This has dangerous consequences. It:

<table>
<thead>
<tr>
<th>Breeds superbugs</th>
<th>Spreads resistance</th>
<th>Spreads superbugs</th>
<th>Undermines antibiotics</th>
</tr>
</thead>
<tbody>
<tr>
<td>Misusing antibiotics on the farm breeds antibiotic-resistant bacteria — superbugs.</td>
<td>Once bacteria develop resistance to one antibiotic, they can often tolerate others as well and spread this trait to nearby bacteria.</td>
<td>Animals and livestock workers can transmit resistant bacteria to water, soil and air. Superbugs also travel on meat to stores — and kitchens.</td>
<td>Superbugs cause infections that are harder to treat and more likely to cause complications — or death.</td>
</tr>
</tbody>
</table>

**Know the WORST OFFENDERS**

In 2011, 87 percent of store-bought meat tested by the government was contaminated with *Enterococci* bacteria that can indicate fecal contamination. To be safe, it’s best to treat all meat as if it’s contaminated, mainly by cooking thoroughly and using safe shopping and kitchen practices (see other side).

High percentages of store-bought meat tested positive for antibiotic-resistant bacteria.

<table>
<thead>
<tr>
<th>TURKEY</th>
<th>PORK</th>
<th>BEEF</th>
<th>CHICKEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ground turkey</td>
<td>Pork chops</td>
<td>Ground beef</td>
<td>Breasts, wings, or thighs</td>
</tr>
<tr>
<td><strong>81%</strong></td>
<td><strong>69%</strong></td>
<td><strong>55%</strong></td>
<td><strong>39%</strong></td>
</tr>
</tbody>
</table>

For information on health and environmental impacts of meat see ewg.org/meateatersguide/superbugs
The Good News

YOU CAN PROTECT YOURSELF

MINIMIZE YOUR exposures to superbugs in meat

Opt for organic and meat raised without unnecessary antibiotics when you can. They have fewer superbugs, in part because these livestock producers rely on preventive medicine, good sanitation and stress reduction – not antibiotics – to keep animals healthy. Most stores offer an option at good prices.

Buy from farmers and producers who use antibiotics prudently: some sell locally and others online. Check out ewg.org/meateatersguide/locator to find them.

Ask your butcher or local farmer how the meat was raised. Ask your store manager to carry meat raised without unnecessary antibiotics.

IN THE store

Be label-savvy. Labels can be misleading. Visit ewg.org/meateatersguide/decoding-meat-dairy-product-labels/

Most Reliable


Less Reliable

American Humane Certified, Raised without antibiotics, No antibiotics, No antibiotics ever, No antibiotics added, No antibiotics administered.

Be Wary

No Antibiotic Residues, Antibiotic Free, No Antibiotic Growth Promotants. No Hormones or Steroids Added, Natural or Kosher, don’t tell you anything about antibiotic use.

IN THE kitchen

Bag raw meat before it goes in the grocery cart—keep away from children. Be especially careful with ground meats. They harbor more bacteria because they have more surfaces where bacteria can lurk.

Store meat on the lowest rack in the fridge, away from fresh produce. Thaw in fridge. Use separate cutting boards for meat and produce. Don’t wash meat – splashes spread bacteria. Use a food thermometer. Learn more about safe practices in EWG’s wallet guide ewg.org/antibioticswalletguide and at foodsafety.gov.

BE vocal

When you’re eating out

Ask if the meat was raised without unnecessary antibiotics.

At the doctor’s office

Don’t press for unnecessary antibiotics. Your doctor is less likely to prescribe one if you don’t insist. Parents are the number one reason for antibiotic overuse in children.

With your friends

Share this tip sheet or a wallet guide with them.

Make your voice heard

Go to ewg.org/AntibioticsAction to find out how you can help preserve the effectiveness of antibiotics.

MiniMize your exposures to superbugs in meat

Be Wary

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