How many pounds of feed it takes to produce one pound of edible body mass for different animals

Insects grow faster with less feed than other animals

Black soldier fly 1.4 Argentinean cockroach 1.5 Yellow mealworm 2.2 House cricket 2.3

2.3 Poultry Pork

Grain-fed beef 8.8

Source: Oonincx DGAB, van Broekhoven S, van Huis A, van Loon JJA (2015) Feed Conversion.

Survival and Development, and Composition of Four Insect Species on Diets Composed of Food By-Products. PLoS ONE 10(12): e0144601