

Illustrative Comparison of Insect Proteins

Provided by Stratum

	Crickets	Yellow Mealworms	Black Soldier Fly Larvae
Grown For	Human Consumption	N. America – Animal Feed Global – Animal Feed and Human Consumption	N. America and Global – Animal Feed Human Consumption possible in the future
Feed Type	Chicken Feed, Commercial Feed	Specified diet, can consist of dried fruit and vegetable waste, brewers grains	Food Waste, Ag Waste, Wide variety of organic substrates and “wastes”
Growth Cycle	33-60 days (varies by species)	6-24 weeks	14-20 days
Protein (g/100 g dry weight)	~53-72	~22-45	~43-55
Water		8.6 L/kg	.0006 L/kg
Data Sources: Cricket farming for human consumption, https://teca.apps.fao.org/teca/en/technologies/7927 Edible Crickets (Orthoptera) Around the World: Distribution, Nutritional Value, and Other Benefits—A Review, https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7835793/ Beta Hatch: Bugs in the System – How Insect Farming Can Add Resilience to the Supply Chain, https://www.youtube.com/watch?v=wHeVNHPrOWw&t=502s			