

Ova-Lacto Vegetarians

Myths revealed about ova-lacto diets.

Many people continue eating milk and eggs because they believe that to get milk and eggs, you don't kill the animal. However, milk producing cows and egg-laying chickens are killed after their products are taken from them. This is the case for free-range dairy and eggs, as well as for factory farmed.

In general, dairy cows and egg-laying hens suffer much worse than their for-flesh counterparts..Most dairy cows live inside a building in a stall where they can't walk or turn around. Almost all egg-laying hens live in tiny cages with wire floors.

Dairy cows and egg-laying hens (who do not die from the conditions) live - and suffer - much longer and more acutely than steers and broiler chickens.

Most of the males born in dairy cow and egg-laying hen breeding operations are also killed. In the case of the egg industry, the male chicks are often discarded in trash bags to suffocate or starve.

Male offspring of dairy cows, being of the wrong stock for beef, are taken from their mothers and raised for veal.

Giving up meat is a good step toward not contributing to the suffering of other animals. If you are going to cut out animal products in the order of which suffer the most, you should stop consuming dairy products first.