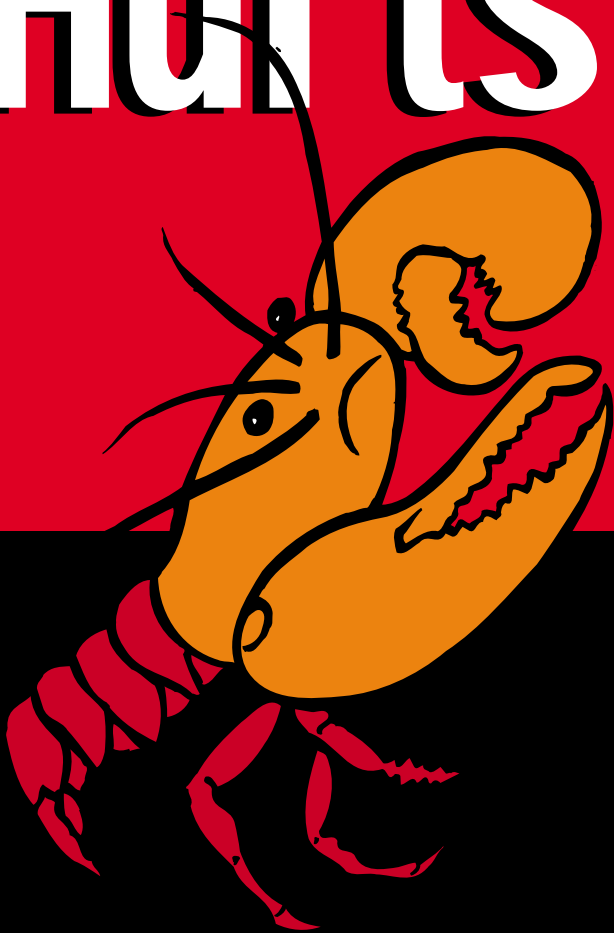


Being Boiled Hurts



Let lobsters live!

PETA

Let lobsters live!



“... A lobster who is being boiled alive will frantically scrape the sides of the pot trying to escape the pain. ... To me, eating a lobster is out of the question.”

—Mary Tyler Moore

Most people feel uncomfortable about cooking and eating lobsters—and for good reason: Lobsters suffer severe and prolonged pain when cut, broiled, or boiled alive.

DID YOU KNOW?

- **Lobsters are sensitive beings** who struggle against death. Dr. Jaren Horsley, an invertebrate zoologist at the National Zoo in Washington, states that a lobster has a “sophisticated nervous system” and feels a great deal of pain when cut or cooked.
- **Lobsters and other crustaceans are unhealthful to eat.** They contain excessive amounts of protein and cholesterol and are often highly contaminated with bacteria, pesticides, and other toxins.
- **Lobsters take long-distance seasonal journeys** and can cover 100 miles or more each year.
- **Lobsters can live 150 years or longer** if they manage to avoid the millions of traps along the coasts.
- **None of us would drop a live dog or cat into boiling water.** Why should it be any different for lobsters?

WHAT YOU CAN DO

Don't eat lobsters and other animals. Go vegetarian. Call 1-888-VEG-FOOD for a free vegetarian starter pack.