

An illustration of Albert Einstein with his characteristic wild white hair and mustache, wearing a green suit, white shirt, and red tie. He is pointing with his right index finger towards a chalkboard. In his left hand, he holds a blue chalk. The chalkboard is dark green with a wooden frame and has the words 'THINK BEFORE YOU EAT' written in large, white, hand-drawn capital letters.

THINK BEFORE YOU EAT

Go Vegetarian

Albert Einstein

was one of the world's
most famous vegetarians.
He stopped eating meat
to help animals and
improve his own health.

PETA





Eat Like a Genius:

Go Vegetarian

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Before Albert Einstein went vegetarian, he once said, "I have always eaten animal flesh with a somewhat guilty conscience." He would be disgusted to hear that on factory farms today, animals live crowded together by the thousands in dark, filthy sheds and cages. Many chickens and turkeys have part of their beaks cut off with a hot blade when they are a few days old, and piglets have their tails and teeth chopped off—all without any painkillers. PETA has videos showing that animals are beaten, dragged, and thrown against walls in slaughterhouses across the country.

After going vegetarian, Einstein said, "So I am living without fats, without meat, without fish, but am feeling quite well this way. It almost seems to me that man was not born to be a carnivore." And he was right—meat is full of saturated fats and cholesterol that can increase the risk of developing health problems like heart disease, cancer, and diabetes. Vegetarians are more likely to have a healthy weight and, on average, are about 10 to 20 pounds lighter than meat-eaters. Meat is even linked to Alzheimer's disease, and the mercury in fish can increase the risk of developing learning problems and memory loss. Vegetarian eating? That gives you food for thought.

Einstein wasn't the only great mind in history who was vegetarian—Leonardo da Vinci, Pythagoras, and Gandhi were all vegetarian, as are present-day icons Paul McCartney, Oscar winner Natalie Portman, Twitter founder Biz Stone, and two-term President Bill Clinton.

But it doesn't take a genius to see that going vegetarian is the best way to help animals and improve your own health at the same time. It's much easier today than in Einstein's day, thanks to plenty of delicious vegetarian foods filling shelves at grocery stores and on restaurant menus in every part of the country.

For a free copy of PETA's vegetarian/vegan starter kit, full of recipes and shopping tips, call 1-888-VEG-FOOD or visit PETA.org.

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