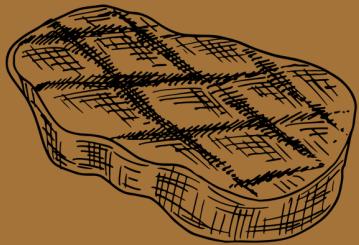


PROTEIN GUIDE

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

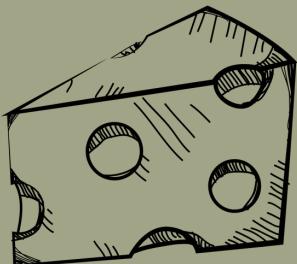
POULTRY & EGGS



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