



Are terms like organic, grass-fed, wild caught, or pasture raised just a marketing gimmick to charge more? What about free-range, cage free, vegetarian-fed, or all natural? After extensive research and conversations with farmers, functional practitioners, and nutritionists, it's become clear that some labels mean a lot while others don't mean much. Let's break down some food labels and meanings.

Disregard:






- ❖ **All Natural:**
 - This label means almost nothing. There is no specific definition of the "Natural" label.
- ❖ **Local:**
 - There is no legal standard for the "Local" label.
- ❖ **Farmed or Farm Fresh:**
 - This label doesn't mean anything, yet it is often used to make eggs sound more appealing.
- ❖ **Cage-Free or Free-Range:**
 - Cage-Free and Free-Range can still utilize indoor confinement for birds.
- ❖ **Farmed Fish:**
 - Fish farms are tanks or netted areas in the ocean where fish are not able to interact with their natural environment.



Try to get:

- ❖ **Organic or Non-GMO** fruits and vegetables
- ❖ **Grass Fed** beef, lamb, buffalo, and dairy products
- ❖ **Pasture-Raised** pork, chickens, turkeys, and eggs
- ❖ **Wild Caught** fish and seafood

Preferred: What do they mean?

 <p>Organic</p>	<p>The "Organic" label means that the food is Non-GMO and that is also not grown with the use of most synthetic fertilizers and pesticides. Organic produce is free of glyphosate and other toxic herbicides. Organic is preferred over Non-GMO.*</p> <p><small>*Many small local farms use organic farming practices without being certified. This is often better than organics shipped in from far away. Ask about the farm's practices.</small></p>
 <p>Non-GMO</p>	<p>Organic food is always Non-GMO, but Non-GMO food is not necessarily organic. GMO crops provide fewer nutrients. There are two main forms of GMO crops: herbicide resistant and pesticide producing. Herbicides and pesticides are toxic to life.</p>
 <p>Grass-Fed</p>	<p>The "Grass Fed" Label means that for most of the animal's life, it was free to graze for its own fresh food rather than being fed by a feedbag or trough. The idea behind grass fed animals is to allow them to eat as close to their natural diet as possible. Often grass fed meat is fed commercial grain feed towards the end of its life (not preferable). Look for packages labeled, "100% grass fed." Go to feedbrain.com/meat</p>
 <p>Pasture Raised</p>	<p>Pasture-raised poultry is a sustainable technique in which birds or other omnivores are able to roam on a large pasture, as opposed to indoor confinement. Both cage-free and free-range are still indoor confinement for birds. Pastured, or pasture raised, is the kind of pork, eggs, chicken, turkey and other poultry that want.</p>
 <p>Wild Caught</p>	<p>Fish farms are tanks or netted areas in the ocean where fish are not able to interact with their natural environment. Instead of the fish being free to swim and to eat their natural diets, they have been fed a diet that they did not evolve with. Wild caught fish are preferable. Go to feedbrain.com/fish.</p>