CONSUMING DAIRY IS AN UNHEALTHY AND DISGUSTING HABIT.

Eating and drinking dairy items poisons your body with fat and cholesterol, condones violence against sentient beings, and destroys the environment that we all live in. Dairy is the top source of saturated fat for Americans, leading to a higher risk of suffering from heart disease, type 2 diabetes, and cancer.

We have no more right to take calves away from their mothers in order to steal their milk than we do to kidnap women's babies in order to steal *their* milk. Cut out dairy and **go vegan today**.

PeTA