

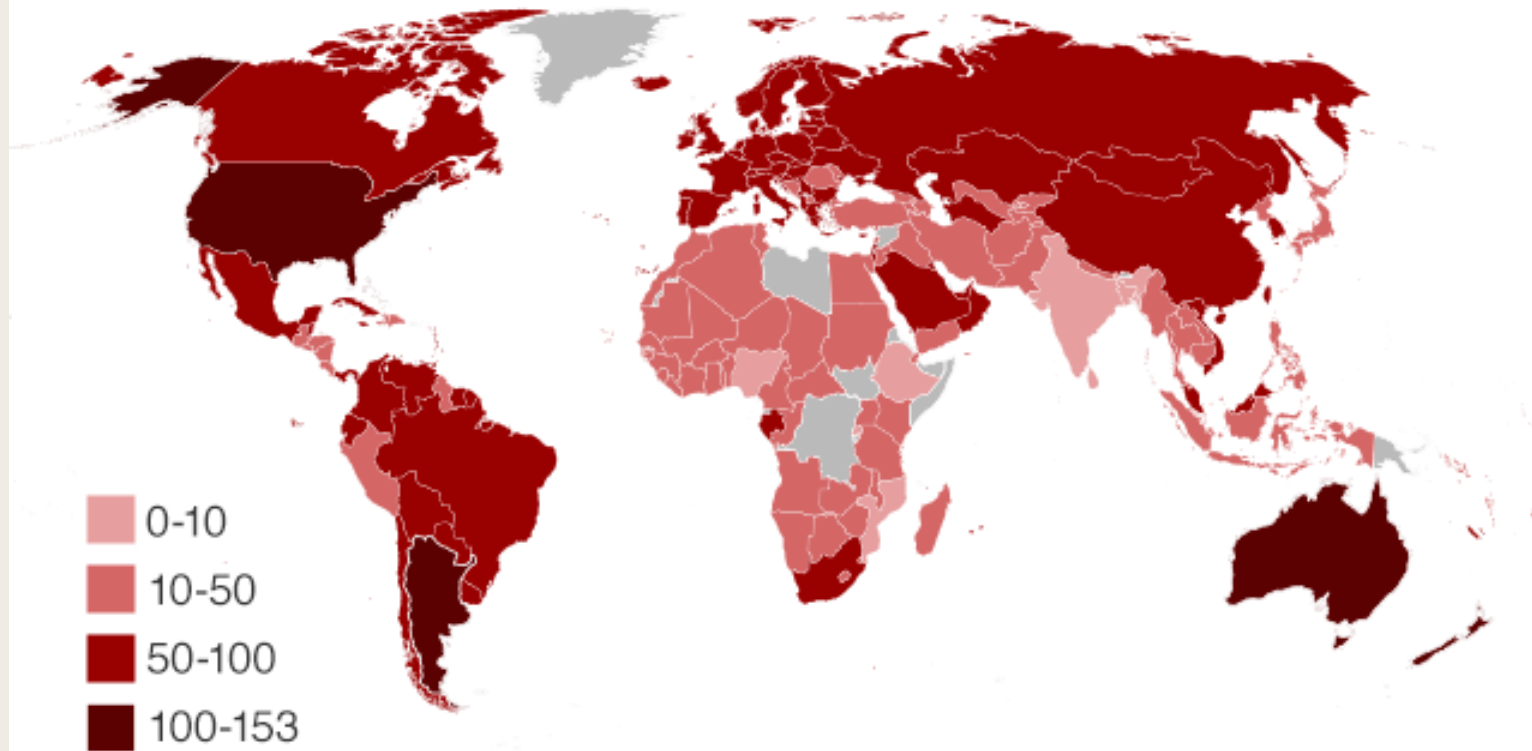


肉を食べることは
いいでしょうか、
悪いでしょうか。

毎年の肉の消費

Who eats the most meat?

Meat consumption (kg per person per year)



Source: UN Food and Agriculture Organization / Our World in Data



MEAT production and consumption



The country's leaders
production of meat

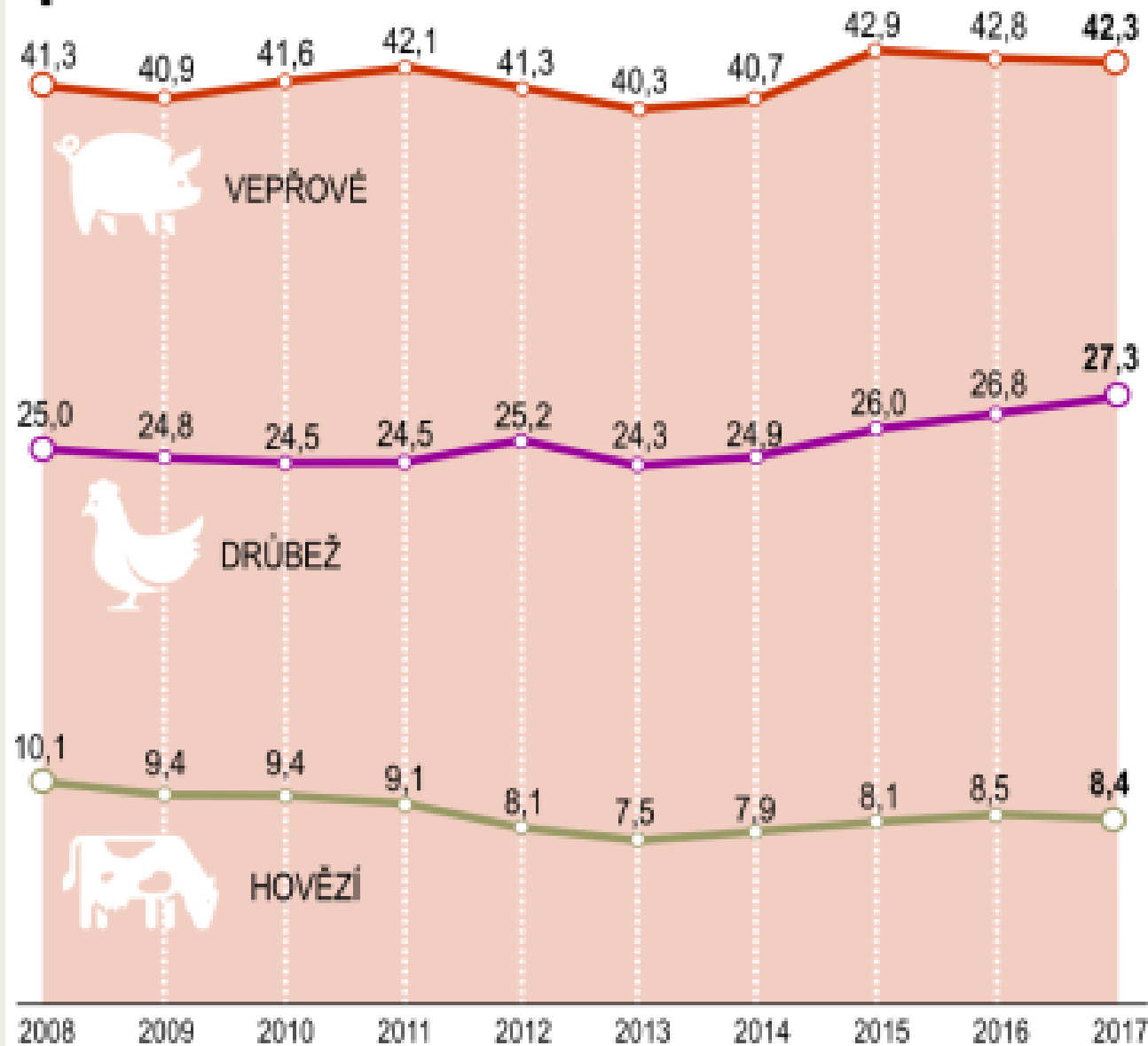


The global meat consumption per capita per year (kg)



Spotřeba masa v ČR

v kilogramech na osobu za rok

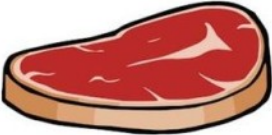



zdroj: ČSÚ

ČTK

肉の中は何ですか

- 必須アミノ酸、亜鉛、ビタミンB12
- 栄養素、タンパク質
- 植物に替えやすい

100g BEEF	vs	100g BEANS
		
22g protein		22g protein
0g fibre		15g fibre
1.9mg iron		5.0mg iron
16mg calcium		123mg calcium
23mg magnesium		171mg magnesium
74mg cholesterol		0g cholesterol
£1.40 per 100g		£0.21 per 100g

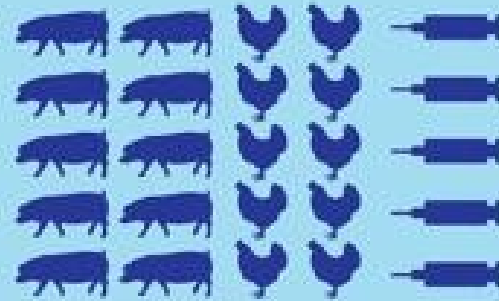
ガン



抗生物質

We are facing a crisis of terrifying proportions

While our vital drugs fail, supermarkets allow unacceptable antibiotic use in their livestock supply chains

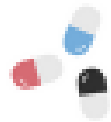


Animals in intensive farms are often dosed daily with vital antibiotics to stave off disease in crowded, often cruel, conditions

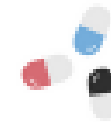
Intensively reared pigs and poultry account for



85-95%
of UK farm antibiotic use



Antibiotics Sold for Use in Humans and Animals in the U.S.

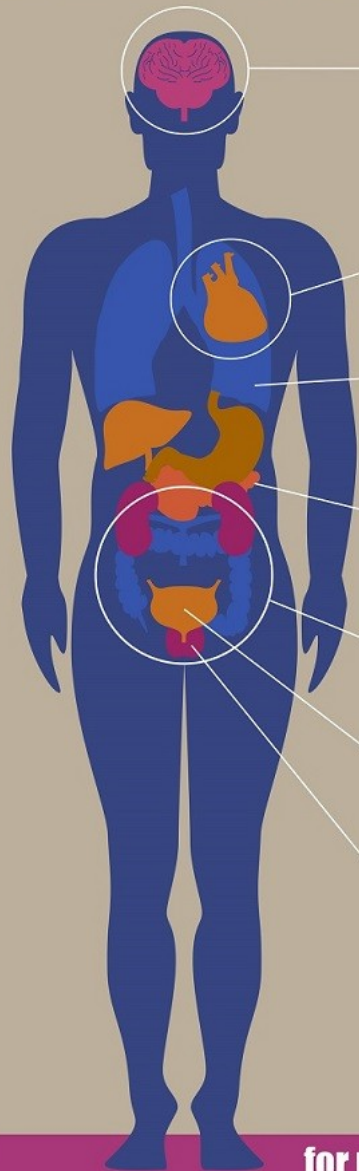


70% of the antibiotics sold in the U.S. are intended for use in food animals, compared to just 30% for people. Antibiotics are routinely given to animals to compensate for overcrowding and dirty living conditions. Bacteria do not live in silos. They spread between livestock and people, between hospitals and the community. All unnecessary uses of antibiotics must end to ensure antibiotics continue to work.



人の健康への影響

DANGERS of PROCESSED MEAT



HIGHER STROKE RISK

A 2012 American Heart Association study linked stroke risk to processed meat consumption, with risk increasing by 13% for every daily serving.



INCREASED RISK OF DEATH

In 2013, the American Journal of Epidemiology reported that processed meat products are linked to increased risk of death.



DOUBLE THE RISK OF LUNG DISEASE

A 2007 study found that men who eat processed meat daily have more than double the risk of developing lung disease compared with men who rarely or never eat processed meat.



DOUBLE THE RISK OF HEART DISEASE, CANCER, & DIABETES

A 2014 Harvard study found that processed meat raises women's risk of cancer, heart disease, and diabetes. And a 2012 British Medical Journal Open study linked processed meat consumption to increased risk of heart disease.



INCREASED RISK OF COLORECTAL CANCER & EARLY DEATH

In 2013, the American Cancer Society found that colorectal cancer survivors who consume the most red or processed meat are more likely to die over a 7.5-year follow-up.



INCREASED RISK OF BLADDER CANCER

A 2010 NIH study found that consumption of processed meat increases risk for bladder cancer.



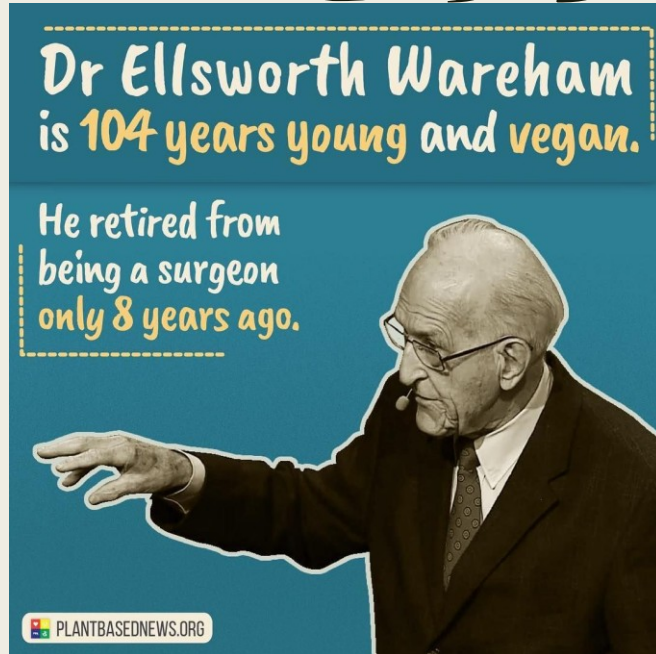
INCREASED RISK OF PROSTATE CANCER

A 2009 NIH study found that processed meat increases prostate cancer risk. Every 10 grams of processed meat consumed raises prostate cancer risk by 10%.

A 2013 Harvard study found that men who consume the most processed meat have more abnormalities in sperm count, size, and shape.

for more information, please visit PCRM.org/DropTheDog

どちらの方が元気ですか



THIS IS WHAT AN 80 YEAR OLD
VEGAN LOOKS LIKE



**VEGETARIANS AND
VEGANS LIVE, ON
AVERAGE, SIX TO
TEN YEARS LONGER
THAN MEAT-EATERS.**



**MEAT-EATERS ARE
TWICE AS LIKELY
AS VEGETARIANS
TO DEVELOP
HEART DISEASE.**



source: <http://mytalkfest.files.wordpress.com/2010/09/poster-22.jpg>

環境の影響

What It Takes To Make A Quarter-Pound Hamburger



feed
6.7

Pounds of
grains and forage



water
52.8

Gallons for drinking water
and irrigating feed crops



land
74.5

Square feet for grazing
and growing feed crops



fossil fuel
energy
1,036

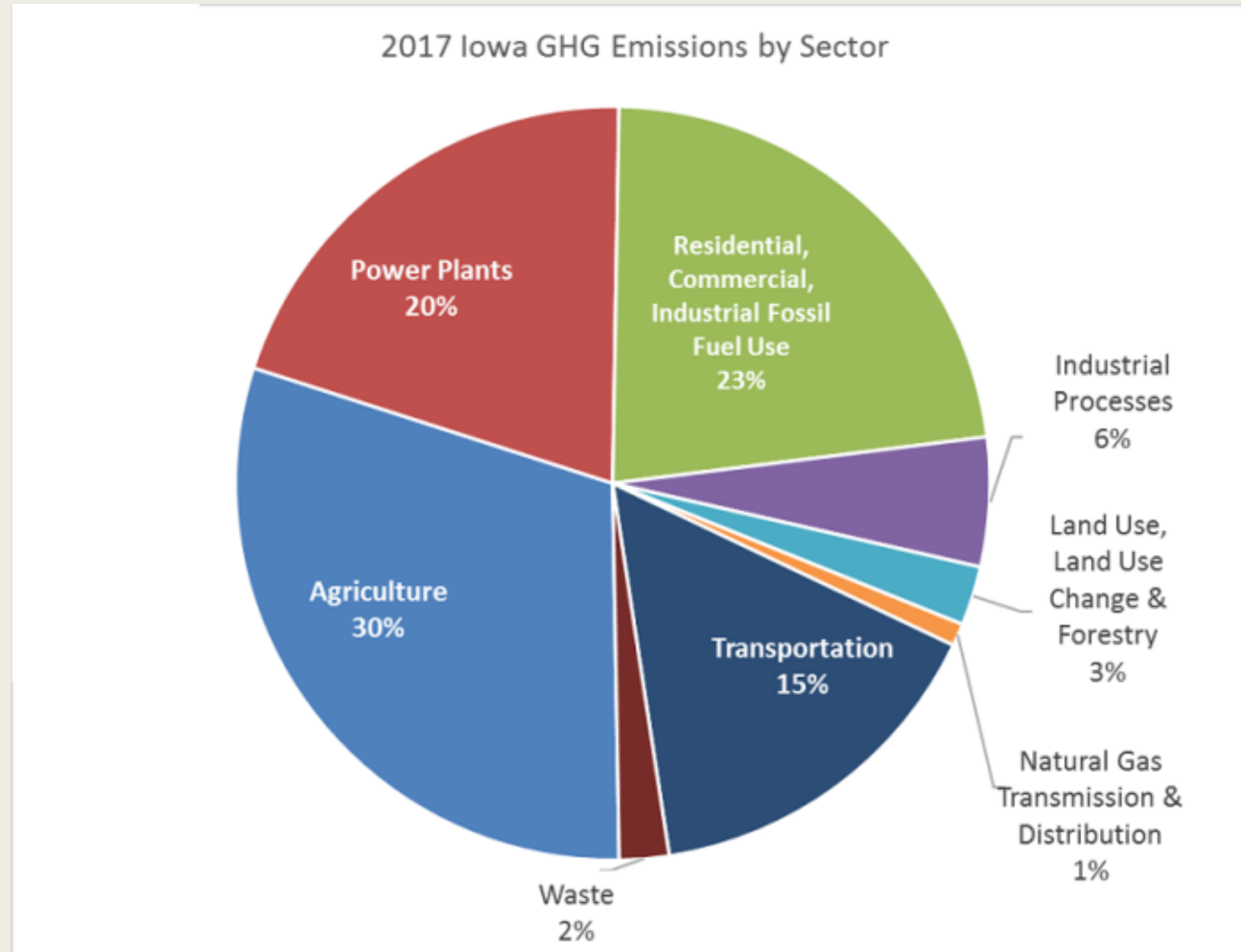
Btus for feed production and
transport. That's enough to power a
typical microwave for 18 minutes.



Source: J.L. Capper, *Journal of Animal Science*, July, 2011.

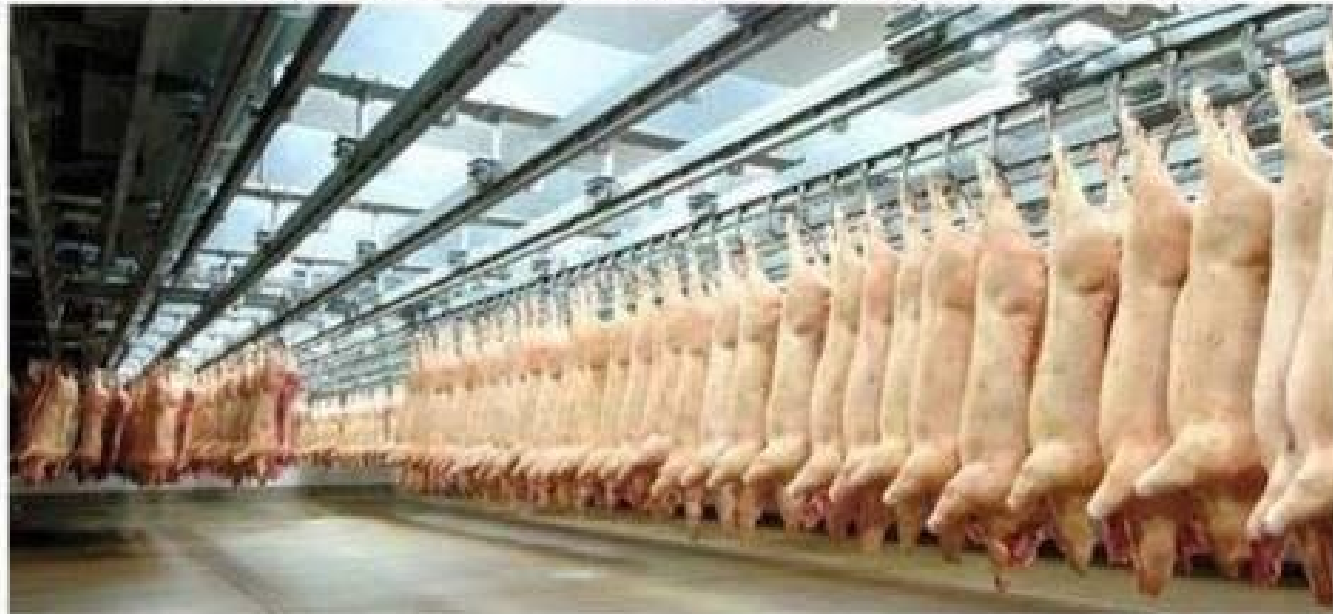
Credit: Producers: Eliza Barclay, Jessica Stoller-Conrad; Designer: Kevin Uhrmacher/NPR

肉の生産の放出



動物の苦しみ

In **all** wars and genocides in our entire recording history **619 million humans** were killed.

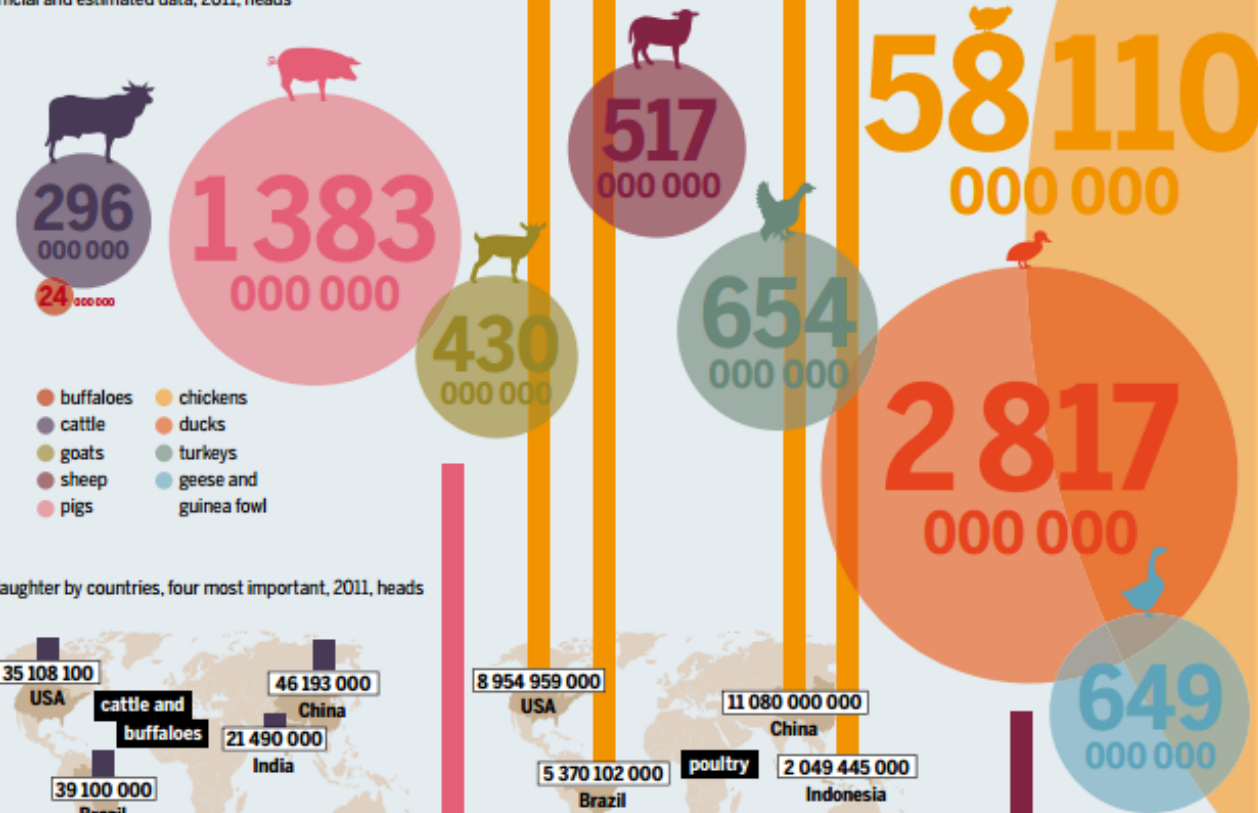


We kill the same number of **animals** every **five days**.

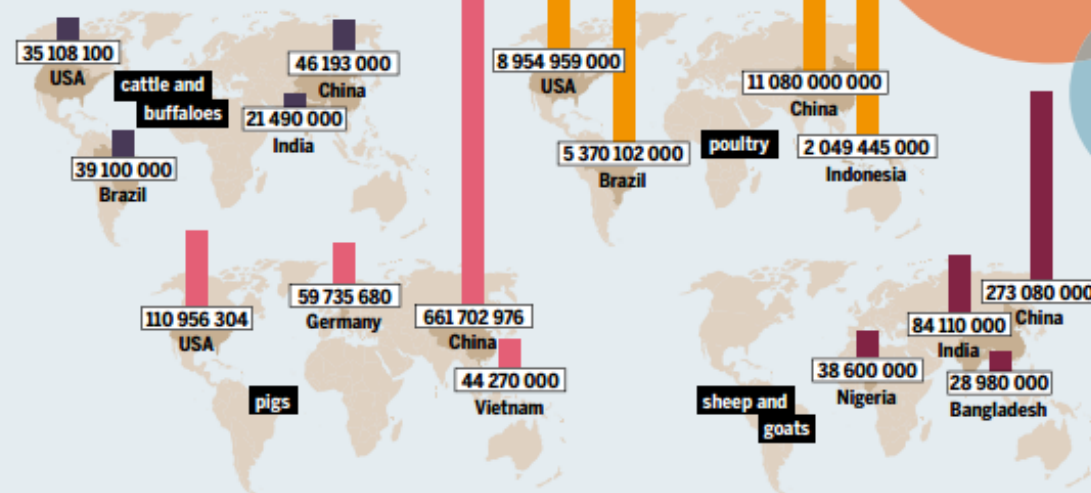
- <https://www.adaptt.org>

Animals slaughtered worldwide

Official and estimated data, 2011, heads

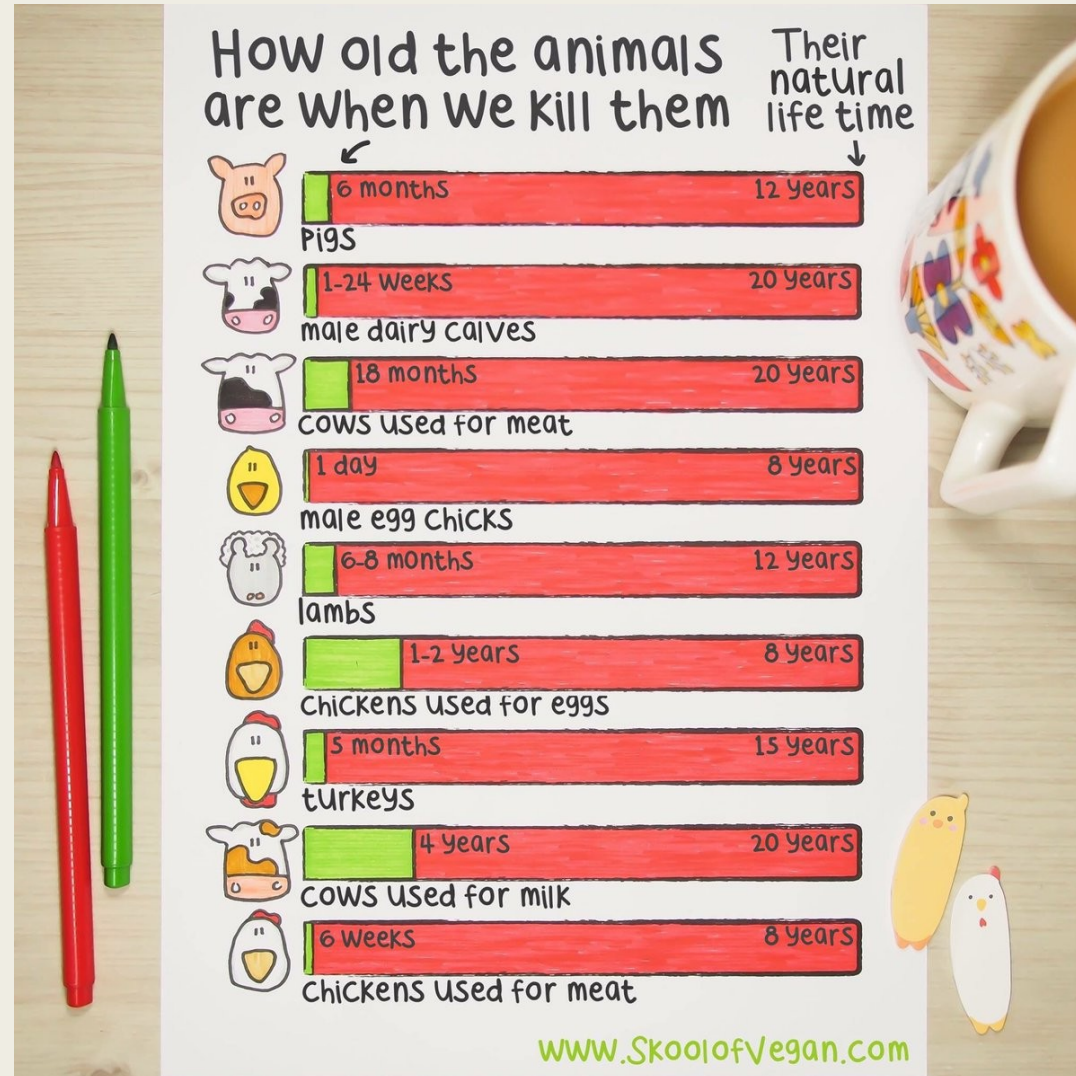


Slaughter by countries, four most important, 2011, heads



**IF HUMANS KILLED
EACH OTHER AT
THE SAME RATE
THAT WE KILL
OTHER ANIMALS,
WE'D BE EXTINCT
IN 17 DAYS.**

工場農場にあった動物の寿命



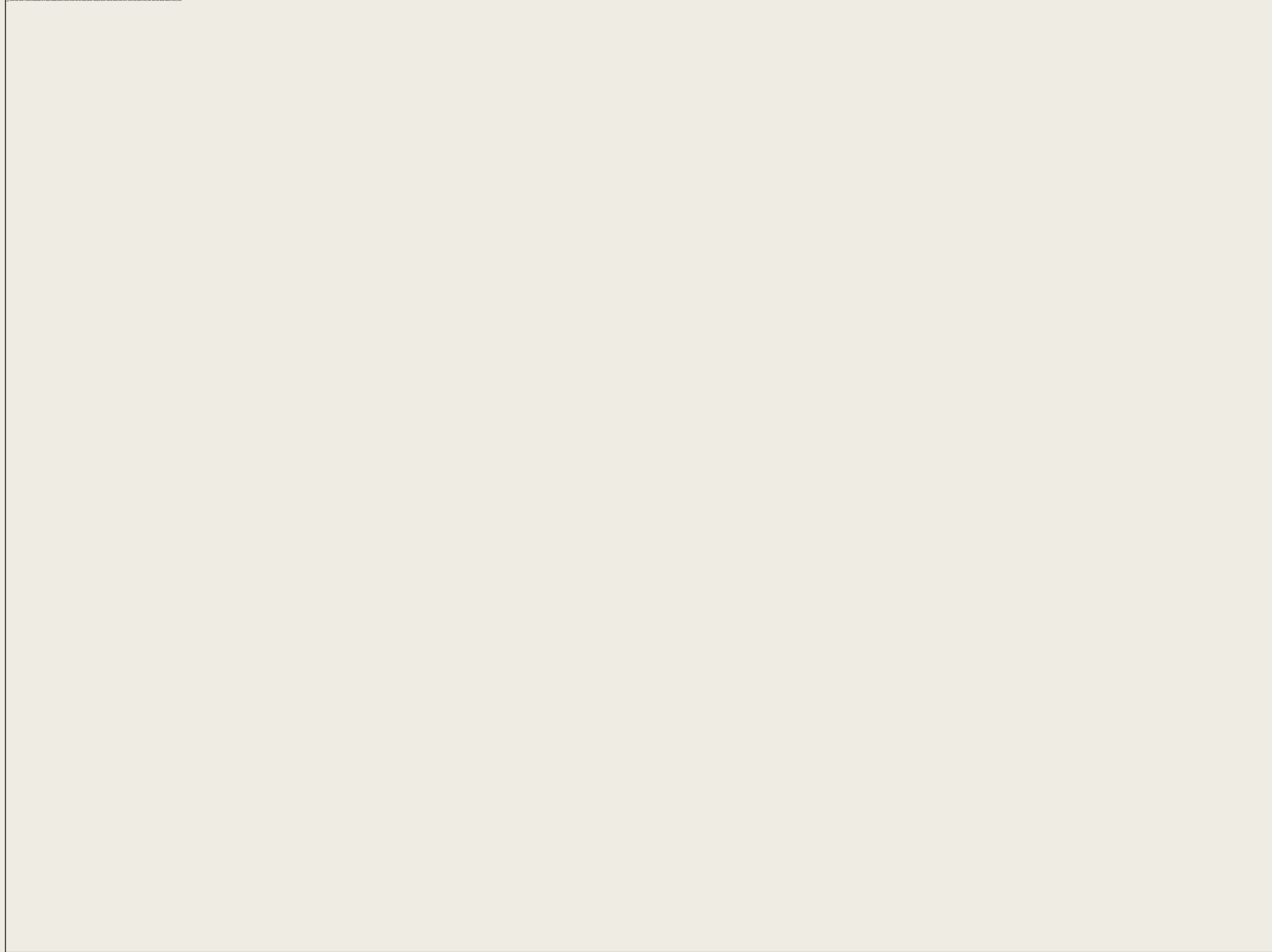
工場式農場の生活条件



<https://www.youtube.com/watch?v=3:40-4:58>



屠畜場







グラスヴォールのプロジェクト

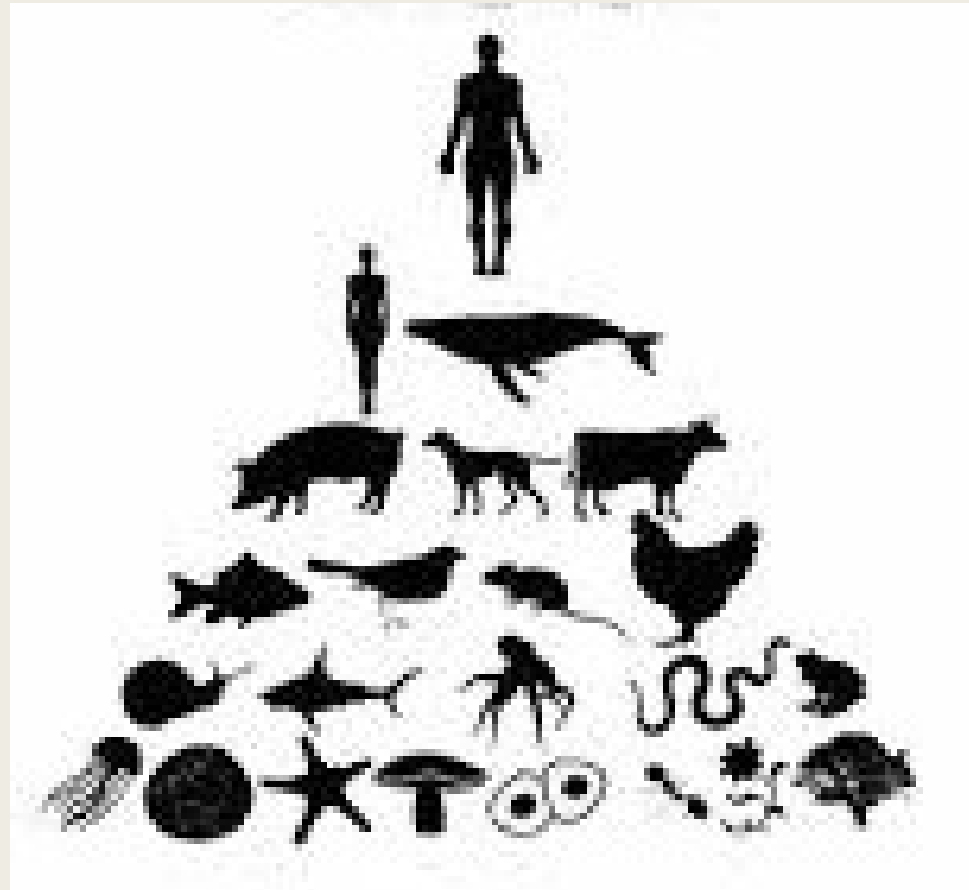
If Slaughterhouses had Glass Walls, Everyone Would be Vegetarian

”

— Sir Paul McCartney

スピーシーズム (spiecism)、
カーニズム (carnism)

スピーシーズム (spiecism)



カーニズム (carnism)

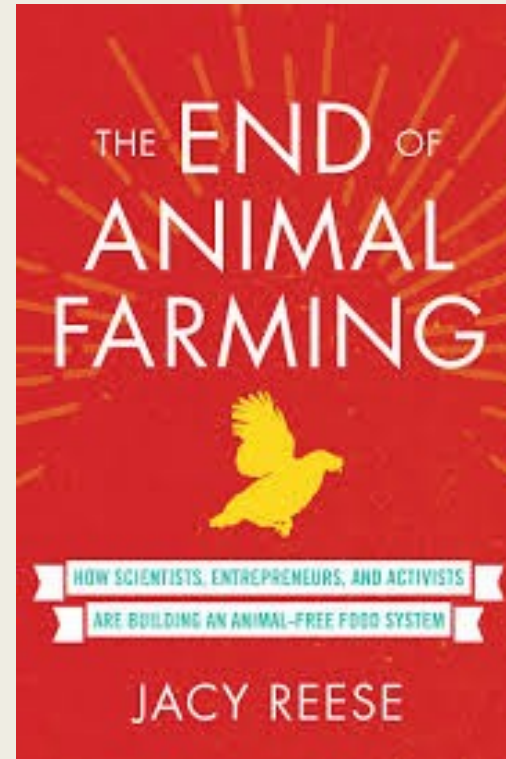
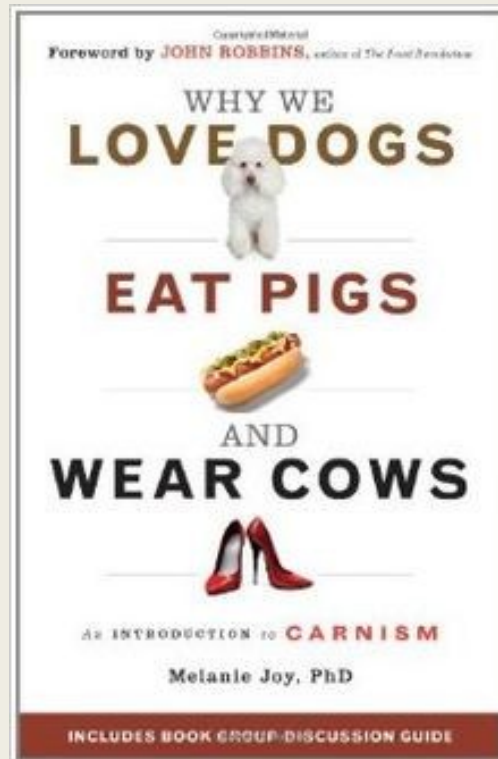


違い、

What is the difference between speciesism and carnism?

Speciesism is the belief system, or ideology, in which it's considered appropriate to value some animals over others (with humans at the top of the hierarchy) for reasons of species alone. Carnism is the ideology in which it's considered appropriate to eat some of the animals on the lower rungs of the speciesist hierarchy. Carnism is a "sub-ideology" of speciesism, just as anti-Semitism, for instance, is a sub-ideology of racism. Carnism, like anti-Semitism, is a specific expression of a broader ideology.

<https://www.youtube.com/watch?v=ao2GL3NAWQU> – 3:39 - 4:41



本、映画

質問

- 肉を食べることは良いでしょうか、悪いでしょうか。
- 動物のために何か変えられますか。
- 肉を食べているは健康のために悪いでしょうか。
- 皆動物は同じだと思いますか。

- <https://www.bbc.com/news/health-47057341>
- <https://www.humanedecisions.com/sir-paul-mccartney-if-slaughterhouses-had-glass-walls-everyone-would-be-vegetarian/>
- https://www.enviprofi.cz/33/ktera-odvetvi-prumyslu-jsou-nejnarocnejsi-na-vodu-uniqueidgOkE4NvrWuOKaQDKuox_Z5S1Gd1vIITbl8IFxXkt6lc/
- <https://www.youtube.com/watch?v=ouAccsTzIGU>
- <https://www.youtube.com/watch?v=ao2GL3NAWQU>
- <https://www.youtube.com/watch?v=NxvQPzrg2Wg&t=152s>
- <https://www.adaptt.org>