

## Chicken Is Not a Health Food

Chicken flesh today has as much artery-clogging cholesterol as beef and no fibre. Eating chicken also means eating bacteria: during the slaughter process, bacteria-laden faeces are spattered onto chicken carcasses. As a result, most chicken flesh sold in the UK is swarming with salmonella, campylobacter and other dangerous bacteria.

"Chickens are probably the most abused animals on the face of the planet."  
— Alec Baldwin



Photo: © www.stamatic.com

## How You Can Help

Choosing vegan options is the best way to help chickens and other farmed animals. For a free vegetarian/vegan starter kit packed with faux-chicken and egg-free recipes, shopping tips and health information, call 020 7357 9229, or visit [PETA.org.uk](http://PETA.org.uk).

"[Chickens] are absolutely wonderful animals, very, very funny. I think caging birds for eggs is one of the cruellest things."  
— Martin Shaw



**PETA**

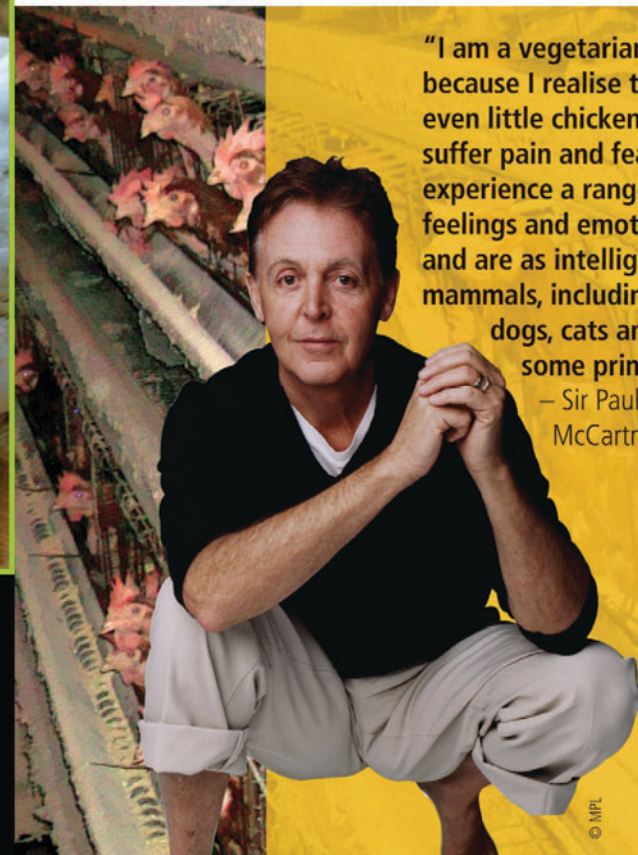
PEOPLE FOR THE ETHICAL TREATMENT OF ANIMALS FOUNDATION  
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**PETA**

## THE TRUTH ABOUT Chickens

"I am a vegetarian because I realise that even little chickens suffer pain and fear, experience a range of feelings and emotions and are as intelligent as mammals, including dogs, cats and even some primates."  
— Sir Paul McCartney



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# THE TRUTH ABOUT CHICKENS

## The Hidden Lives of Chickens



Esteemed animal behaviourist Dr Chris Evans explains that chickens are able to understand that recently hidden objects still exist, a concept that small children are unable to grasp. Discussing chickens' capabilities, he says, "As a trick at conferences, I sometimes list these attributes, without mentioning chickens, and people think I'm talking about monkeys".

In their natural surroundings, chickens are inquisitive, intelligent animals who form friendships and social hierarchies, recognise one another, love their young and enjoy dustbathing, making nests, roosting in trees and more. In the UK alone, around 850 million chickens are slaughtered each year for food. Almost all of them spend their unnaturally short, miserable lives crammed together in windowless sheds, each one standing on an area smaller than an A4 sheet of paper. They are denied everything that is natural and important to them and suffer abuse that would be illegal if dogs or cats were the victims.



ammonia burns

left to die



## Chickens Used for Flesh

Chickens raised and killed for their flesh are bred to grow so large so fast that many become crippled under their own weight and are unable to reach food or water.

Many chickens die of heart attacks, suffocation, starvation or stress-related illness. Survivors are forced to live among the corpses of other chickens in dark, crowded, excrement-filled sheds. The ammonia in the air burns their eyes and lungs, and many suffer from pneumonia. At slaughter, chickens' throats are cut, and they are dunked into tanks of scalding-hot water, often while they are still conscious.



"If people saw how chickens were treated, they'd never eat another drumstick."  
— Pamela Anderson



wings broken



scalded to death

## Chickens Used for Eggs

Many birds raised for their eggs are crammed together in wire cages so small that they don't have enough room to spread their wings or do anything else that is natural or important to them. The chickens' sensitive beaks are cut off so that they can't peck each other out of frustration over their unnatural environment. After one to two years of confinement, they are violently yanked from their cages and shipped to slaughter. By then, their bodies are so battered that they can only be used for soup or companion-animal food.



crowded