*. 2009;101:192–197 | Svenson and Lanou 2011 Reduced cancer risk in vegetarians: an analysis of recent reports
21. **Vegetarian diet – reduction of diabetes risk:**  
Red meat consumption and risk of type 2 diabetes: 3 cohorts of US adults and an updated meta-analysis. Pan A, Sun Q, Bernstein AM, Schulze MB, Manson JE, Willett WC, Hu FB.
22. **Vegetarian diet – reduction in water footprint:**  
<http://www.ceasc.com/Images/Content/2432%20final%20report.pdf>
23. **Vegetarian diet – reduction in cholesterol:**  
Gardner, C.d et al, The effect of a plant-based diet on plasma lipids in hypercholesterolemic adults: a randomised trial. (*Ann Intern Med* 2005 142(9)p.725-33 | Appel, L.J., et al Effects of protein, monounsaturated fat, and carbohydrate intake on blood pressure and serum lipids: results of the OmniHeart randomized trial. *JAMA* 2005 294(19) p.2455-64
24. **Amazon – 1 in 10 animals:**  
Source WWF2014
25. **Animals killed in the UK each day:**  
Defra (2012). Agriculture in the UK 2011. Table 5.16, BPEX (2012). Pig Yearbook 2012 and EBLEX (2012). UK yearbook 2012 – Sheep and Cattle (Collated by Vegetarian Society UK 2013).