Cows

Kingdom: Animalia

Phylum: Chordata

Class: Mammalia

Order: Artiodactyla

Family: Bovidae

Genus: *Bos*

Species: *B. primigenius*

Pigs (Domestic)

Kingdom: Animalia

Phylum: Chordata

Class: Mammalia

Order: Artiodactyla

Family: Suidae

Genus: *Sus*

Species*: S. Scroda domesticus*

Chicken

Kingdom: Animalia

Phylum: Chordata

Class: Aves

Order: Galliformes

Family: Phasianidae

Genus: *Gallus*

Species: *G. gallus*

Fish (bass)

Kingdom: Animalia

Phylum: Chordata

Class: Actinopterygii

Order: Perciformes

Family: Centrarchidae

Genus: *Micropterus*

Species*: M. Salmoides*

Quotes for One-Pager (taken from Will Tuttle’s Book, *The Global Peace Diet: Eating for Spiritual Health and Social Harmony*)

“It should not be believed that all beings exist for the sake of the existences of man. On the contrary, all other beings too have been intended for their own sakes and not for the sake of anything else.”

--Maimonides

“This is dreadful! Not only the suffering and death of the animals, but that man suppresses in himself, unnecessarily, the highest spiritual capacity—that of sympathy and pity towards living creatures like himself—and by violating his own feelings becomes cruel.”

--Leo Tolstoy

“The pain and suffering inflicted on children by the American diet is so brutal that if it were administered with a stick, parents would be put in jail.”

--John McDougall, M.D.

“Earth provides enough to satisfy every man’s need, but not every man’s greed.”

--Mahatma Gandhi

“All beings tremble before violence. All fear death. All love life. See yourself in others. Then whom can you hurt? What harm can you do?”

--Buddha

“True human goodness, in all its purity and freedom, can come to the fore only when its recipient has no power. Humanity’s true moral test, its fundamental test, consists of its attitude towards those who are at its mercy: animals. And in this respect humankind has suffered a fundamental debacle, a debacle so fundamental that ll others stem from it.”

--Milan Kundera, author, *The Unbearable Lightness of Being*