

# WHY EAT BUGS?

2.5 MILLION PEOPLE ALREADY EAT THEM.

## COMPARED TO POTATO CHIPS, CHIRPS ARE:

**3x  
the  
Protein**

**Gluten  
Free**

**All  
Natural**

**1/2  
the  
Fat**

### CRICKETS

### COWS

**Nutrition for  
200 calories**

**Protein: 31 grams  
Fat: 8 grams**

**Protein: 22 grams  
Fat: 15 grams**

**Gallons of water to  
produce 1 pound of  
meat**

**1 gallon  
of water**

**2,000 gallons  
of water**

**Pounds of feed to  
produce 1 pound of  
digestible meat**

**2 bags  
of feed**

**25 bags  
of feed**