

Why Lobsters?

Lobsters are interesting and beautiful animals who deserve protection and respect.

Along with shrimp, crabs, and krill, lobsters are categorized as crustaceans. They are invertebrates with hard exoskeletons. The American lobster lives along the coast of the Atlantic Ocean off of North America.



Over 300 million are cruelly pulled from their home waters each year, and they suffer immensely.

Alternatives to Eating Lobster

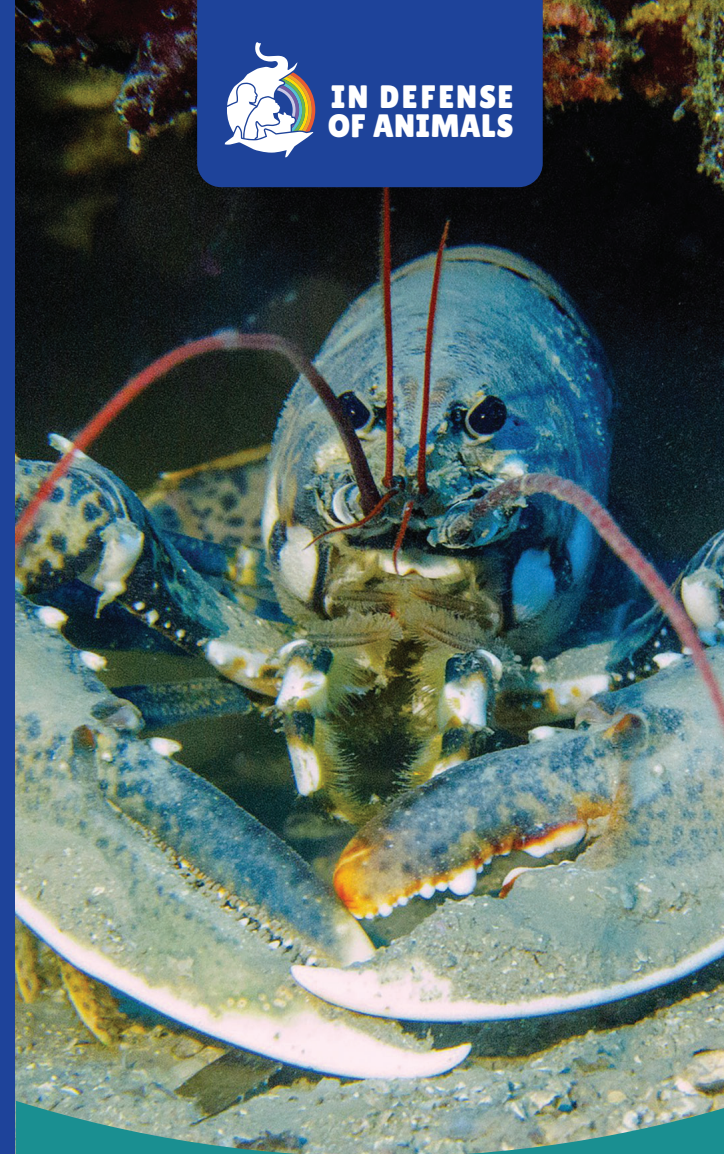
You can get that same great taste while not harming any lobsters in the process!

King oyster mushrooms, hearts of palm, and yams are all great base substitutes if you want to try your hand at cooking a lobster substitute.

Companies like NoPigNeva, Lily's Vegan Pantry, May Wah, and The Plant Based Seafood Co also sell vegan lobster alternatives.



Check out In Defense of Animals' Vegan Starter Guide and order yours today for free at:
idausa.org/vegguide



– Have –
Compassion
for Lobsters

Lobster Facts



Crustaceans are sentient, meaning they have the ability to experience feelings and sensations.



Lobsters **grow by absorbing water** and essentially bursting out of their exoskeleton. Theoretically, they could keep growing forever!



Lobsters can live to be **over 100 years old**, but are eaten when they are around 7 years of age.



Lobsters have elaborate **courtship rituals** and are gentle lovers!



Lobsters can feel pain and react similarly to vertebrates by grooming and rubbing affected areas. They react to negative stimuli and retain memories of pain.



When lobsters are boiled alive **they feel everything** – they do not have the ability to go into shock.



The **lobster fishing industry** is a major contributor to the **decline of the Northern Atlantic right whale population**. There are fewer than 350 individuals left.

Lobster sentience information:
crustaceancompassion.org



Lobsters Feel Pain

Research has proven that lobsters are capable of feeling pain and fear, and do so during the majority of their journey to your plate.

When lobsters are first captured, they suffer from exposure to light, air, and temperature fluctuations that their bodies are not used to.

They also face rough handling and confinement. Lobsters can be on display in stores for months and are subjected to claw banding which can cause muscle atrophy. Lobsters at stores are not fed.

There are no regulations for slaughtering lobsters, and they are killed in businesses and private homes with no oversight, often by being boiled alive. There are no laws that protect lobsters from cruelty in the United States.

North Atlantic

Right Whale

Population Decline

The lobster fishing industry is a direct contributor to the decline of the North Atlantic right whales.

Scientists estimate that fewer than 350 North Atlantic right whales are left in the world. While they face a host of threats, ship strikes and entanglement in fishing gear are believed to be the biggest threats to their survival.

Entanglement in lobster fishing gear can lead to drowning or a slow painful death from injuries or starvation. In 2022, Whole Foods paused their sale of Maine lobsters for this reason, and the Monterey Bay Aquarium's Seafood Watch placed the American Lobster on its red list to avoid.



E. Lyman/ HWS and NOAA (MMHSRP permit # 932-1905)