

The Truth About Eggs



[Most egg-laying hens in India can't even spread their wings.]



[Sentient animals are treated like machines in battery-cage egg factories.]



[There are cage-free alternatives for producing eggs.]

You may not know that most eggs in India come from hens confined in tiny wire battery cages. The cages are so small the birds can not walk or fully stretch their wings.

This is simply too much abuse to swallow. Fortunately, each one of us can help reduce animal suffering by following the Three **Rs**:

- » **R**educe our consumption of eggs.
- » **R**eplace eggs in our diet with nonanimal foods.
- » **R**efine our egg consumption by avoiding all eggs produced in battery cage operations. Ask your local restaurants, cafeterias, and supermarkets to stop selling eggs from caged birds.

For action tips and more information on how each one of us can help, contact Humane Society International (cmirle@hsi.org), or visit our website:

hsi.org/india/compassion



[No Battery Eggs]



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