

Planetary Wellbeing

Cut Pollution & Toxicity

- Cleaning & Laundry
- Green Carwash
- Low-Toxin Manufacturing
- Natural Garden & Lawn Care
- Organic & Sustainable Agriculture
- Pest Control
- Plant-Based Eating
- Zero Emissions
- Zero Toxin Parenting

Ensure Animal Wellness

- Guard Water Resources
- Ocean Awareness
- Protect Biodiversity
- Reduce Resource Consumption
- Save Energy & Climate

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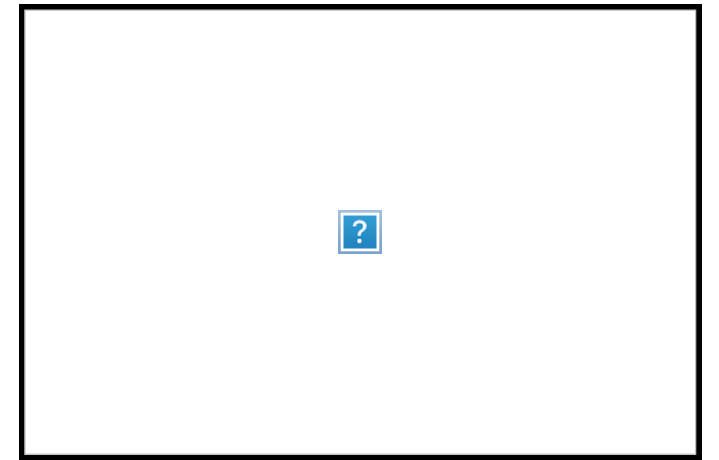
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Save an Animal, Skip Cruel Foods

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Cruelty to factory animals is extremely common, and although 37% of us aged 18+ care about animal rights issues, by and large, consumers are not aware of the cruelties heaped onto animals in the name of cheap food.^[1] We want our Hearts movement to advocate for the end to animal cruelty, especially in the food industry. Short of **adopting a vegetarian (or vegan!)** diet, one of the most important things you can do to save animals from cruelty is to opt for certified **cruelty-free animal products**. We also want to help you keep the cruelest animal foods out of your diet, and have developed this guide to make that possible. Happy calves, birds, lobsters, and chickens salute you!



Quick Guide: The Most Cruel Foods You Can Eat

1. **Balut:** This is probably one of the cruelest. It is made by taking a fertilized duck egg and allowing it to grow until it nearly hatches. It is then boiled alive in the shell.
2. **Pâté de foie gras:** Also known as traditional pâté, foie gras is made by force-overfeeding a duck or turkey until its stomach lining rips and it bleeds to death inside its own gut. The liver of the animal is then cooked to make pâté.
3. **Lobster:** Being boiled alive has to be one of the cruelest ways to die. Tests have proven that lobster, prawns and various other crustaceans feel pain like humans when immersed in boiling water while still alive.
4. **Veal:** Calves are taken from their mothers at birth, chained by the neck for 16 weeks in tiny, filthy wooden crates, and force-fed an anemia-inducing liquid formula, then delivered to the finest restaurants as a delicacy.
5. **Poultry:** The world's cheapest and favorite meat, the slaughter is long and slow. In the USA 99% of turkeys have been bred to have such large breasts that they can no longer mate. Factory workers are paid to stimulate and inseminate these turkeys that are so fat that they can't even stand up.
6. **Eggs:** Battery hens are frequently starved for up to 14 days to boost egg production, a process known as forced molting. Upon hatching, male chicks are placed in garbage bags, where they suffocate slowly or are crushed under the weight of their brothers.

Take Action! Choose Alternatives to the Cruelest Animal Foods

1. **Vegan lobster alternatives:** There are several companies that create vegan products to replace things like lobster. Check out [VegeCyber](#) and [Dixie Diner Club](#) for lobster replacements you can try at home. Or for a slightly different take on seafood alternatives, try out [Worthington's Skallops](#).
2. **Vegan foie gras alternatives:** Try [Tartex Vegan Pates](#) or make your own [Faux Gras \(Vegetarian Foie Gras\)](#) via Oprah's site.
3. **Vegan chicken alternatives:** There are many chicken analogues available at local grocery stores today, but if you're stuck, check out stores like [ChooseVeg.com](#) or [The Vegan Store](#).
4. **Vegan egg substitutes:** Several products are available for creating vegan eggs or using eggs in baking, including [Ener-G Egg Replacer](#) or [The Veg](#) (the world's first vegan egg yolk). Alternatively, try out PETA's [Egg Replacement recommendations](#).
5. **Look into vegan recipes:** Many sites provide you with lists of vegan and vegetarian recipes that give you creative ideas to replace your favorites with delicious foods free of cruelty. One of the best is [PETA's Vegetarian/Vegan Recipes](#) database, including recipes searchable by ingredients.
6. **Eat out at vegan and vegetarian restaurants:** If you don't want to try vegan replacements on your own but want to try out vegan lobster or foie gras done really well, try eating out at a restaurants that specialize in the craft. Here are several databases that list restaurants by location: [HappyCow](#), [VegDining.com](#), or [VegGuide.org](#).

Dig Deeper: Animal Cruelty Statistics about the Cruelest Foods on the Planet

- Find out more of the facts of animal cruelty in foods via PETA: [lobster](#), [veal](#), [foie gras](#), [poultry and eggs](#).

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References

References

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