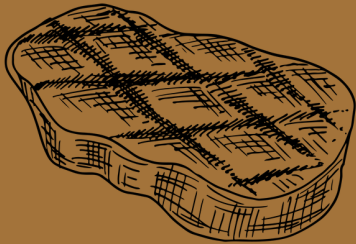




LINDGREN  
functional medicine

# PROTEIN GUIDE

## MEAT



*"grass-fed" alone  
means that the  
cows may still  
have eaten grain*

- 100% grass-fed
- pasture finished
- no antibiotics
- no hormones
- no growth promoters
- non-GMO fed
- organic

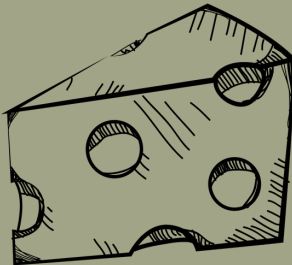
## POULTRY & EGGS



*be careful: "all  
natural" is not  
a regulated  
term*

- pasture raised
- free range
- soy free
- no antibiotics/hormones
- no growth promoters
- non-GMO fed
- organic

## DAIRY



*healthy animals  
= healthy  
products*

- same as meat standards
- raw, unpasteurized
- fermented
- live active cultures
- full-fat
- A2
- goat or sheep

## FISH & SEAFOOD



*for lowest toxin  
fish, remember  
SMASH: salmon,  
mackerel,  
anchovies,  
sardines,  
herring*

- sustainably wild caught
- non-GMO fed (if farmed)
- no added colors
- no sodium tripolyphosphate
- third-party verification
- see MCS Fish Guide