

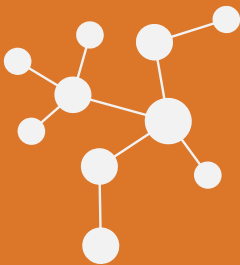
MEAT MATTERS



Meat, dairy, poultry, eggs, and seafood play a critical role in a healthy, sustainable diet. Without them, we’d struggle to meet nutrition requirements that support us in feeling and functioning our best every day.¹ Let’s dig into why meat matters.

PUTTING THE PRO IN PROTEIN.

Not all proteins are created equal. Research has shown that those who incorporate animal proteins in their diet get more “bang for their buck” as many animal proteins are considered complete proteins that include all nine essential amino acids needed for various essential body functions.²



IT’S A NO-BRAINER.

It’s important to incorporate a balance of all food groups in your diet. Vitamin B12, a critical nutrient for brain function, is a perfect example – it’s only naturally present in meat, dairy, poultry, eggs, and seafood.³



IRON OUT THE FACTS.

Anemia, commonly caused by iron deficiency, is considered a major public health concern by the World Health Organization (WHO).⁴ Removing foods like red meat from your diet can have a negative effect on meeting your body’s iron needs, as it is more readily available than iron from plant-based sources.⁵

HEARING THE HEART TRUTHS.

Contrary to what you might have heard, meat and eggs can support a heart-healthy diet. Take beef: research suggests lean sources of beef can be part of a heart-healthy diet when eaten alongside vegetables, fruits, whole grains, nuts, and beans.⁶ If cholesterol in eggs is your concern, don’t stress! While eggs do contain cholesterol, it does not negatively impact the cholesterol levels in our blood that may lead to heart issues.⁷



WHAT’S AT “STEAK”?

Experts agree that a healthy diet consists of fruits and vegetables, whole grains, low-fat dairy, and moderate amounts of nutrient-dense meat, poultry, seafood, and eggs. In fact, the Food and Agriculture Organization of the United Nations (FAO) has concluded that meat, eggs, and milk are an essential source of nutrients, especially for more vulnerable populations.⁹ Studies have identified those who lack meat in their diet completely are at risk for calcium, iron, vitamin A, vitamin B12, and omega-3 fatty acid deficiencies.^{1,10}

PACK PROTEIN, SHED POUNDS.

Research suggests that aiming for 25-30 grams of high-quality protein at each meal can lead to increased satiety and fullness, weight loss and management, and decreased risk of cardiometabolic risk.¹¹ When it comes to selecting your protein sources, it’s important to know the nutritional differences. It would require nearly two times the number of calories from plant-based proteins, like beans, peas, and lentils, to get the same amount of protein from various animal-based sources.¹²



ROOTED IN RESPONSIBILITY.

You should feel good about the foods that you eat. Farmers and ranchers follow science-backed, species-specific animal welfare guidelines to ensure top-notch care, as well as responsible antibiotic use. The animal agriculture community is also making continued progress in environmental stewardship. Today, animal agriculture is responsible for just 4% of U.S. greenhouse gas emissions.⁸



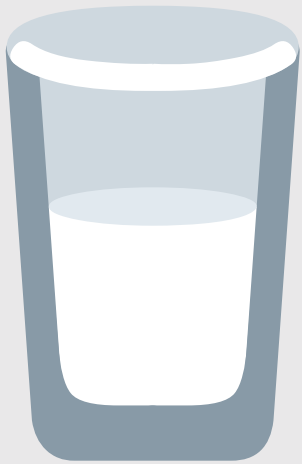
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THE NUMBERS BEHIND THE NUTRITION.¹²



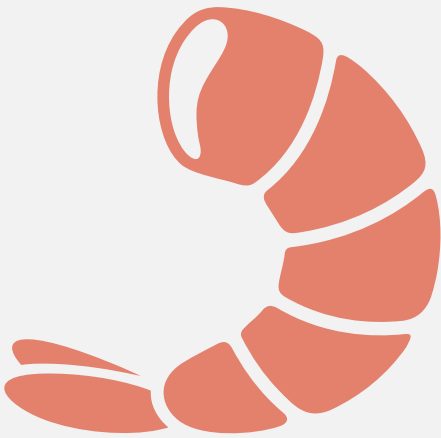
DAIRY

SERVING SIZE

8 oz. of 2% milk

NUTRITION

Calories: 122
Protein: 8g
Total Fat: 5g
Saturated Fat: 3g
Iron: 0% daily value



SEAFOOD

SERVING SIZE

3.5 oz. of shrimp

NUTRITION

Calories: 99
Protein: 24g
Total Fat: 0.3g
Saturated Fat: 0g
Iron: 4% daily value

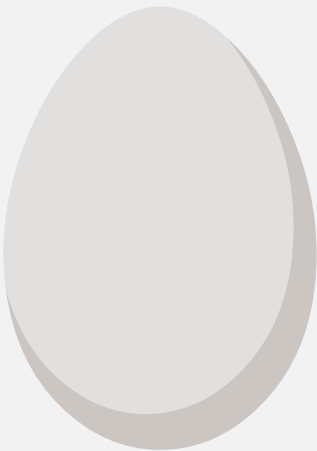
EGGS

SERVING SIZE

1 large egg

NUTRITION

Calories: 72
Protein: 6g
Total Fat: 5g
Saturated Fat: 1.6g
Iron: 6.5% daily value



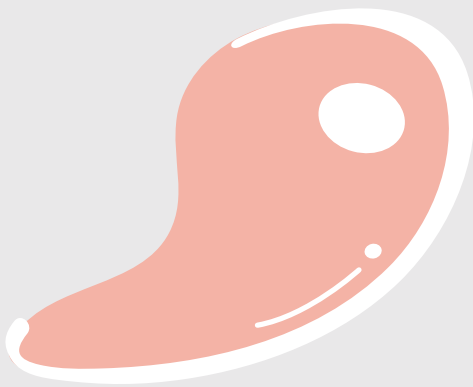
PORK

SERVING SIZE

3.5 oz. lean pork chop

NUTRITION

Calories: 161
Protein: 29g
Total Fat: 4g
Saturated Fat: 1.4g
Iron: 7% daily value



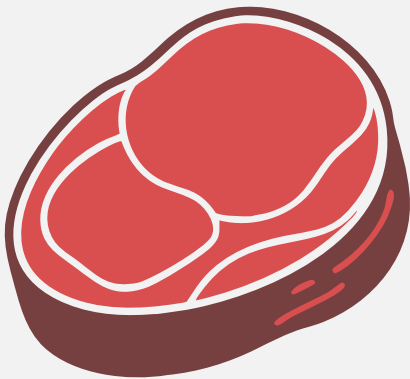
CHICKEN

SERVING SIZE

3.5 oz. breast

NUTRITION

Calories: 151
Protein: 31g
Total Fat: 3g
Saturated Fat: 1g
Iron: 3% daily value



BEEF

SERVING SIZE

3.5 oz. lean tenderloin

NUTRITION

Calories: 198
Protein: 31g
Total Fat: 8g
Saturated Fat: 3g
Iron: 28% daily value

TURKEY

SERVING SIZE

3.5 oz. breast

NUTRITION

Calories: 147
Protein: 30g
Total Fat: 2g
Saturated Fat: 0.6g
Iron: 5% daily value



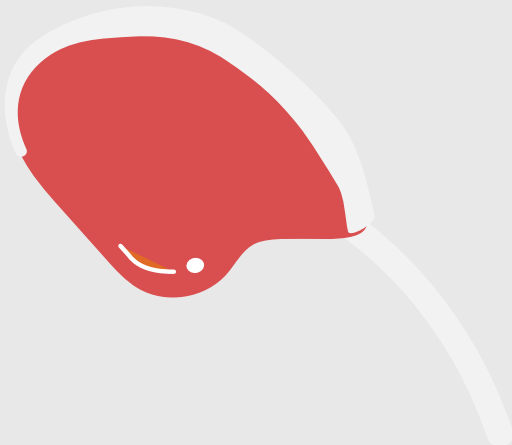
LAMB

SERVING SIZE

3.5 oz. lean loin chop

NUTRITION

Calories: 188
Protein: 28g
Total Fat: 8g
Saturated Fat: 3g
Iron: 19% daily value



REFERENCES

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³ <https://ods.od.nih.gov/factsheets/VitaminB12-HealthProfessional/>
⁴ <https://www.who.int/news-room/fact-sheets/detail/anaemia>
⁵ <https://www.healthychildren.org/English/ages-stages/teen/nutrition/Pages/Pump-Up-the-Diet-with-Iron.aspx>
⁶ <https://pubmed.ncbi.nlm.nih.gov/22170364/>

⁷ <https://www.incredibleegg.org/wp-content/uploads/2023/12/Heart-Health-Handbook.pdf>
⁸ <https://www.epa.gov/ghgemissions/inventory-us-greenhouse-gas-emissions-and-sinks>
⁹ <https://www.fao.org/newsroom/detail/meat-eggs-and-milk-essential-source-of-nutrients-new-fao-report-says-250423/en>
¹⁰ <https://europepmc.org/article/med/31617971>
¹¹ <https://pubmed.ncbi.nlm.nih.gov/25926512/>
¹² <https://fdc.nal.usda.gov/>



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