

Organic Foods

Chemical Treatment

Feed/fertilizer

Etc...

Heavy Metals

Fruit, vegetables, grains, nuts, seeds, and beans



No synthetic pesticides or herbicides

No synthetics or sewage for fertilizer

**No GMO
Not Irradiated**

No assessment of heavy metal content in soil or plants

Animals raised for meat and poultry



No hormones, antibiotics or other drugs unless used to treat a sick animal

Organic vegetarian feed (no animal products)

Access to the outdoors

**Not Irradiated
No assessment of heavy metal content**

Eggs



No hormones or antibiotics or other drugs

Organic vegetarian feed (no animal products)

No access to outdoors required

No assessment of heavy metal content

Milk, cheese, yogurt, kefir etc...



No hormones or antibiotics or other drugs

Organic vegetarian feed for the last 12 months

At least 30% pasture fed in season (access to outdoors)

No assessment of heavy metal content

Packaged foods



100% Organic has 100% Organic ingredients

Organic = 95% organic ingredients

Contains organic ingredients = 70% organic ingredients

No assessment of heavy metal content