

Unlike Vegans, DEMIES can still enjoy a traditional turkey Christmas dinner.

Tuesday 18 December, 2018

Unlike

Vegans or Vegetarians, DEMIES can eat turkey – as it's only animal mammals that they prefer not to eat - so they can enjoy a traditional turket Christmas dinner, although pigs in blankets are off the menu for them.

DEMIES are people who don't want to eat animals for ethical, health or environmental reasons, but find it just too difficult to become a vegan or vegetarian. Animal mammals are the same as us, in so much as they give birth to babies and wean them on their own milk - so that's good ethical reason not to eat them - there's also climate change and health issues. Although DEMIES don't eat animal mammals, they eat all other types of foods. Including: fruit and vegetables; poultry and fish; eggs and dairy; grains, nuts, and pulses. So when one thinks of all the different meals one can have, including a traditional turkey dinner, it's easy to understand that it's no real sacrifice to become a DEMY.

Other reasons not to eat animals include the recent Government's advisory 'Committee on Climate Change' report recommending the number of sheep and cattle in the UK should be reduced by between a fifth and a half to help combat climate change. Coupled with the NHS Eatwell guidelines on healthy eating, which proposes a reduction in consumption of 89% for beef and 63% for lamb, and a 20% decline in dairy products - there is no better time to reconsider our position on eating animal mammals.

The DEMIES organisation, is a not-for-profit organisation created to promote not eating animal mammals.

The Organisation's website has a video: 'DEMIES don't Eat Mammals' which explains why it is no real sacrifice becoming a DEMY.

The video can be seen at www.demies.org and YouTube: https://youtu.be/187rw_bTsws

For more information about The DEMIES Organisation.

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