

DO YOU KNOW WHAT THE LABELS MEAN?

conventional vs. natural vs. organic meats

Courtesy of Marion Nestle's [What to Eat](#)

PRODUCTION PRACTICE	CONVENTIONAL	NATURAL	ORGANIC
Animals can be fed only certified organic feed	NO	NO	YES
Feed grain may be grown using chemical pesticides, fertilizers & can be genetically engineered	YES	YES	NO
Animals can be treated with with antibiotics & hormones	YES	YES	NO
Animals can be fed the by-products of other animals	YES	YES	NO
Animals may be routinely confined	YES	YES	NO
Animals must be treated in ways to reduce stress	NO	NO	YES
Animals must have access to the outdoors, exercise areas & sunlight	NO	NO	YES
Cattle must have access to pasture	NO	NO	YES
Farms must be inspected for federal/state compliance	NO	NO	YES