



Estrogen Key Statistics

18,431 daily 3 oz. servings of beef from implanted cattle required to equal the hormonal (estrogen) content of one birth control pill.

A NANOGRAM (NG) IS ONE BILLIONTH OF A GRAM

• Un Implanted Steer	1.3 ng
• Implanted Steer	1.9 ng
• Milk	11.0 ng
• Potatoes	225.0 ng
• Peas	340.0 ng
• Ice Cream	520.0 ng
• Cabbage	2,000.0 ng
• Wheat Germ	3,400.0 ng
• Soybean Oil	1,680,000.0 ng

NANOGRAMS OF ESTROGEN PRODUCED DAILY BY HUMANS

• Adult Male	136,000.0 ng
• Non Pregnant Female	480,000.0 ng
• Pregnant Female	20,000,000.0 ng

Sources: Food and Drug Administration; Hoffman and Evers; Scanga et al.; FSIS-USDA; Dr. Harlan Ritchie, Michigan State University; NCBA