

How much do you know about how animals are raised to feed our families?

Test your animal agriculture IQ here. The answers might surprise you!

× FALSE

Alternative proteins are healthier and better for the environment than meat, milk, and eggs.

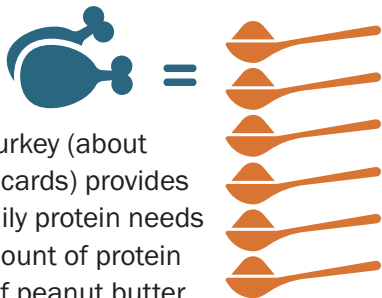
✓ FACT

As recognized in U.S. dietary guidance, nutrient-dense meat, poultry, dairy, eggs, and seafood are critical sources of high-quality, easily digestible essential nutrients and would be very difficult to substitute. Some, including iron and B12, are best and sometimes only naturally found in animal-source foods, which are also now produced with more efficient environmental footprints than ever before.

3 glasses of milk (eight ounces each) provide as much calcium as 17 cups of raw kale.



One small serving of lean beef, boneless/skinless chicken breast, or turkey (about the size of a deck of cards) provides 50% of an adult's daily protein needs - that's the same amount of protein in 6.5 tablespoons of peanut butter which has more than three times as many calories!

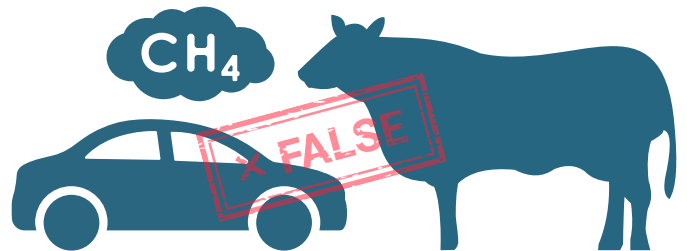


Eggs are nature's multivitamin. One large egg (just 70 calories) provides 13 essential vitamins and minerals, 6 grams of protein.

The U.S. Department of Agriculture found 80-90% of Americans do not eat enough seafood (the Dietary Guidelines for Americans recommend at least 8 ounces per week), missing out on vital nutrients like omega-3s which help protect the heart, brain, and eyes.

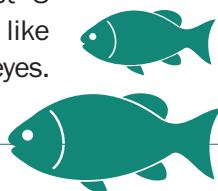
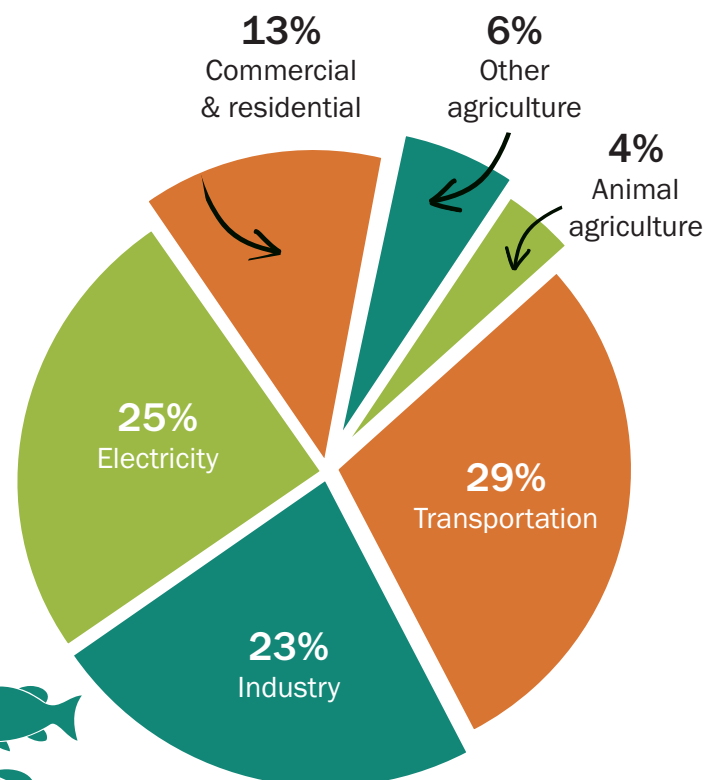
× FALSE

Cows produce as much greenhouse gas as cars and are a primary cause of climate change.



✓ FACT

Comparing cows to cars when it comes to climate is misleading and inaccurate. All animal agriculture accounts for just 4% of U.S. greenhouse gas emissions while providing high-quality protein and other essential nutrients needed for healthy diets.



× FALSE

“Big” farms and companies only care about profits and don’t provide safe, healthy conditions for animals.

✓ FACT

Keeping animals healthy and safe is the animal agriculture community’s top priority because it is the right thing to do and because it is the only way to make and sell nutritious, high-quality meat, poultry, dairy, eggs, and seafood.

Regardless of the size of their farm, today’s farmers and ranchers provide animals with better care than ever, including by following species-specific and internationally recognized standards. Modern nutrition and medical care keep animals healthy, and many animals live in well-ventilated, temperature-controlled indoor housing that protects them from heat, cold, predators and diseases transmitted by people or other animals.

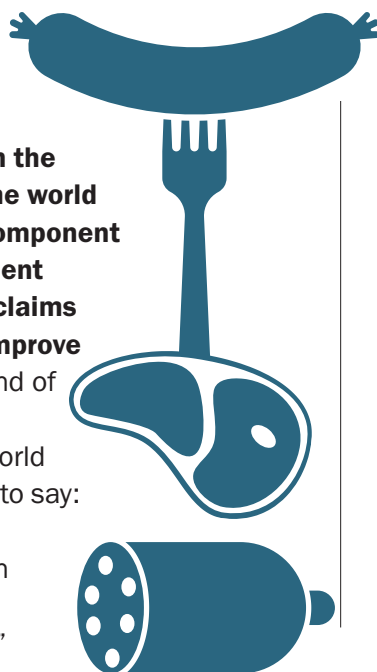
Meat and poultry facilities also follow stringent standards, and federal inspectors are on site to inspect facilities continuously, including to oversee animal care.

× FALSE

Scientists agree that red and processed meats cause cancer.

✓ FACT

Dietary recommendations in the United States and around the world include meat as a critical component of healthy diets, and prominent scientists have challenged claims that reducing meat would improve health. After yet another round of scare tactics and splashy headlines about meat, the World Health Organization had this to say: “Meat provides a number of essential nutrients and, when consumed in moderation, has a place in a healthy diet.”



× FALSE

Overuse of antibiotics and hormones makes eating meat, milk, and eggs unhealthy.

✓ FACT

Meat and milk come only from healthy animals and are tested repeatedly to confirm they are safe to consume prior to being sold at retail.

Hormones like those naturally found in soy and eggs are safe to eat and can help cows produce more beef with a smaller environmental footprint. Hormones are also naturally found in the human body and their use has no impact on the safety or nutrition of beef eaten by humans. Hormones are not used in raising chickens, turkeys, or pigs.

