

# 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 (8-ounce)  
**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

