

Animal source foods contribute to healthy diets



Important nutrients for health and well-being



MACRONUTRIENTS

High-quality proteins

- Increase muscle mass
- Prevent loss of muscle mass

Long-fatty acids and ratios of essential fatty acids

- Cognition
- Neurodevelopment
- Anti-inflammatory processes



MICRONUTRIENTS

Zinc

- Vital functions in growth, development and immunity

Vitamin B12

- Neurodevelopment
- Cell formation

Choline

- Growth
- Brain function
- Gene interactions



Calcium

- Bone health

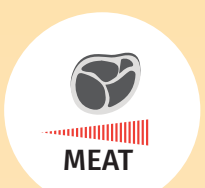
Iron

- Prevents iron deficiency anaemia

Selenium

- Anti-inflammatory
- Genome-level processes

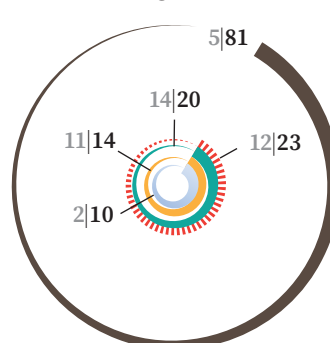
High quality macro- and micronutrients



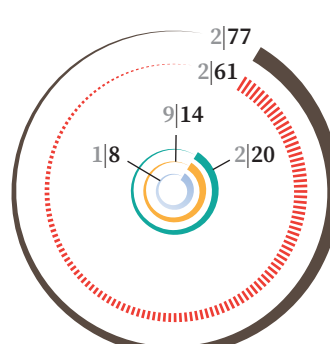
A serving of 100 grams provides:
(MINIMUM | MAXIMUM values from relevant animal species)

g

PROTEIN

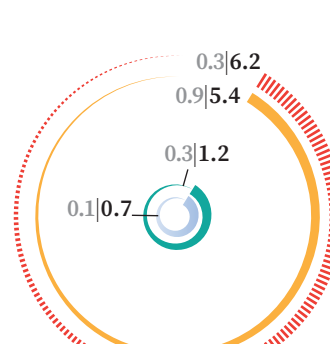


FATS



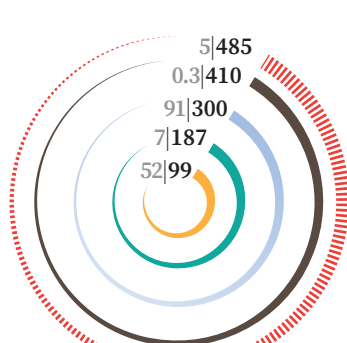
µg

VITAMIN B12

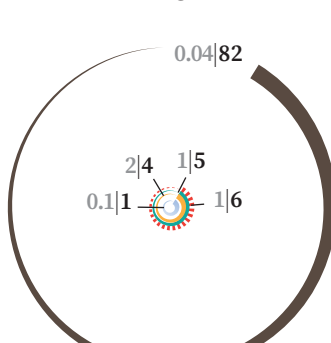


mg

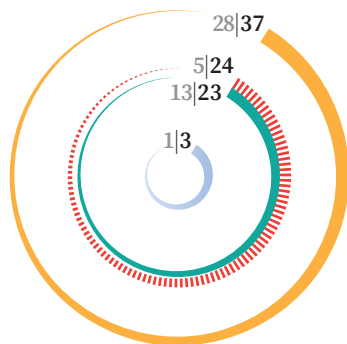
CALCIUM



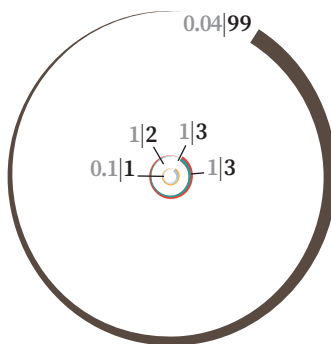
IRON



SELENIUM



ZINC



Risks associated with the consumption of eggs, milk and meat



Evidence of risk

Processed red meat: very low levels of consumption can elevate risk of mortality and chronic disease outcomes, including cardiovascular diseases and colorectal cancer.



Evidence of risk but safe

Unprocessed red meat consumption of modest amounts (ranging from 9 to 71 g/d): may have minimal risk but considered safe regarding chronic disease outcomes.



Evidence inconclusive or non-significant

Association between **milk** consumption and coronary health diseases (inconclusive).

Consumption of **eggs** on blood cholesterol in association with coronary heart disease, stroke and hypertension in healthy adults (non-significant).

Consumption of **poultry meat** in association with stroke (non-significant).

Where risks are minimal and benefits exist, consumption of animal source foods must consider trade offs.

Food-based dietary guidelines from at least 95 countries acknowledge the consumption of terrestrial animal source food as part of the daily healthy diet.

However, most of these policy recommendations are qualitative and do not propose quantitative recommended consumption levels or address the health implications of consumption above or below any specific level.



Governments agreed:

- to consider the impact of livestock policies, programmes and legislative frameworks on nutrition outcomes; and
- to update national food-based dietary guidelines so that they adequately consider terrestrial animal source food and specific nutritional requirements during the life course of humans.

The consumption of animal source foods within healthy diets contributes to global nutrition targets and SDGs particularly:



*Report of the First Session of the Committee on Agriculture's Sub-Committee on Livestock (16–18 March 2022). <https://www.fao.org/3/ni966en/ni966en.pdf>

Source: FAO. 2023. Contribution of terrestrial animal source food to healthy diets for improved nutrition and health outcomes – An evidence and policy overview on the state of knowledge and gaps. Rome, FAO. <https://doi.org/10.4060/cc3912en>

