

HORMONES IN CATTLE



Amount of steroids in food

VS

Natural estrogen in humans

So how much can you expect to find in a hamburger that you might eat? Let's look at the amount of steroids in 8-ounce servings of common foods compared to the amount of estrogen humans naturally produce in a day.



SOY FLOUR (defatted)
342,468,000 ng



TOFU
51,483,600 ng



PINTO BEANS
408,240 ng



WHITE BREAD
136,080 ng



PEANUTS
45,360 ng



EGGS
252 ng



BUTTER
141 ng



MILK
15 ng



BEEF (implanted steer)
3 ng



BEEF (non-implanted steer)
2 ng

PREGNANT WOMAN
19,600,000 ng



ADULT WOMAN
513,000 ng



ADULT MAN
136,000 ng



PRE-PUBESCENT CHILD
41,000 ng



Human's potential intake of estrogen from beef from implanted cattle is 7 ng per 500 g of beef

