



the
COMPASSIONATE
FOOD
GUIDE

THE EASY WAY TO SHOP COMPASSIONATELY



COMPASSION
in world farming 
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COMPASSIONATE EATING STARTS WITH YOU



The food you choose has a direct effect on how farmed animals live.

The vast majority of all farmed animals are reared in intensive systems that seriously impact their welfare.

CHICKENS

95% of all farmed animals in the United States are chickens raised for meat, also known as broilers. Most are raised in overcrowded, barren conditions with no natural light. Because of Americans' preference for white breast meat, chickens have been selectively bred to grow very big, very fast. They often find it difficult to walk, collapsing under the weight of their own bodies, and can suffer from heart attacks and other immune issues.

We believe there is a better way. A chicken should be allowed to be a chicken. This means giving them enough room to move around freely, an enriched environment and natural light to encourage natural behavior, like foraging, and genetics that don't inherently cause suffering.

LAYING HENS

Laying hens often spend their entire lives in battery cages where the average space allowance per bird is less than a sheet of paper.

Higher welfare alternatives for egg laying hens include pasture raised, free-range, and cage-free systems. In a pasture raised system, hens can display natural behavior such as laying eggs in a nest, dust-bathing, and perching.

PIGS

In much of the world it is common for pregnant sows to be kept in 'gestation crates' for their entire 16-week gestation period, and then moved to 'farrowing crates' to give birth until their piglets are weaned around 3 weeks of age. Gestation and farrowing crates are metal cages, usually with bare, slatted floors, which are so narrow that the sow cannot turn around and can only stand up and lie down with difficulty.

Higher welfare alternatives for pigs include pasture raised systems where breeding sows are housed outdoors with huts furnished with straw for shelter and nesting. In these systems, sows have a higher quality of life and are able to act naturally by rooting, wallowing, and foraging.

DAIRY COWS

The majority of dairy cows in the US are kept with no access to pasture for most of their lives. This is known as "zero grazing," and is practiced increasingly in large-scale operations.

We believe cows belong in the fields, and the highest welfare alternatives for dairy cows allow access to pasture where the animals can graze.

PASTURE-RAISED

If you are searching for the system with the highest welfare potential, look for pasture raised. While it can be more expensive, animals raised in this system have access to the outdoors and the freedom to express their natural behaviors.

A PLANT-BASED DIET

The best way to help farm animals is to reduce your consumption of animal products. It's better for your health, your planet, and your wallet!

REMEMBER:

REFUSE animal products unless certified higher welfare

REDUCE your overall consumption of animal products

REPLACE more animal products with plant-based foods

ABOUT THE LABELS

CERTIFICATIONS



Animal Welfare Approved: Animals are raised on pasture for the entire lives by small, independent farmers. Use of slow-growth breeds that thrive outdoors is required. Growth hormones and routine antibiotic use (to promote growth or prevent disease) are not allowed.



Regenerative Organic Certified: Animals have continuous and open access to pasture. Although new dairies at the baseline 'Bronze' level have two years to transition from cow tie-stalls and individual calf housing. Only breeds that thrive outdoors are allowed, and chickens must be slow-growing. Growth hormones and routine antibiotics are prohibited.



Global Animal Partnership: This five-step rating system ranges from Step 1 (no crates, no cages, and no crowding) to Step 5+ (animals spend their entire life on pasture on the same farm). Growth hormones and routine antibiotics are not allowed at any Step level.



Certified Humane: No cages are allowed. Outdoor access is not required for pigs and poultry. Indoor enrichments for animals to express natural behaviors are required. Routine antibiotic use and growth hormones are not allowed.



USDA Organic: Animals have access to the outdoors, but may be confined to cages, crates, or feedlots for periods of their lives. Outdoor access is not necessarily pasture, and may be limited to a screened in concrete 'porch.' Routine antibiotic use and growth hormones are prohibited. Feed is 100% organic.



American Humane Certified: This certification is less meaningful to animals. Some, but not all, cages and crates are banned. Enriched cages are allowed for laying hens and beef cattle can be kept in feedlots. Animals are typically provided more indoor space than conventional farms, but less than other certifications.

LABELS

Natural or naturally raised: This claim has no relevance to animal welfare.

Cage-free eggs: You can be sure no hens were raised in cages. However, it does not mean that the hens had outdoor access.

Grass-fed: The 'Grass-Fed' only applies to beef cattle, lamb, or sheep. The use of this label is not regulated for dairy cows, and 'Grass-Fed' has no meaning for poultry or pigs.

'100% Grass-Fed' can only be used beef cattle, lamb, or sheep that were only fed grasses. However, even '100% Grass-Fed' animals can be confined to a feedlot as long as they are only fed grasses. If an animal is fed grain for a some of their lives, it must be clearly stated on the packaging (e.g., 80% Grass-Fed). 'Grass-Fed' animals can be given hormones and antibiotics.

For more meaningful grass-fed standards, look for products marked as Certified Grassfed by A Greener World, Regenerative Organic Certified, or American Grassfed Association.

Vegetarian-fed: The animal's diet does not contain animal by-products, but this label has little relevance to animal welfare.

Humane: There is no legal definition for 'humane', and therefore it is often applied to animals kept on crowded factory farms.

Free-range: Producers only have to demonstrate to the USDA that the chickens, hens, or turkeys have been allowed outdoor access at some period of their lives. It is unclear how much space is provided or the condition of the outdoor areas, and how often the birds are allowed outside.

Free roaming: This means that no cages are used, but does not mean the animals have outdoor access. It could mean that they are 'roaming freely' inside a barn.

Pasture raised: If you are looking for animals raised on pasture or outdoors, your best bet is to look for "pasture raised."

OTHER TERMS TO LOOK OUT FOR

Cage-free: This is a meaningful term for egg-laying hens, but not chickens or turkeys raised for meat. In the United States, no chickens or turkeys sold for meat are kept in cages.

No Added Hormones: This is a meaningless label for poultry and pigs as it is illegal to give hormones to these animals in the United States.

CAN'T FIND SOME OF THE LABELS?

If you can't find the higher-welfare products you're after, why not ask the supermarket or shop manager? That way, they'll learn what consumers really want and may consider stocking more higher-welfare products.

We believe there is a better way. With your help, we can improve the lives of billions of animals and create a more transparent food system for consumers.

Today there is a also huge variety of meatless alternatives to animal products. You can learn more about going meat, egg, and dairy-free in this guide.

DAIRY

DID YOU KNOW?

In commercial dairy farming, nearly all calves are taken away from their mother shortly after birth. This causes severe distress to both the cow and her calf, and has long-term effects on the calf's physical and social development.

Look for pasture raised, grass-fed, hormone-free

If you buy dairy, ensure it is certified to Regenerative Organic Certified (Silver or Gold), Global Animal Partnership Step 3+, or Animal Welfare Approved.

If unavailable, look for Certified Humane, USDA Organic, and the lower levels of Global Animal Partnership or Regenerative Organic Certified. Also explore dairy alternatives such as soy, coconut, or almond based milk, cheese, yogurt, or dessert.

At minimum, look for grass-fed dairy products. If it doesn't say grass-fed, then the dairy product is likely to have come from a mega-dairy farm, raised indoors with no access to pasture.

Labels that say rBGH-free or rBST-free mean that the cows were not dosed with hormones that increase milk production. Overproduction of milk leads to severe welfare problems for dairy cattle, including lameness and infection of their udders (mastitis). These hormones are also banned in Europe because of human health concerns.



What does it mean?

CERTIFICATIONS

Animal Welfare Approved standards require continuous pasture access for dairy cows. Calves are often kept in groups, but a motherless calf could be housed alone until they are one month old. Growth hormones are not allowed.

Regenerative Organic Certified cows must have continuous pasture access with calves with kept in groups ('Silver') or weaning naturally ('Gold'). However, new dairies at the baseline 'Bronze' level have two years to transition from cow tie-stalls and individual calf housing. Growth hormones are prohibited.

Global Animal Partnership at Step 3, all cows must have continuous outdoor access, but not necessarily to pasture. Calves must be housed in pairs or groups. For Step 4, cows must spend at least 120 days every year on pasture. Growth hormones are not allowed.

Certified Humane does not require pasture, but does require cows have access to outdoors for a minimum of four hours per day. Calves may be housed alone in individual pens until 2 months old. Growth hormones are not allowed.

USDA Organic standards ensure that dairy cows have access to pasture during the grazing season for a minimum of 120 days per year. There is no limit on the time calves can be housed alone, and calves may also be tied to their pens continuously. The use of growth hormones is not allowed.

SHOPPER'S TIP

When you're eating out or making a supermarket purchase, remember that the milk in your coffee and ice cream—or the cheese in your sandwich—is unlikely to be from cows with outdoor or pasture access unless indicated.

DID YOU KNOW?

Like humans, cows only produce milk after they have given birth, and dairy cows must give birth to one calf per year in order to continue producing milk. In commercial dairy farming, nearly all calves are taken away from their mother shortly after birth. Many of these calves are sent to become veal.

Over the last 50 years, dairy farming has become more intensive in order to increase the amount of milk produced by each cow. In the US, the average dairy cow now produces more than 7.5 gallons of milk per day. If she was producing just enough to feed her calf, a dairy cow would only produce about one gallon of milk per day. These high-production cows produce milk on average for less than three years, after which they are sent to slaughter for beef.

EGGS

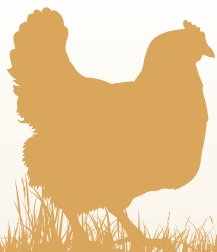


Look for pasture raised

If you buy eggs, look for Animal Welfare Approved, Regenerative Organic Certified, Global Animal Partnership, or Certified Humane. The highest welfare systems are pasture raised, followed by free-range. If unavailable, look for cage-free eggs. This is the simplest thing you can do to help the hens who lay your eggs.

Recently, most major food companies - from fast food chains to grocery stores to food service companies - have committed to transition to 100% cage-free eggs in the next few years.

Still, most eggs in the USA come from cage systems, where hens are confined in small cages and are never allowed outside. The hens are unable to run around or perform natural behaviors like laying eggs in a nest, flapping their wings, or perching.



What does it mean?

CERTIFICATIONS

Animal Welfare Approved no cages are permitted and hens must access to pasture from four weeks of age. Housing must provide perches and nests.

Regenerative Organic Certified no cages are allowed and hens must have continuous access to pasture. Hens must nest boxes and perches.

Certified Humane does not allow cages and hens must have access to perches and nests. Outdoor access is not required. However, there are separate requirements for producers that do provide outdoor access, such as Certified Humane 'Free-Range' or 'Pasture Raised'.

Global Animal Partnership does not allow cages at any Step and hens have perches and nests. Hens at Step 2 and above have additional enrichments indoors, such as straw bales and scattered grains. Hens at Step 3 and above have pasture access.

USDA Organic young hens can be kept in cages for five weeks when they are first moved into the laying house. Hens are given at least some outdoor access, but it can be limited to a concrete, screened-in 'patio'.

LABELS

Free-Range: In the US, egg producers must show that the hens they raise have some kind of outdoor access. However, it is unclear how much space provided, the condition of the outdoor areas, or how often the birds are allowed outside.

Cage-Free: While there is no legal definition in the US, cage-free systems typically house hens inside barns either primarily on the floor or with access to more vertical space (aviaries). Hens may or may not have outdoor access.

Enriched Cages: Enriched cages provide more space than the most common conventional "battery" cages, and may also have features, such as a perches, but they are still restrictive: Because these cages provide only marginally better welfare than conventional cages, Compassion in World Farming opposes them in favor of cage-free or other higher welfare systems.

SHOPPER'S TIP

Remember egg ingredients. Additional foods such as mayonnaise, cakes, cookies, and pasta often contain egg. Unless the ingredients say 'cage-free,' they are likely from caged hens.

DID YOU KNOW?

Americans now eat an average of one egg every weekday. In 2019, Americans consumed over 290 eggs per person.

Today's hens have been bred to produce large numbers of eggs. This depletes the hen's calcium levels and can cause them to develop osteoporosis and fractures. The hen's inability to move in cages can also contribute to early death from fatty liver disease. Tiers of crowded cages also makes inspection difficult, so injured birds can be left to die unnoticed.

CHICKEN

DID YOU KNOW?

Chickens on factory farms are bred to grow too big, too fast, which can lead to painful muscle disorders. These disorders cause degraded meat that is lower in protein and higher in fat.

Look for higher welfare certified or pasture raised

If you buy chicken, look for products certified by Animal Welfare Approved, Global Animal Partnership Step 3 or higher, Regenerative Organic Certified, or Certified Humane Free-Range or Pasture Raised, which give chickens a better quality of life. If these are not available, look for USDA organic or free-range chicken.



What does it mean?

CERTIFICATIONS

Animal Welfare Approved chickens must have continuous access to ample space on pasture by 4 weeks of age. Chickens have natural light and enrichments indoors, such as perches. Only slow-growing breeds suitable for living outdoors are allowed.

Global Animal Partnership chickens at Steps 3-5+ must have continuous outdoor access. All Steps provide more space, better environments, and enrichments than conventional farms. Only approved slow-growing breeds with healthier genetics are allowed.

Regenerative Organic Certified chickens must have continuous pasture access. Indoor areas must have natural light and enrichment, and only slow-growing breeds that can live on pasture are allowed.

Certified Humane does not require outdoor access, improved lighting, or healthier breeds of chickens. However, the standards do require indoor enrichments, like straw bales, and more space per chicken. If birds are offered outdoor access, the label will also say 'Free-Range' or 'Pasture Raised'.

USDA Organic chickens are given outdoor access, but the quality of outdoor space and how often the birds are allowed outside is not regulated. This label does not require healthier breeds, indoor enrichment, or minimum standards for the amount of space provided for each chicken.

LABELS

Cage-free: While cage-free is meaningful for egg laying hens, no chicken raised for meat in the US is kept in a cage.

Free Range: Chickens are provided outdoor access. However, it is unclear how much space or condition of the outdoor areas is provided, or how often the birds are allowed outside.

No Added Hormones: It is illegal to sell chicken in the USA that was raised with added hormones. Therefore, any labeling of chicken as 'hormone-free' or 'raised with added hormones' is meaningless.

SHOPPER'S TIP

Remember – when you're eating out, ask if the chicken on your plate or in your sandwich is from a pasture raised or higher welfare system.

DID YOU KNOW?

95% of all factory farmed animals raised each year in the United States are chickens raised for meat. In terms of numbers, no other farm animal is more severely affected by factory farming than broiler chickens.

The modern chicken is bred to grow so fast that their bones, heart, and lungs often can't keep up, causing crippling leg weakness or heart failure. They don't have access to the outdoors, and tens of thousands may be crowded into one barn.

Today's intensively farmed chickens are bred to reach their slaughter weight in about six weeks. This is less than half the time it would take slow-growing traditional breeds.

PORK & BACON

DID YOU KNOW?

Pigs are considered highly intelligent, and are able to perform advanced tasks like recognizing and communicating through symbols. They are also known to be emotionally sophisticated, exhibiting empathy and a willingness to collaborate.

Look for higher welfare certified or pasture raised

If you buy pork or bacon, look for certifications that do not permit sows to be crated during pregnancy ('no gestation crates') or when giving birth and while nursing their piglets ('no farrowing crates').

Ideally, look for pig products from pasture raised systems, where pigs are allowed to root in the soil, explore their environment, and raise their young naturally.

Unless it specified on the label, standard US pork and bacon comes from factory farms that closely confine and isolate pregnant and nursing sows in crates so small that they cannot lie down easily or turn around.



What does it mean?

CERTIFICATIONS

Animal Welfare Approved requires that pigs have continuous pasture access. Sow are not allowed to be kept in gestation or farrowing crates. All pigs have more space and are given forage. Tail docking and tooth clipping of piglets is prohibited.

Regenerative Organic Certified all pigs must have continuous access to pasture. Farrowing and gestation crates are prohibited. Pigs have more space indoors, and enrichments for rooting and nesting. Teeth clipping of piglets is prohibited, but tail docking may be permitted.

Global Animal Partnership Gestation and farrowing crates for sows are prohibited at all steps. Pigs at Step 3 have continuous outdoor access, and pasture access is required at Steps 4 and above. Pigs have more indoor space. Steps 1 requires more space and Step 2+ requires additional enrichments indoors, such as hay or rope. Piglets cannot be tail docked or teeth clipped.

Certified Humane Gestation and farrowing crates for sows are prohibited. The standards do not require outdoor access for pigs, but pigs have more indoor space and are given materials to root through and manipulate, such as straw or rope. Tail docking is prohibited, but piglets may be teeth clipped.

USDA Organic sows can be kept in farrowing and gestation crates. Pigs have access to the outdoors, but the amount of outdoor access and the quality of the outdoor space is not regulated. Tail docking and teeth clipping are allowed.

LABELS

Pasture Raised: Breeding sows are kept outdoors and are provided with huts furnished with straw for shelter and nesting. No gestation crates are used. Sows have a higher quality of life and can behave naturally by building nests, rooting, wallowing, and foraging.

No Added Hormones: Hormones cannot be given to pigs in the United States. However, a growth promoter called ractopamine is allowed for pigs in the US to promote muscle leanness. Ractopamine use is associated with welfare problems, including difficulty walking and pain.

Animal Welfare Approved, Regenerative Organic Certified, USDA Organic, and Global Animal Partnership do not allow pigs to be given ractopamine. Pork products in the US without ractopamine will also be labeled 'No Ractopamine' or 'Never Fed Beta Agonists'.

Free-Range: 'Free-range pork' has no legal definition in the US.

SHOPPER'S TIP

Remember – when you're eating out, ask if the pork or bacon on your plate is from a higher welfare system, like pasture raised and gestation crate-free.

DID YOU KNOW?

Pigs are inquisitive animals and need materials for rooting. Intensive systems don't provide the varied environment that they need to thrive.

BEEF & LAMB

DID YOU KNOW?

Cattle, like so many animal species, present a wide scope of personality traits and display varying levels of boldness, shyness, and sociability.

Look for certified pasture raised, hormone-free

In the US, 'Grass-fed' and '100% Grass-Fed' animals spend their early lives on pasture, but can be sent to a feedlot for finishing unless the packaging says otherwise. Instead, 'Pasture Finished' or '(Fully) Pasture Raised' animals are never confined to a feedlot and spend their entire lives on pasture.

Hormones and ractopamine, a growth promoter, are commonly used to speed growth and leanness in US beef and lamb production, and their use is associated with welfare problems. Even Grass-fed and 100% Grass-fed beef and lamb in the US can be given added hormones and ractopamine.

To ensure beef cattle, lambs, and sheep are raised fully on pasture with no added hormones (or ractopamine), look for products labeled Animal Welfare Approved, Certified Grassfed by A Greener World, Regenerative Organic Certified, Global Animal Partnership (Step 4 and above), or American Grassfed Association.



What does it mean?

CERTIFICATIONS

Animal Welfare Approved requires continuous outdoor pasture access for cattle, lamb, and sheep. Feedlots are prohibited. No growth hormones and promoters are permitted.

Certified Grassfed by a Greener World beef cattle, lambs, and sheep raised under the Animal Welfare Approved standards with additional requirements for a 100% grass and forage diet.

Global Animal Partnership cattle, sheep, and lambs can be finished in feedlots at Step 1. However, at Step 4 and above, feedlots are prohibited, and lambs and sheep spent their entire lives on pasture. Beef cattle must spend 75% of their lives on pasture at Step 4. No growth hormones or promoters are allowed.

Regenerative Organic Certified beef cattle, lambs, and sheep must have continuous access to pasture, and feedlots are not allowed. Only organic and regenerative sources of grass and forage can be fed to these animals. Growth hormones and promoters are not permitted.

American Grassfed Association Feedlots are prohibited and maximum access to pasture is required for beef cattle, sheep, and lambs. Grass and forage make up 100% of these animals' diets. No growth hormones or promoters are allowed. However, this certification has less animal welfare protections than the above listed certifications.

Certified Humane standards for beef cattle and sheep require continuous access to the outdoors, but can be finished in feedlots. Lambs are not necessarily given outdoor access and feedlots may be used. Growth hormones and promoters are prohibited.

USDA Organic beef cattle, lambs, and sheep must have access to certified organic pasture (at least 120 days per year for beef cattle and sheep). However, these animals can be sent to feedlots for finishing. All feed is certified organic, but only 30% if required to be grass and forage from pasture. Growth hormones and promoters are prohibited.

TURKEY

DID YOU KNOW?

Turkeys are naturally very inquisitive animals and explore their environment by pecking objects around them. Intensive systems don't provide the varied environment that they need.

Look for Animal Welfare Approved, Regenerative Organic Certified, or G.A.P. Step 3+

If you buy turkey, look for Animal Welfare Approved, Regenerative Organic Certified, or Global Animal Partnership's Step 3 and higher.

Unless certified higher welfare, turkeys in the US are typically raised in overcrowded barns with no outdoor access. The barns are bare except for food and water, with minimal litter on the floor to absorb their droppings. Turkeys are kept under low light levels to discourage the birds from being active. As the turkeys grow, the overcrowding in the barns intensifies and the birds struggle to move freely.

Turkeys grown under the USDA Organic program have outdoor access, but the quality of the outdoor area and how often birds are allowed outside is not regulated. Additionally, the welfare of these turkeys can be poor and quite similar to the majority of US turkeys raised in crowded, indoor barns.



What does it mean?

CERTIFICATIONS

Animal Welfare Approved turkeys have access to plenty of space on pasture by four weeks of age. Turkeys have natural light and enrichments indoors, such as straw bales or perches. Only slow-growing breeds that thrive in the outdoors are allowed.

Regenerative Organic Certified turkeys must have continuous pasture access. Indoor areas must have natural light and enrichments, and only breeds that thrive on pasture are allowed.

Global Animal Partnership turkeys at Step 3 must be slower-growing breeds and will have seasonal outdoor access by 7 weeks of age. These turkeys have more space, better lighting, and added enrichments, such as straw bales, indoors than conventional farms. At Step 5, turkeys must have continuous access to pasture.

Certified Humane does not require outdoor access. However, all turkeys have enrichments, as well as minimum standards for space and lighting. If labeled 'free-range', turkeys must have some outdoor access.

USDA Organic requires turkeys have some outdoor access. However, there are no regulations on the quality of the outdoor space and the amount of time turkeys are allowed outside. Indoor enrichment is not required, and turkeys can be housed with similar space as crowded conventional farms. Turkeys must have some natural light indoors.

LABELS

No Added Hormones: It is illegal to sell turkey in the US that was raised with added hormones. Therefore, any labeling of turkey as 'hormone-free' or 'raised with no added hormones' is meaningless.

However, turkeys in the US can be fed ractopamine, a growth promoter, which can cause welfare problems. All the certifications listed on this page do not allow turkeys to be given ractopamine.

DID YOU KNOW?

Modern commercial turkeys are selectively bred to grow much faster and with more breast meat than traditional turkeys. Baby turkeys (called 'poults') are typically reared in enclosed barns that can house thousands of birds.

By the time they are ready for slaughter between nine and 24 weeks of age, turkeys weigh between 11 and 44 lbs (and sometimes even more).

[FISH]

DID YOU KNOW?

When fish are kept in poor living conditions, they can become 'pessimistic', in that they come to expect the worst from a new situation. In contrast, fish kept in good living conditions become "optimists."

Look for wild caught, Marine Stewardship Council-approved fish

Today, huge numbers of fish are reared in underwater factory farms. Just like on land, these farms are crowded, grim places where the animals suffer immensely. Fish are often killed inhumanely and many endure slow, painful deaths by asphyxiation, crushing, or even being gutted alive.

If you buy fish, look for the Marine Stewardship Council logo (below) to ensure fish is sustainable and not farmed. The MSC program does not include farmed fish, which is why the ecolabel is only displayed on wild caught fish. Farmed fish may have suffered from overcrowding and unacceptable periods of starvation, and inhumane slaughter.

The farming of carnivorous species of fish, such as salmon, trout, and sea bass, is especially problematic. These fish need to eat other fish, which means more harm to marine ecosystems. Growing an average salmon to maturity can mean up to 120 smaller fish being caught in the wild and used as feed.

People who do choose to eat fish may want to look at both broad sustainability issues and animal welfare. Currently, it is virtually impossible to find 'higher welfare' wild-caught fish. Sustainability certification schemes, such as the Marine Stewardship Council do not cover animal welfare. Unless explicitly stated, it is reasonable to assume that fish being sold in supermarkets, restaurants, or other outlets could have suffered at some point during rearing, capture or slaughter.

We encourage our supporters to engage with the brands and retailers they shop with and ask about their position on fish welfare. Above all, we recommend incorporating more plant-based sources of protein into diets and cutting back on animal products, including fish of all kinds.



DID YOU KNOW?

In crowded sea cages many farmed fish can prematurely die from hazards like poor water quality and predator attacks.

Farmed salmon are usually fed wild fish. Around three times the weight of the salmon has to be caught to feed it over its lifetime. This is unsustainable and has an impact on our declining fish stocks.

SHOPPER'S TIP

Don't be afraid to ask staff in restaurants and sandwich bars where the fish has come from.

Look for this!



PLANT-BASED DIET

Despite the progress made in our food system in recent years, more and more animals are raised on factory farms every year.

Factory farming is the largest source of animal cruelty on the planet - over 60 billion land animals are farmed for food each year around the globe. Factory farms spell disaster for humans, polluting local communities and waterways, emitting huge quantities of greenhouse gases, and harming the quality of life for surrounding populations. They also have consequences for our health. Not only are plant-based diets better for the body, but rampant antibiotic use in animal agriculture has led to the rise of antibiotic-resistant superbugs, which pose a danger to human and animal populations alike.

In 2021, 62% of households in the United States (79 million) bought plant-based products. Although animal meat sales have grown 3% in the last three years, the sales of plant-based meat have increased significantly more, increasing by 51% from 2019 to 2021.

The number of people on our planet is expected to hit 10 billion by 2050, and the rapidly rising human population means demand for food - and protein - will rise with it. If our food system continues on its current path, it will mean skyrocketing greenhouse gas emissions, catastrophic wildlife destruction, and perpetual animal suffering.

We need to do more. And it starts with less.

Less meat, eggs, and dairy on your plate means more progress for animals, people, and the planet—and more room for delicious plant-based foods! Interested in cutting back on animal products and amping up the plants for the good of the world?

You can get all the nutrients you need from a plant-based diet—and cut down on your cholesterol and fat intake:

NUTRIENT	PLANT-BASED	MEAT-BASED
Protein	1 cup chickpeas (17.8 g) 1 cup tofu (20.04 g)	4 oz burger (20 g) 1 cup whole milk (8g)
Iron	1 cup spinach (6.4 mg) 1 cup lentils (6.6 mg) 1 cup hummus (6 mg)	8.85 oz steak (6 mg) 1 cup chicken (1.8 mg) 1 large egg (0.6 mg)
Calcium	1 cup calcium fortified soy milk (299 mg) 2 tbsp sesame seeds (176 mg) 1 cup kale (101 mg)	1 cup milk (305 mg) 1 oz cheddar cheese (201 mg)
Vitamin C	1 large orange (97.9 mg) 1 cup strawberries (84.7 mg)	0 mg in meat & dairy products
Vitamin D	1 cup portabella mushrooms (976 IU) 1 cup fortified orange juice (105 IU)	3 oz cod (39 IU) 3 oz trout (539 IU)
Cholesterol	1 cup tofu (0 mg) 1 cup lentils (0 mg) 1 cup soy milk (0 mg)	8.85 oz steak (196 mg) 1 cup whole milk (24 mg) 1 cup chicken breast (119 mg)
Fat	1 cup spinach (0.1 g) 1 cup soy milk (4.3 g)	8.85 oz steak (48 g) 1 cup whole milk (8 g)
Fiber	1 cup peas (8.8 g) 1 cup raspberries (8 g) 1 cup whole wheat pasta (5.9 g) 1 cup barley (31.8 g)	0 g in meat & dairy products
Vitamin E	1 cup almonds (36.65 mg) 1 cup sunflower seeds (35.17 mg)	3 oz hamburger (0.1 mg) 3 oz turkey (0.06 mg)
Vitamin A	1 large sweet potato (34,592 IU) 1 cup carrots (20,381 IU)	3 oz tuna fish (48 IU) 1 cup whole milk (115 IU)

HELP US END

THE BIGGEST CAUSE
OF ANIMAL CRUELTY

Compassion in World Farming exists to end factory farming and advance the wellbeing of farm animals worldwide.

We are laser-focused on ending factory farming, working closely with the world's largest food companies to secure meaningful improvements in the lives of farmed animals, ensuring these companies can and will stick to their commitments, and encouraging the adoption of more plant-based diets to reduce the number of animals in our food system.

This Compassionate Food Guide is part of our work to raise the standards of commercial farming and to give shoppers, like you, information so you can make informed choices when you shop.

Please support our vital work to make life better for farm animals by making a donation today.



Image © iStock/Nemanja Glumac

THANK YOU

FOR CARING WHERE
YOUR FOOD COMES FROM

To make a gift today, please visit:
www.ciwf.com/donate



“

I recognize that consumers have real power and believe the way we shop can change farming methods for the better, including animal welfare.”

Philip Lymbery, Farmagedon

To find out more about protecting farm animals from unnecessary suffering, please visit ciwf.com