



# 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 farm animals live.

The vast majority of all farm 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 her enough room to move around freely, an enriched environment and natural light to encourage natural behavior like scratching and wing flapping, 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. A gestation crate is a metal cage, usually with a bare, slatted floor, which is 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:** No cages that excessively restrict movement are permitted. Access to pasture is required and animals are allowed to exhibit their natural behavior.



### Certified Humane Raised & Handled:

The product meets the Humane Farm Animal Care program specification where no cages that excessively restrict movement are permitted. Animals must not be overcrowded and must have indoor enrichment, such as perches for laying hens and straw for pigs. Access to outdoors is not required for pigs and poultry, but is required for other species.



**Global Animal Partnership** (5-Step Animal Welfare Rating Program): Primarily found at Whole Foods Market, Global Animal Partnership is based on a five-step rating system. The ratings range from Step 1, "no crates, no cages and no crowding" to Step 5+, "animal centered — animals spend their entire life on the same farm."



**USDA Organic:** In this system, most restrictive cages and feedlots are not permitted. However, painful mutilations are still permitted. Animals do not necessarily have access to pasture, though they will have access to some outdoor area, which may be limited to a screened in concrete 'porch.' Antibiotics are prohibited and the feed is 100% organic.



**American Humane Certified:** This certification bans most, but not all, cages and crates. For example, it does not allow gestation crates. It does allow enriched cages for laying hens and feedlots for beef cattle. They do not require enrichment for indoor raised meat chickens.

## LABELS

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

**Cage-free eggs:** With this label, you can be sure no hens were raised in cages. However, it does not mean that hens were given outdoor access.

**Grass-fed:** Cattle and sheep are given continuous access to the outdoors during the growing season and are permitted to exhibit natural behaviors, such as grazing. They are given forage and grass only to eat, except for milk before weaning. The claim can be voluntarily verified by the USDA.

**Vegetarian-fed:** This means they are not fed animal byproducts, but has little relevance to animal welfare.

**"Humane":** There is no legal definition for "humane." Unless the product has a certification as listed above, there is little way of telling what is meant by this term.

**Free-range chickens and turkeys:** The birds should have outdoor access, though there is no legal definition of this. Producers only have to demonstrate to the USDA that the poultry has been allowed access to the outside. No information on stocking density, the frequency or duration of how much outdoor access must be provided, nor the quality of the land accessible to the animals is defined.

**Free roaming:** This means that no cages are used. This does not mean animals will have outdoor access. It could mean that they are 'roaming freely' within a barn or long house. However, it says nothing about the space the animals are given.

**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 raised for meat. In the United States, no broiler chickens are kept in cages. Common practice for broiler chickens involves crowding them into long, enclosed houses, where each bird has less floor space than the size of an iPad, and they sit continuously on dirty litter that is often not changed in between flocks. When a label states that broiler chickens are raised cage-free, it is a meaningless distinction that points out the way in which they would be raised, regardless of welfare policy.

**Hormone-free:** It is illegal to give poultry and pigs hormones. If a poultry or pig product states the animals are not given hormones, it is a meaningless distinction indicating that the company is following the law.

## 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 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?

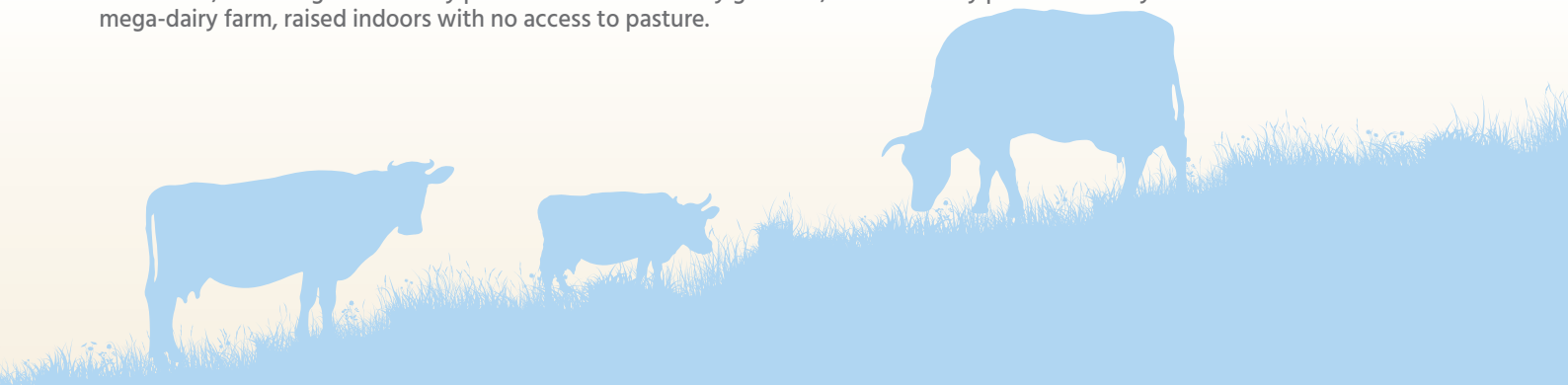
In commercial dairy farming, nearly all calves are taken away from their mother shortly after birth. This causes severe distress to both the cow and her calf, and has long-term effects on the calf's physical and social development.

## Look for grass-fed, hormone-free

If you buy dairy, ensure it is certified to Animal Welfare Approved standards. If unavailable, look for Certified Humane or USDA Organic. Also explore dairy alternatives such as soy, coconut, or almond based milk, cheese, yogurt, or dessert.

Look for labels that say rBGH-free or rBST-free, which means that the cows were not dosed with those genetically engineered hormones that increase milk production. Overproduction of milk leads to severe welfare problems for dairy cattle, including lameness and mastitis. These hormones are also banned in the EU because of human health concerns.

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



## What does it mean?

### CERTIFICATIONS

**Animal Welfare Approved** standards require continuous pasture access for dairy cows.

**Certified Humane** only certifies dairy systems that allow outdoor access, and encourage the meeting of dairy cows' nutritional requirements through grazing on pasture where possible.

**USDA Organic** standards ensure that dairy cows have access to pasture during the grazing season, which is 120 days per year, and that at least 30% of dairy cows' "dry matter intake" comes from pasture during the grazing season.

### 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 grass-fed or hormone-free 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. This causes severe distress to both the cow and her calf, and has long-term effects on the calf's physical and social development. Many of these calves are sent to become veal.

Over the last fifty 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 produces more than seven 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]

## DID YOU KNOW?

Chickens have an extensive “language,” and a mother hen can even communicate directly with her chicks to teach them different vocalizations even before they hatch!

## Look for pasture-raised

If you buy eggs, look for Animal Welfare Approved and 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 businesses--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.

The cheapest eggs typically originate from cage systems, where hens are confined in small cages and are never allowed outside. They are not able to run around or perform natural behaviors like laying eggs in a nest, flapping their wings, dust bathing, scratching, or perching.



## What does it mean?

### CERTIFICATIONS

**Animal Welfare Approved** standards for egg-laying hens require outdoor access from the age of four weeks with continuous access to adequate shelter. Indoor housing must provide at least 1.8 sq ft per laying hen in order to facilitate freedom of movement and the expression of natural behaviors.

**Certified Humane** standards do not require outdoor access. However, they have separate requirements for producers that do provide outdoor access, such as Certified Humane Free-range or Pasture Raised.

**USDA Organic** certified laying hens must be given at least some outdoor access, which may be limited to a concrete ‘patio,’ and must be raised without antibiotics.

### 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.

### LABELS

**Free Range Systems:** In the US, egg producers must show that the birds they raise have some kind of outdoor access in order for their eggs to be labeled “free-range.”

**Cage-Free Systems (no outdoor access):** While the term “cage-free” is legally undefined, cage-free systems typically house layers on the floor of a barn or aviary. Even though cage-free systems may not provide outdoor access, they do allow for greater expression of hens’ natural behaviors. They can stretch, flap their wings, peck, scratch, and lay their eggs in a nest.

**Enriched Cages:** Enriched cages provide more space than battery cages and may offer enrichment such as a perch, but they are still restrictive: hens can’t escape an area to be safe from feather pecking, and with limited litter area, dust bathing isn’t possible. Because these cages provide only marginally better welfare than battery cages, Compassion in World Farming opposes them in favor of cage-free or other higher welfare systems.

## DID YOU KNOW?

Americans now eat an average of one egg every weekday. In 2012, we consumed about 250 eggs per person in the US.

Modern commercial hens have been bred to produce large numbers of eggs. This depletes the hen’s store of calcium and can result in high levels of osteoporosis and fractures. Restricted movement can also contribute to osteoporosis. Several tiers of crowded cages make inspection difficult, and in large cage sheds injured birds are often left to die unnoticed.

# [CHICKEN]

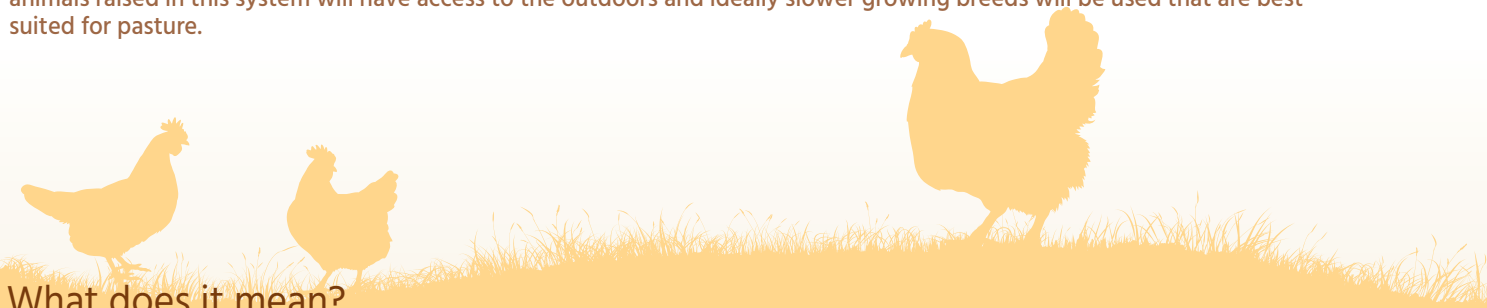
## Your health

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, Certified Humane or Global Animal Partnership Step 3 or higher which give birds a better quality of life. If these are not available, look for organic or free-range chicken.

If you are looking for the system with the highest welfare potential, seek out pasture raised. While it is more expensive, animals raised in this system will have access to the outdoors and ideally slower growing breeds will be used that are best suited for pasture.



## What does it mean?

### CERTIFICATIONS

**Animal Welfare Approved** standards require that birds over the age of four weeks are given continuous outdoor access. AWA currently requires all chickens in their program to be slower-growing breeds.

**Global Animal Partnership** also requires that chickens at Steps 3 through 5+ of its 5-Step program are given continuous outdoor access. Steps 2 through 5+ must provide at least some enrichments for all birds when indoors. GAP recently committed to slower-growth rate genetics and ensuring more space, enrichment, and natural light for all chickens by 2024 – a commitment that over 100 major food companies have now signed on to implement, thanks to consumer demand for higher welfare

**Certified Humane** does not require outdoor access, but requires that all certified producers raising free-range broilers provide outdoor access for at least eight hours per day for birds older than four weeks of age. All indoor chickens must have enrichments.

**USDA Organic** chickens must be given at least some outdoor access. In addition, birds must be reared without antibiotics.

### LABELS

**Free Range Systems:** In these systems, chickens are provided outdoor access during the daytime and sheds where they are housed at night. However, when used on poultry labels, the term “free-range” means only that some kind of outdoor access was provided. The third-party humane certifications have standards that establish more specific requirements regarding outdoor access.

**Higher Welfare Indoor:** In these systems, chickens are kept indoors but given more space. Their environment is enriched with straw bales, pecking objects, or natural light, which encourage natural behavior like foraging and perching.

### 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 lameness or heart failure. They don’t have access to the outdoors, and tens of thousands may be crowded into one shed.

Intensively farmed chickens are bred to reach their slaughter weight in about six weeks. This is less than half the time it would take heritage breeds.



# PORK & BACON

## DID YOU KNOW?

Pigs are considered highly intelligent, 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 gestation crates.

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 specifies as such, standard 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** standards require that pigs have continuous outdoor access by the age of 10 days and continuous ranging access by 21 days of age. Standards allow castration of piglets who are less than 15 days old.

**Global Animal Partnership** welfare standards require that pigs at Steps 3 and higher have continuous outdoor access for at least eight hours per day by the time they are 14 days old, and continuous access to pasture is required at Steps 4 and higher. Step 5 prohibits all physical alterations of the pigs, including castration and ear notching, and requires pigs remain with their litter mates for their entire lives. Pigs in Step 5+ systems spend their entire lives from birth to slaughter on a single farm.

**Certified Humane** Although gestation crates are banned, certified humane standards do not require outdoor access for pigs. Indoor housing requires animals must be able to turn around without difficulty at all times. Pigs must also be given access to environmental enrichment at all times, such as straw, woodchips or other suitable media.

**USDA Organic** standards require that pigs have access to the outdoors, shade, shelter, exercise areas, fresh air, and clean drinking water. However, raising pigs on pasture is not required, and there are no specific space requirements for the animals.

### 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. In these systems, sows have a higher quality of life and are able to act naturally by building nests, rooting, wallowing, and foraging.

**Free Range:** There is no legal definition of “free range pork” 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?

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

## Look for grass-fed, hormone-free

If you buy beef or lamb, look for grass-finished, grassfed or pasture raised. Grassfed animals live their early lives on pasture, but may have been sent to a feedlot for the last few months of their life. The grass-finished label tells you that the animal lived its entire life on pasture. Unless the packaging says otherwise, cattle are likely to be reared on a confined feedlot, which leads to severe welfare problems.

In addition, look for hormone-free beef. Hormones are commonly used to speed growth in beef production, and their use by the beef industry is associated with animal welfare problems.

Look for locally produced lamb and mutton. Sheep raised locally typically do not have to be transported as far to slaughter and avoid many of the stressors and potential injuries associated with extended transport.



## What does it mean?

### CERTIFICATIONS

**Animal Welfare Approved** requires continuous outdoor pasture access for cattle, except in the case of extreme weather. They must be able to explore the ground and their natural environment.

Sheep carrying the certification must have continuous access to pasture. AWA prohibits tail docking and mulesing (the surgical removal of sections of skin from around the tail of a sheep, often with no anesthetic causing pain to the animal), and only allows castration as a last resort to prevent uncontrolled breeding.

**Global Animal Partnership** standards require that cattle are given at least some outdoor access at all Step levels. At Step 5, cattle must spend their entire life on range or pasture with housing only permitted during weather emergencies. Additionally, Step 5+ requires that the cattle be slaughtered on farm or locally with no transport permitted, and weaning must be natural.

Sheep raised at Steps 4 and higher spend the majority of their lives on pasture and the use of feedlots is prohibited. At Step 5+, sheep spend their entire lives on a single farm and are slaughtered at a mobile or on-farm slaughter facility.

**Certified Humane** standards for cattle require continuous access to the outdoors. The animals may be finished in feedlots (meaning the animals are taken off pasture for a portion of time before slaughter). In the feedlots, confinement and tethering are prohibited, and animals must have sufficient freedom of movement to fully extend their limbs, lie down, turn around, and groom themselves without difficulty.

Sheep standards require pasture access during the grass-growing season. Castration is allowed between the ages of 24 hours and seven days, and tail docking is allowed as a last resort between the ages of 24 hours and 14 days.

**USDA Organic** certified cattle must be allowed access to pasture at least 120 days a year.

Sheep must be provided access to pasture, but there are no rules on mutilations.

### SHOPPER'S TIP

Look for beef and lamb labeled pasture raised to ensure the animals have access to pasture during the grazing season.



# 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 or GAP Step 3+ certifications

If you buy turkey, look for Animal Welfare Approved or Global Animal Partnership's Steps 3 and higher. If you can't find AWA or GAP look for USDA "free-range." As with other animals, pasture raised provides the highest welfare potential.

Unfortunately, most turkeys are raised in intensive, indoor systems, which causes many welfare issues.



## What does it mean?

### CERTIFICATIONS

**Animal Welfare Approved** standards for turkeys require access to a foraging area for all turkeys over four weeks of age, but encourage access for turkeys as young as two or three days of age if conditions are suitable.

**Global Animal Partnership** standards require outdoor access and enrichments at Steps 3 and higher. At Step 5, turkeys must have continuous outdoor access at 7 weeks, weather permitting. At least 75% of the occupied outdoor area must be covered with vegetation and/or forage, and all birds must be able to perch simultaneously. Step 5+ requires turkeys to remain on the operation at all times from placement through slaughter.

**Certified Humane** standards do not require outdoor access, but indoor housing requirements include enough room to stand normally, stretch their wings, and turn around without difficulty. If labeled "free-range" the animals must have at least some access to the outdoors.

**USDA Organic** requires that all poultry carrying the "free-range" label must have had at least some access to the outdoors.

### OTHER TERMINOLOGY

**Enclosed Sheds:** Young turkeys are kept in overcrowded sheds that are usually bare except for food and water, with litter on the floor to absorb the droppings. As the birds grow, the overcrowding intensifies until the floor of the shed is completely covered and the birds can no longer move freely. The sheds are artificially lit and ventilated. The lights in the sheds are kept on for much of the day to encourage the birds to eat.

**Pole Barns:** Smaller turkey producers, especially those producing for the seasonal winter market, often keep turkeys in open barns with natural lighting and ventilation. The number of birds per square meter is typically lower than in enclosed sheds.

### 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 sheds 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 more).



#### 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

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.

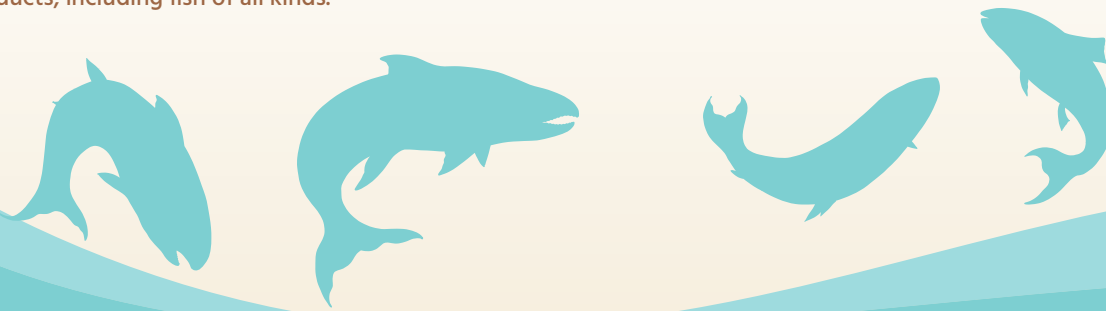
If you buy fish, look for the Marine Stewardship Council logo (below) to ensure fish is sustainable and not farmed. The MSC program does not include farmed fish, which is why the ecolabel is only displayed on wild caught fish. Farmed fish may have suffered from overcrowding and unacceptable periods of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

It's best to choose wild fish, if sustainably caught. They lived a better life, and it's better for you. Check the label to find out if the fish has been sustainably caught.

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 (logo below) 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.

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?

If you're looking to replace meat products, try some of these great plant-based options:



Other products (not pictured): Beyond Meat Grilled Chicken

Strips, Sweet Earth Benevolent Frozen Bacon, Morningstar Farms Veggie Pulled Pork, Good Catch's Fish-Free Tuna, Beyond Sausage, Field Roast sausages, Hillary's Breakfast Patties, Trader Joe's Soy Chorizo.

If you're looking to replace dairy products, try these:



And if you're looking to replace eggs in your diet, try some of these great plant-based alternatives:



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 soy 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
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
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)

[NOTES]





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.



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To make a gift today, please visit:  
[www.ciwf.com/donate](http://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, Farmaggedon

To find out more about protecting farm animals from unnecessary suffering, please visit [ciwf.com](https://ciwf.com).