

# What About Plants?

## Aren't they *sentient* also?

No they are not.

“Though nature has given sensibility to pain to such living organisms as have the power of movement, in order thereby to preserve the members which in this movement are liable to diminish and be destroyed, the living organisms which have no power of movement do not have to encounter opposing objects, and plants consequently do not need to have a sensibility to pain, and so it comes about that if you break them they do not feel anguish in their members as do the animals.”

~ **Leonardo da Vinci**

*Still believe plants are sentient?*

Then Veganism is still the answer. Why? Because for example, with regard to diet especially: **the cost of 'meat' production in terms of the amount of plant protein needed to feed an animal to produce 'meat' is so high that people are responsible for *far less* plant consumption by eating plants directly rather than eating the animals who ate the plants.** Animals consume more protein than they produce. For every kilogram of animal protein produced, animals consume an average of almost 6 kilograms of plant protein. The plant protein/flesh ratio varies between the different types of animal flesh being produced, but any way you look at it, a kilo of any kind of flesh costs several times more plant protein than if one eats the plant protein directly.

Veganism is more than a diet but if you truly care about plants – the first step is still to Be Vegan! (If you are still really concerned, you may wish to also investigate a Fruitarian vegan diet.)

