

LET'S BUST SOME MYTHS ABOUT ANIMAL AGRICULTURE

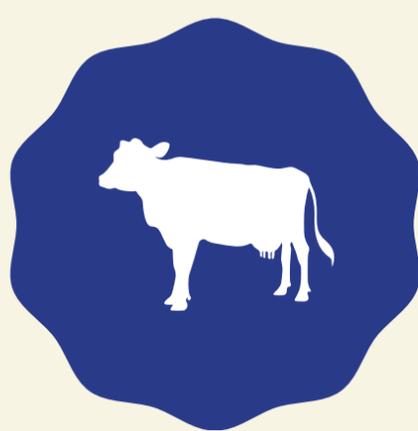


MYTH: "HORMONE-FREE" LABELED CHICKEN IS SAFER AND BETTER FOR YOU.

Like any animal, chickens naturally produce hormones, but the addition of growth hormones is not allowed in chicken production in the U.S. Chicken that carries a "no hormones added" label must also include "Federal regulations prohibit the use of hormones."

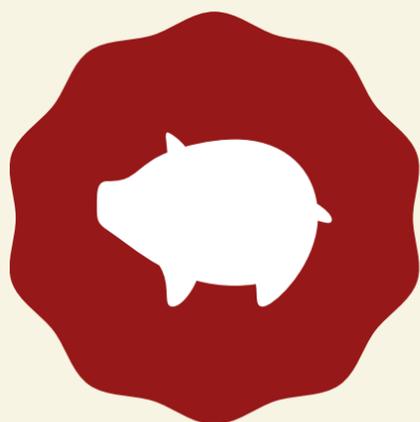
MYTH: IT'S SAFER TO DRINK COW'S MILK LABELED "FREE FROM ANTIBIOTICS."

A cow might receive antibiotics if she gets sick, but the sick cow is removed from the food system until the antibiotics have fully run their course. Federal agencies and farmers will then test every batch of milk to make sure it is safe for humans to drink it.



MYTH: CHICKEN AND PORK LABELED "RAISED WITHOUT ANTIBIOTICS" ARE BETTER FOR HUMAN HEALTH.

Under veterinary guidance, some animals may be given antibiotics to treat disease. All chicken and pork are inspected before reaching the grocery store to ensure that they are free of antibiotic residue, and therefore safe to eat.



MYTH: CHICKENS LABELED "FREE-RANGE" ARE FREE TO ROAM THROUGH PASTURES OF GREEN LAND.

"Free-range" does not mean more humanely treated. All chickens, free-range or not, must be kept somewhat enclosed for their own safety. Walls and ceilings keep predators and harmful bacteria out of the chicken coop—and our food!



MYTH: FARM ANIMAL PRODUCTION IS THE NUMBER ONE PRODUCER OF GREENHOUSE GAS EMISSIONS.

Raising livestock contributes to greenhouse gas emissions, but only about three percent of total emissions in the U.S. Many farmers are changing the way they raise animals to try to reverse climate change impacts.

LABELS ARE CONFUSING, BUT BUYING MEAT, POULTRY AND DAIRY PRODUCTS DOESN'T HAVE TO BE.

Grab more info at www.foodinsight.org