Diet and Nutrition
Frequently Asked Questions

Question
Are there concerns about hormones in meat and dairy foods?

Answer
The studies done so far do not provide evidence that hormone residues in meat or dairy products cause health effects in people. Some questions need more in-depth research and longer-term studies to be fully answered. Specific recommendations on some research that is still needed are in Fact Sheet 37 "Consumer Concerns about Hormones in Food".

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