



BETTER MEAT & DAIRY

Animals raised on industrial farms live in small spaces and are fed processed food, hormones and antibiotics. Meat, poultry and dairy products produced this way do not have a healthy balance of fats and nutrients.

- **Grain-fed beef** has more total fat, fewer healthy omega-3 fats and fewer antioxidants than pasture-raised, grass-fed beef.
- **Factory farm-raised chickens** are too fat. Their meat and eggs have fewer healthy omega-3 fats than chickens raised in 1970.
- **Conventional dairy** products have less protein and fewer healthy omega-3 fats than organic varieties.

Pasture-raised, grass-fed, cage-free, free-range and organic methods produce meat and dairy products that are better for human health, the animals and the environment. EWG is working to help these businesses grow so that healthy meat, poultry and dairy products are affordable and easy to find.

You can protect your health and the environment – and save money – by eating less meat, cheese and other animal products. Eggs, beans, and nuts are excellent sources of protein and easy to add to almost any dish. For more on greener meat and dairy foods, see **EWG's Meat Eater's Guide**.