

♥ Health Minute

Not quite home on the range...

When you buy “free-range” meat, eggs, or dairy you think you are buying a healthier product. Unfortunately, the term “free range” is not a legal industry term. No criteria exist to define what free-range truly is. Free-range meats come from livestock that have been given more space to live. Sometimes that space is just a larger cage. Some free-range chickens may still have their beaks clipped, eat traditional food, and receive antibiotics. If you want to be sure that the meats that you buy are free from hormones and chemicals look for *organic*. Organic foods can also be free-range but must fit strict criteria as established by the government. The cost per pound for organic meats may be higher but many people find the nutritional benefit to be worth it.

Picture of cows, chickens, pigs

Free Range	Organic	Traditional
<ul style="list-style-type: none">♥ More space to move, may still be in a cage♥ More attention to animal's welfare than traditional farming♥ May still receive chemicals	<ul style="list-style-type: none">♥ No synthetic fertilizers, pesticides, or herbicides♥ Allowed to grow at their own pace♥ More vitamins♥ Healthy omega 6:3 ratio	<ul style="list-style-type: none">♥ Living conditions make animals infection-prone, require antibiotics♥ Stimulated with hormones to grow big quickly♥ Bodies grow so fast, organ systems fail