

**I'M JUST A LOUSY
POSTER BUT DID YOU
HEAR, IMPERIAL'S
GONNA GO VEGAN*
AND THEY NEED YOUR
THOUGHTS HERE'S A
SURVEY:**



***THEY'RE NOT ACTUALLY - YET. THAT'S WHY WE NEED YOUR HELP!**

meat-eaters' news:

VEGANS SAY "PLANT-BASED DIETS WOULD SAVE THE PLANET AND END DEFORESTATION.

THERE'S NO CATCH." AND WE CAN'T FIGURE OUT WHY THEY'RE WRONG, **HELP! FILL OUT OUR SURVEY:**



ORGANISATIONS THAT THINK YOU SHOULD EAT MORE PLANTS:

United Nations Food and Agriculture Organisation "SUCH DIETS WILL PREVENT OR DELAY A SIGNIFICANT PROPORTION OF NON-COMMUNICABLE CHRONIC DISEASES" *the NHS* "WITH GOOD PLANNING AND AN UNDERSTANDING OF WHAT MAKES UP A HEALTHY, BALANCED VEGAN DIET, YOU CAN GET ALL THE NUTRIENTS YOUR BODY NEEDS" *British Dietetic Association* "A WELL-PLANNED VEGAN DIET CAN SUPPORT HEALTHY LIVING IN PEOPLE OF ALL AGES" *World Health Organisation* "A DIET THAT IS PREDOMINANTLY PLANT-BASED ... IS RECOMMENDED AS PART OF A HEALTHY LIFESTYLE" *American Dietetic Association* "VEGAN DIETS ARE HEALTHFUL, NUTRITIONALLY ADEQUATE, AND MAY PROVIDE HEALTH BENEFITS IN THE PREVENTION AND TREATMENT OF CERTAIN DISEASES" *British Nutrition Foundation* "VEGETARIAN AND VEGAN DIETS CAN BE NUTRITIOUS AND HEALTHY" *Academy of Nutrition and Dietetics* "THESE DIETS ARE APPROPRIATE FOR ALL STAGES OF THE LIFE CYCLE, INCLUDING PREGNANCY, LACTATION, INFANCY, CHILDHOOD, ADOLESCENCE, OLDER ADULTHOOD, AND FOR ATHLETES" *John Hopkins centre for a liveable future* "A STRONG BODY OF SCIENTIFIC EVIDENCE LINKS EXCESS MEAT CONSUMPTION, PARTICULARLY OF RED AND PROCESSED MEAT, WITH HEART DISEASE, STROKE, TYPE 2 DIABETES, OBESITY, CERTAIN CANCERS, AND EARLIER DEATH. DIETS HIGH IN VEGETABLES, FRUITS, WHOLE GRAINS AND BEANS CAN HELP PREVENT THESE DISEASES AND PROMOTE HEALTH IN A VARIETY OF WAYS." *Dieticians of Canada* "IT'S EVEN HEALTHY FOR PREGNANT OR NURSING MOTHERS. A WELL-PLANNED VEGAN DIET IS HIGH IN FIBRE, VITAMINS AND ANTIOXIDANTS"

**SO WE DO TOO.
GOT YOUR OWN OPINION?
GOOD OR BAD, LET US KNOW:**



**WE ARE PLANT-BASED
UNIVERSITIES, A GRASSROOTS
MOVEMENT LOBBYING
UNIVERSITIES TO TRANSITION TO
plant-based CATERING, AND
WHEN WE PRESENTED OUR
MOTION TO THE *student union*
THEY SAID THEY WANTED MORE
STUDENT OPINIONS ON PLANT-
BASED FOOD. IF YOU'VE READ THIS
FAR, HELP US OUT BY TAKING OUR
SURVEY! IT'S SUPER SHORT.**

THERE'S AN OPTION TO JOIN OUR WHATSAPP GROUP THERE IF YOU WANT TO GET INVOLVED.

