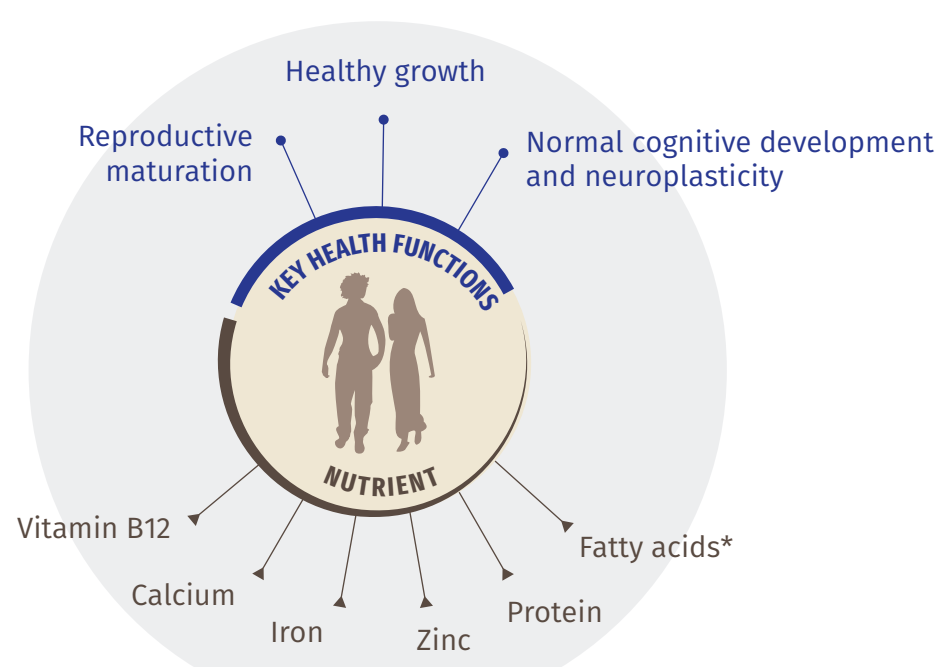
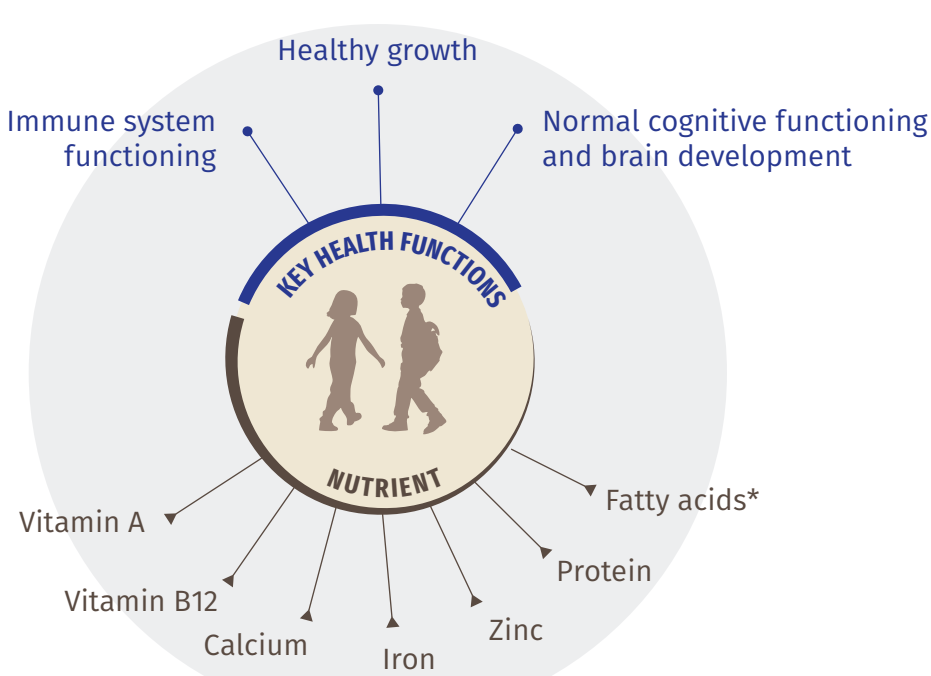


Animal source foods contribute to healthy diets over the life course



School-age children & adolescents

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



*Docosahexaenoic acid, Ratio Linoleic to Alpha-Linolenic Acids

Did you know?

Evidence shows that consumption of **milk and dairy** products by school-age children and adolescents **increases height and reduces overweight and obesity**.

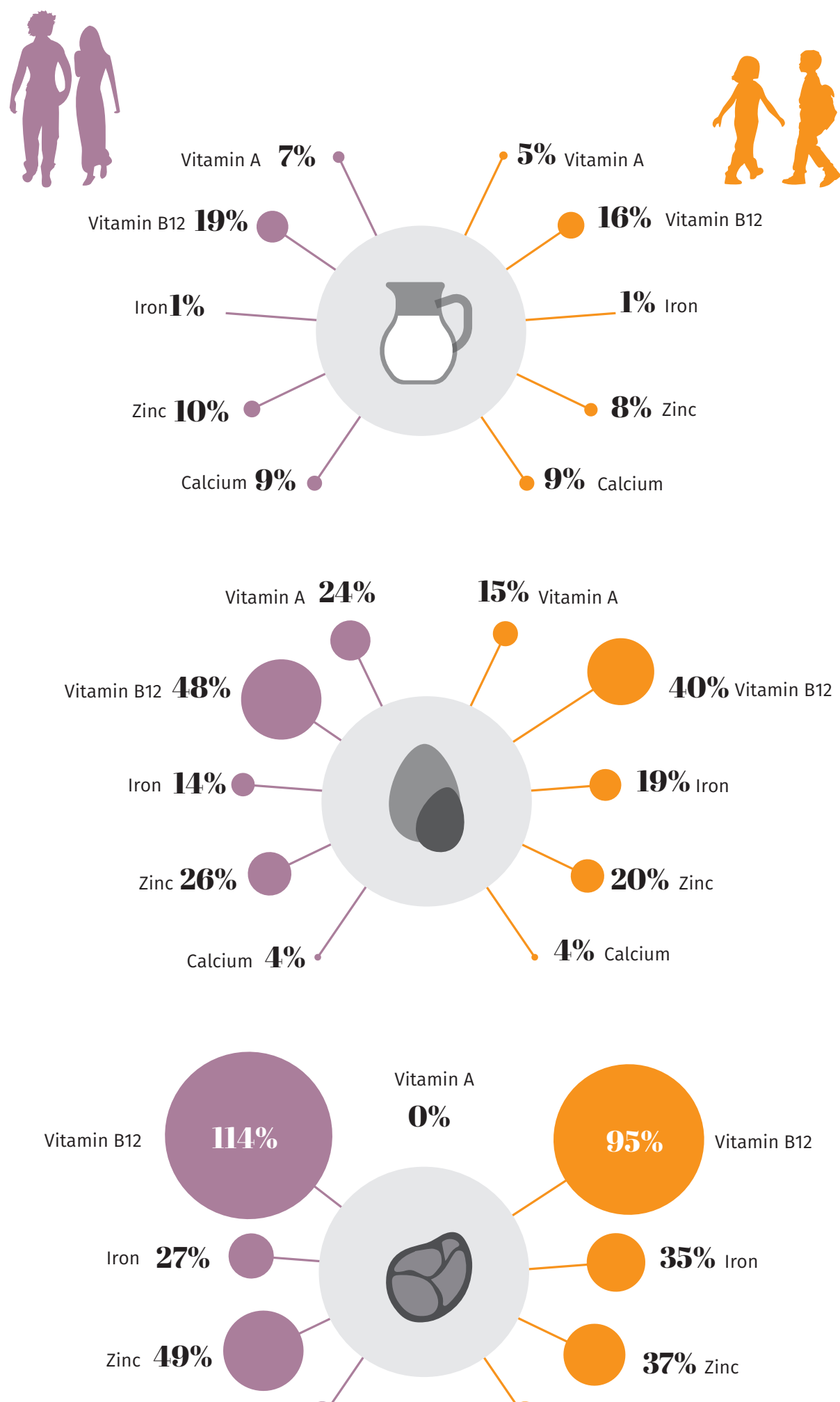
Processed meat consumption does confer an **elevated risk for mortality and non-communicable diseases** including cardiovascular disease and colorectal cancer.

With menarche, **girl's iron requirements increase**. Foods rich in iron, such as **meat**, prevent potential deficiencies.

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 **94** recommendations relate to school-age children; and
- only **64** recommendations relate to adolescents.



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.

¹Report 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>