

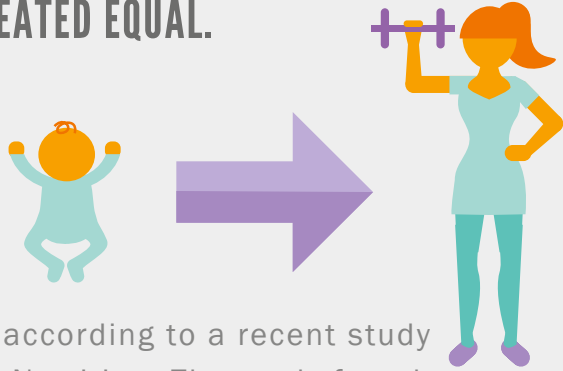


Animal Agriculture Alliance

MEAT MATTERS

NOT ALL PROTEINS ARE CREATED EQUAL.

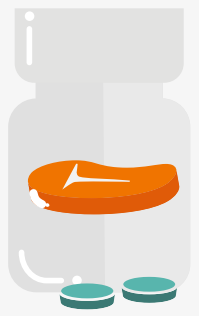
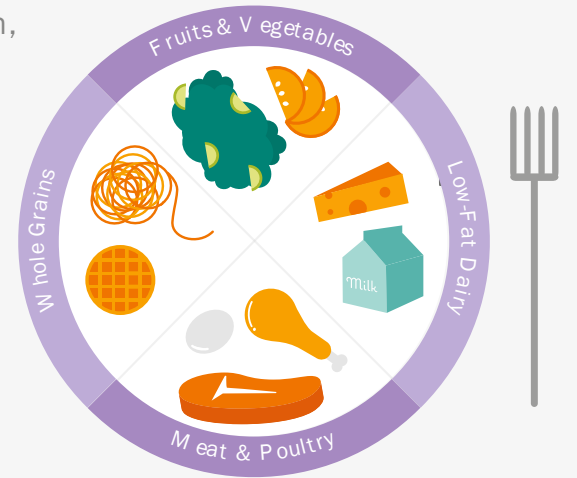
Meat products provide protein, a vital nutrient that helps grow and repair muscle, bones, ligaments, skin and more. But not all proteins are created equal according to a recent study published by the Journal of Nutrition. The study found that those who incorporate animal proteins in their diet get more "bang for your buck" and were shown to have a greater increase in net protein balance and protein synthesis. More at: bit.ly/3z6pAeu.



Ensuring adequate levels of protein is especially important for youth and those recovering from illness or injury. Without sufficient protein, a child's growth and development can be hindered.

COMMON SENSE ON A PLATE.

Experts agree that a healthy diet consists of fruits and vegetables, whole grains, low-fat dairy— and moderate amounts of nutrient-dense meat and poultry. Vegetarian and vegan diets require a lot of vigilance to be healthy, and the Academy of Nutrition and Dietetics states that those who lack meat in their diet completely are at risk for iron, vitamin B12, calcium, vitamin D, zinc, and omega-3 fatty acid deficiencies. Meat, poultry, dairy and eggs on our plates help ensure that we're consuming a nutrient-rich diet. More at bit.ly/1JplgDS.



IT'S A NO-BRAINER.

Vitamin B12 (critical for brain function) is only naturally present in meat, milk, poultry, and eggs. More at: bit.ly/3mVsrjw.

WHAT'S AT STEAK.

Cutting meat from your diet also can have a negative impact on health. Red meat and poultry may not be essential in your diet, but many of its components are, such as protein, B vitamins, zinc, and iron. These nutrients that are found in meat are hard to make up with fruits and vegetables. For more: bit.ly/3zlm4Yz.



TEEN GIRLS DISH IT.



Many adolescent girls are iron deficient. The Recommended Daily Allowance of iron for adolescent girls is 15 mg a day, and some experts recommend up to 25 mg for girls who are heavily involved in athletics. More at: bit.ly/39wgtK2.

WORRIED ABOUT ANTIBIOTICS? DON'T BE!

Antibiotics are a critical tool to prevent, control and treat disease in animals - just as they are in humans. Livestock and poultry treated with antibiotics must go through a withdrawal period that allows the treatment to pass through their system. This ensures meat, milk, poultry, and eggs are safe for consumption! More at: bit.ly/33q7vpG.

SUSTAINABLE NUTRITION? YOU BET!

The meaning of sustainability has been subjected to a variety of interpretations, but it is critical to understand that sustainability is a continuous journey, rather than a destination. The topic of sustainable agriculture is nothing new to the American farmer, who has been committed to finding new and innovative ways to make food production more sustainable: environmentally, socially, and economically. Today, animal agriculture is responsible for just 4% of U.S. greenhouse gas emissions. Several species groups have even made commitments to reach carbon neutrality over the next few years! More at bit.ly/34wTB1x.

GET AN A+ FOR KIDS' LUNCHES.

It is important to provide children with a complete protein source at lunchtime because for some, it is their only chance to obtain a hearty, nutritionally balanced meal. The National School Lunch Program (NSLP) is a federally assisted meal program operating in nearly 100,000 public and private schools and residential child-care institutions. Since the modern program began, more than 219 billion lunches have been served. Do you think encouraging school districts to go completely meatless— even for just one day per week—is responsible? More at: bit.ly/3zKBFGR.



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WHY MEAT MATTERS

PORK¹

Serving Size
3 oz. lean
pork chop

Nutrition¹
Calories: 140
Protein: 22g
Total Fat: 6g
Saturated Fat: 1g
Iron: 4% daily value

CHICKEN¹

Serving Size
3 oz. breast

Nutrition¹
Calories: 142
Protein: 27g
Total Fat: 3g
Saturated Fat: 1g
Iron: 4% daily value

EGGS¹

Serving Size
1 large egg

Nutrition¹
Calories: 70
Protein: 6g
Total Fat: 5g
Saturated Fat: 1.5g

NUTRIENTS

Found in Meat, Poultry, and Eggs

B1

Selenium

Leucine

B6

B12

Iron

Zinc

Protein

Riboflavin

Niacin

Phosphorus

Choline

BEEF¹

Serving Size
3 oz. lean cut

Nutrition¹
Calories: 170
Protein: 25g
Total Fat: 7g
Saturated Fat: 3g
Iron: 14% daily value

LAMB¹

Serving Size
3 oz. portion

Nutrition¹
Calories: 160
Protein: 24g
Total Fat: 7g
Saturated Fat: 2g
Iron: 10% daily value

TURKEY¹

Serving Size
3 oz. lean
breast

Nutrition¹
Calories: 120
Protein: 26g
Total Fat: 1g
Saturated Fat: 0g
Iron: 8% daily value

¹<https://fdc.nal.usda.gov/>



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