Make protein-rich, energy-dense livestock foods widely available

Ingesting small quantities of milk, meat and eggs provides large benefits to poor people living mostly on cheap starchy diets.

**FACTS**

Animal-sourced foods are energy-dense.

Animal-sourced foods provide people with proteins readily absorbed and used by the body.

Animal-sourced foods are especially important for nutritionally vulnerable groups such as children and sick people.

Animal-sourced foods are particularly important in areas where other nutritious foods are not readily available or affordable.