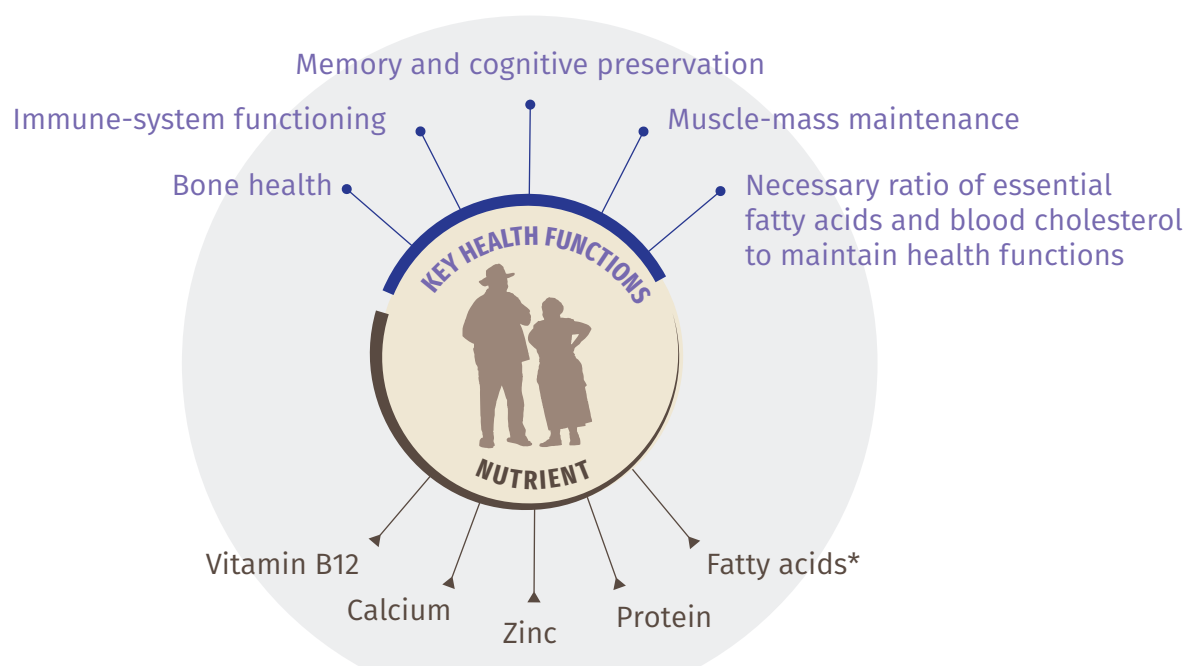
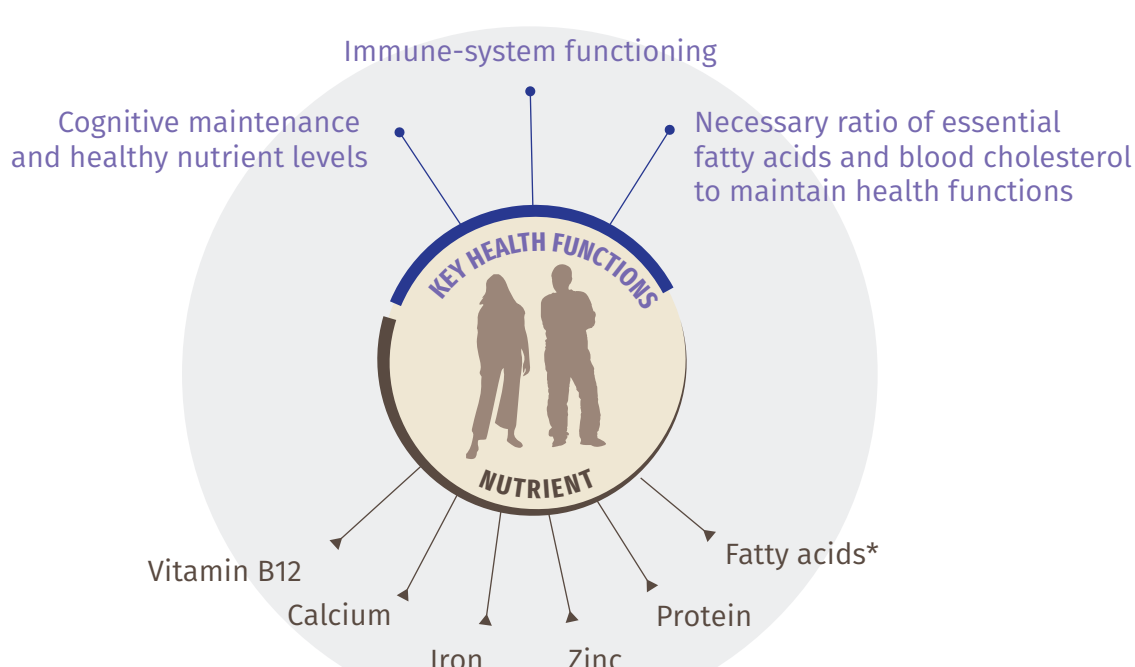


Animal source foods contribute to healthy diets over the life course



Adults and older adults

Macro- and micronutrients of specific significance to maintain important health functions



*Docosahexaenoic acid, Ratio Linoleic to Alpha-Linolenic Acids

Did you know?

Egg consumption is **not associated** with increased risks for stroke or coronary heart disease in adults.

Consumption of **modest amounts** of unprocessed red meat (ranging from 9-71g/d) holds **minimal health risks** and contributes positively to iron status.

Consumption of milk and dairy products, specifically yoghurt, **reduce risks** for all-cause mortality and other chronic diseases in adults.

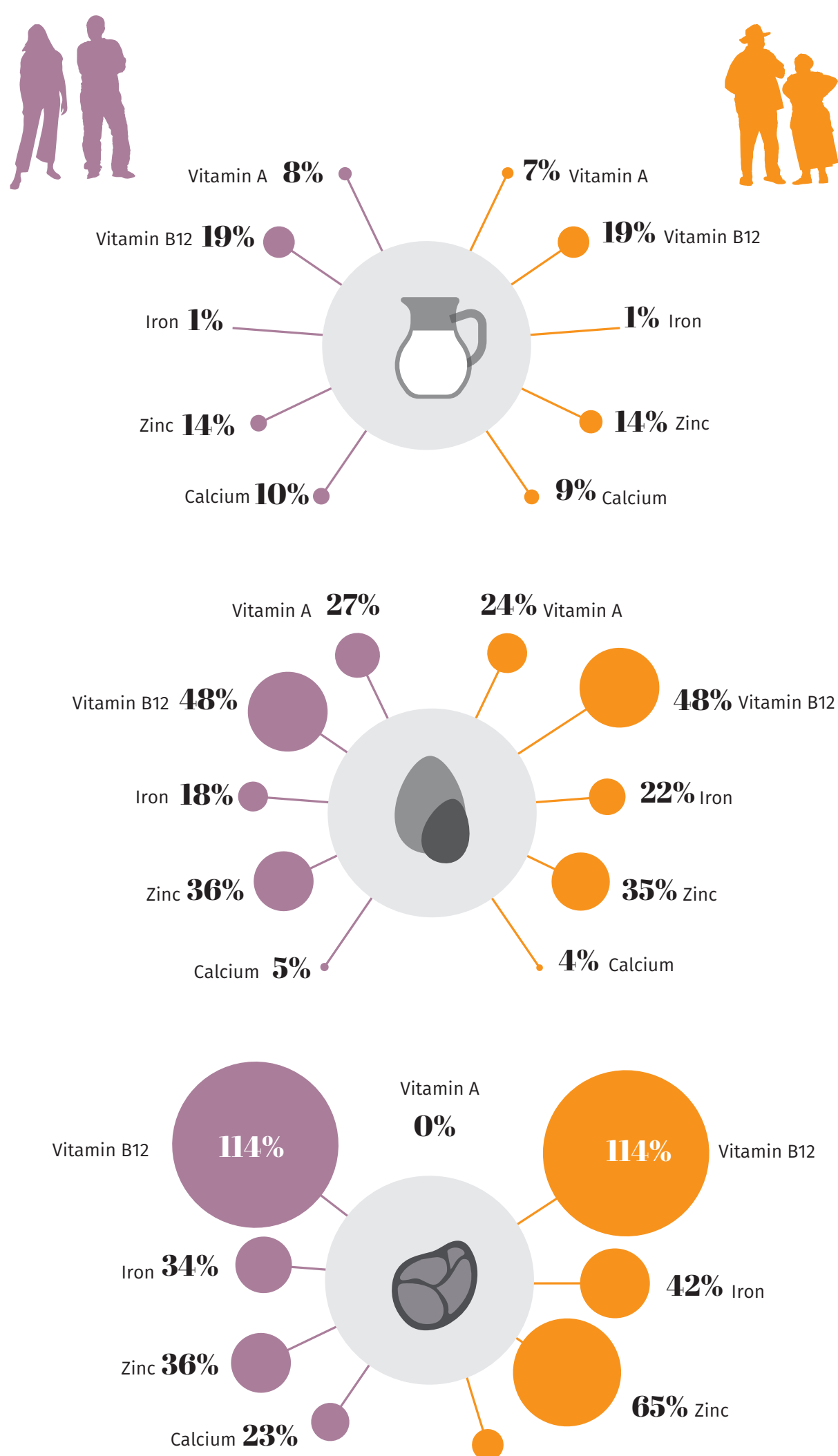
Processed meat consumption does confer an **elevated risk** for mortality and **non-communicable diseases** including cardiovascular disease and colorectal cancer.

- 1 of 8 humans** is above 60 years of age:
- Choline, found in eggs, improves **memory** among other **neuroprotective effects**.
 - Milk and dairy products and eggs and meat can mitigate impacts on **sarcopenia** (muscle loss), **fractures**, **frailty**, **dementia** and **Alzheimer's disease**.
 - Lean red meat consumption has positive effects on **muscle health**.

Consuming a healthy diet throughout the life-course helps us to grow, stay healthy and live active lives.

Animal source foods contribute to recommended nutrient intake

A serving of 100 grams provides:



Food-based dietary guidelines

123 food-based dietary guidelines from **95 countries** contain **325 recommendations** related to animal source foods and vulnerable groups:

- only **23** recommendations relate to women at reproductive age; and
- only **34** recommendations relate older adults.



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 nutrient requirements during the life course of humans.

*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>