

NEAT

Georgia Farm Animals - Fact Sheet

Animals and Animal Products in Georgia:

- Georgia produces many chickens, cattle, and pigs for food each year. Products from these animals, like milk and eggs, are also big agricultural commodities in Georgia.
- Georgia is the number one producer of broilers. A broiler is a chicken raised for meat production. In fact, Gainesville, GA is known as “The Poultry Capital of the World.” Georgia ranks 7th in egg production.
- Georgia ranks 23rd in production of hogs/pigs.
- Georgia ranks 29th in production of cattle/calves and 25th in milk production.

Why choose local animals?

- Supporting local farms helps our local farmers and our economy. Also, the meat, milk, or eggs do not have to be transported as far to reach us so they may be fresher.

Nutrition:

- Meat and eggs are good sources of protein. These foods also supply B vitamins (niacin, thiamin, riboflavin, and B6), vitamin E, iron, zinc, and magnesium. Proteins are the building blocks for bones, muscles, cartilage, skin, blood, enzymes, hormones, and vitamins- they are very important!
- Proteins are one of the three nutrients (along with Carbohydrates and fat) that provide calories, or energy. It is important to choose lower fat protein sources, like chicken, fish, or lean cuts of beef or pork.
- Animal products are not the only protein choices. Other foods high in protein include nuts, seeds, and soy products which are packed with many great nutrients. People that choose not to consume meat are called vegetarians.
- Foods in the protein group are measured by the ounce. 1 oz of meat, 1/ cup cooked dry beans, 1 egg, 1 tablespoon of peanut butter, or ½ oz of nuts or seeds can be considered as 1 oz equivalent.
- About 3 oz of cooked meat is about the size of a deck of cards

Daily Recommendation:

Children 4-8 years old	3-4 oz equivalents
Girls 9-13 years old	5 oz equivalents
Girls 14-18 years old	5 oz equivalents
Boys 9-13 years old	5 oz equivalents
Boys 14-18 years old	6oz equivalents