# THE HIDDEN WORLD OF SOY

#### IT'S NOT JUST VEGETARIANS WHO EAT IT.

Europeans consume on average 61kg of soy per year.

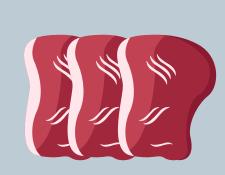
How is this possible?

#### #HiddenSoy

#### YOU EAT WAY MORE SOY THAN YOU THINK!

You won't see it listed as an ingredient, but there's a huge amount of soy that goes

into the animal products you find in your fridge.



Pork meat

100g

pork meat

**51g** 

soy

25.4kg Amount of pork meat consumed each year

12.9kg

by average European

Amount of soy used to produce this pork meat

Cheese

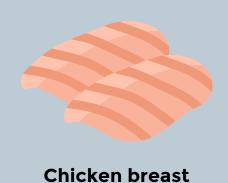
100g **25**g cheese

Amount of cheese consumed each year by average European

16.8kg

**4.1kg** 

Amount of soy used to produce this cheese



100g 109g chicken breast

18.6kg

Amount of chicken meat

consumed each year by average European

20.3kg

Amount of soy used to produce this chicken meat



**Yoghurt** 

200ml **3**g yoghurt soy

Amount of yoghurt and

other milk products consumed each year by average European

42.9kg

**0.7kg** 

Amount of soy used to produce this yoghurt and other milk products



Pork sausage

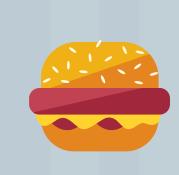
25.4kg

Amount of pork meat consumed each year by average European

12.9kg

Amount of soy used to

produce this pork meat



100g

Hamburger



hamburger 9.3kg

Amount of beef consumed each year by average European **4.2kg** 

Amount of soy used to

produce this beef



100g 109g chicken

meat 18.6kg

average European 20.3kg

Amount of chicken meat

consumed each year by

Amount of soy used to produce this chicken meat



Eggs

**559** 359 soy 1 egg

**214 eggs** 

Amount of eggs consumed each year by average European

**7.5kg** 

Amount of soy used to produce these eggs



200ml

milk

59.7kg

**79** 

soy

Amount of milk consumed each year by average European

2kg

Amount of soy used to produce this milk



**59**g

soy

100g

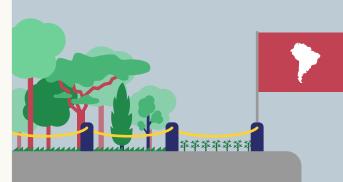
salmon

steak

Relevant data on farmed fish is not yet available

### WHERE DOES SOY COME FROM?

The majority of the soy used in Europe comes from South America.









Of the 284 million tonnes of soy produced globally in 2013/2014, **75%** was used as animal feed.

SOY SOY SOY SOY

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SOY SOY SOY SOY

This soy feed is used to produce the meat, eggs, fish and dairy that ends up on our dinner tables.

The average European consumes 61kg of soy per year.

Why so much? Because in the EU, we eat a

lot of animal products. 93% of the soy





## WHY SHOULD YOU CARE?

High in protein and energy, soy is a key part of the global food supply. However,

land used for soy production has been converted from forests, savannahs and grasslands - endangering valuable habitats and species.



required globally to grow the soy produced in 2013/2014. This is the size of UK, France, and Germany combined!

Land has been converted in areas of global importance such as the Amazon, the

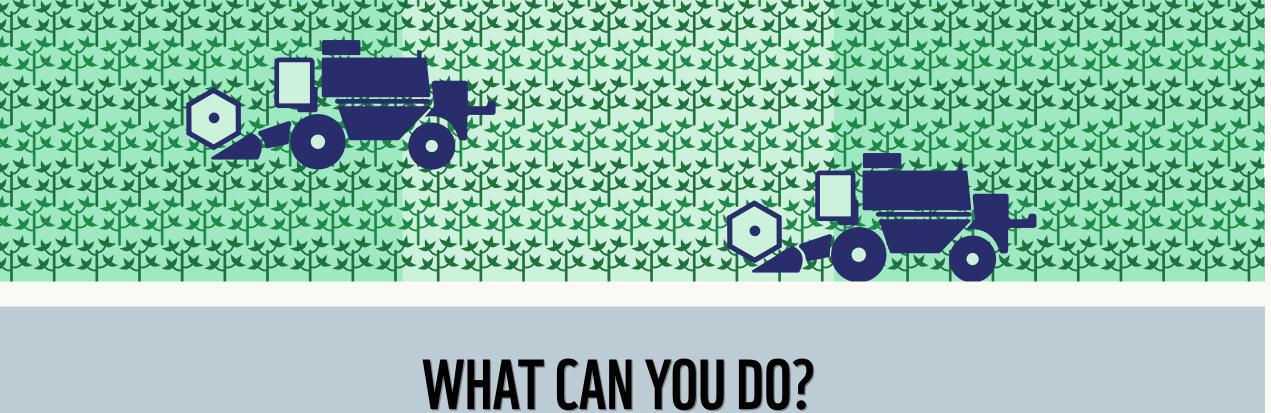
Cerrado, the Atlantic

Forest, and the Gran Chaco.

Soy production in South America has nearly tripled in the last 20 years. Global

production is predicted to

double again by 2050.



## To stop more forests and habitats being destroyed due to growing soy production,

we need to take immediate action.

**SHOW YOUR SUPPORT** Show your support

using by sharing this

on social media.



#HiddenSoy

REDUCE YOUR CONSUMPTION As a longer term strategy, we need to reduce

individual EU countries may vary.

our consumption of meat and other animal products. European diets often contain more animal protein than recommended.