Animal source foods contribute to healthy diets

Important nutrients for health and well-being

**MACRONUTRIENTS**

- **Protein:**
  - Essential for human health.
  - Protein is a component of structural and functional tissues in the body.

- **Fat:**
  - High-quality fats
  - Long-fatty acids and other classes of desirable fatty acids
  - Cognition
  - Neurodevelopment
  - Anti-inflammatory properties

- **Carbohydrates:**
  - Blood energy
  - Antioxidants

**MICRONUTRIENTS**

- **Zinc:**
  - I-2 Functions, e.g., growth, development, and immunity

- **Iron:**
  - Prevents anemia
  - Supports immune function

- **Selenium:**
  - Anti-inflammatory
  - Cardiovascular system

**Risks associated with the consumption of eggs, milk, and meat**

- **Evidence of risk:**
  - Processed meat and red meat (low levels of consumption are considered safe regarding health).

- **Evidence of risk but safe:**
  - Unprocessed red meat and poultry meat (consumption of modest and limited quantities are considered safe regarding health).

- **Evidence inconclusive or non-significant:**
  - Milk and eggs (no known health risks).

**A serving of the four groups provides:**

- **Protein:**
  - 15% protein
  - 25% protein

- **Minerals:**
  - Calcium, Iron, Zn

- **Fats:**
  - Olive oil

**Where risks are minimal to beneficial:**

- Eggs
- Milk
- Meat

**High quality macro- and micronutrients**

**Risks:**

- Processed meat
- Red meat

- **Nutrients in eggs:**
  - High-quality macro- and micronutrients
  - Evidence of risk but safe
  - Evidence inconclusive or non-significant

- **Nutrients in milk:**
  - Evidence of risk but safe
  - Evidence inconclusive or non-significant

- **Nutrients in meat:**
  - Evidence of risk but safe
  - Evidence inconclusive or non-significant

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