

# quality matters

when you've mastered making proper food choices, it's important to begin looking at the quality of the items you are buying use this guide to navigate meats, veggies, fruits and fats

## EGGS

best! pasture raised from a local farm  
better: organic Omega 3, free-range  
good: organic  
baseline: commercial (hormone/antibiotic free)



## SEAFOOD

best! wild-caught  
better: humanely harvested, non-grain fed  
baseline: farm-raised



## POULTRY

### CHICKEN, TURKEY, DUCK, ETC.

best! pasture raised from a local farm  
better: organic, air-chilled  
good: organic  
baseline: commercial (hormone/antibiotic free)



## VEGGIES & FRUIT

best! organic, local & seasonal  
better: local  
good: organic  
baseline: conventional



## BEEF

best! 100% grass-fed (never ate grain), local  
better: grass-fed  
(read the farm's feeding information- some grass-fed animals have SOME level of grain in their diet)  
good: lean organic  
baseline: lean commercial (hormone/antibiotic free)



## NUTS & SEEDS

### INCLUDES NUT & SEED BUTTERS/PASTES

best! organic, raw/unpasteurized  
better: conventional, raw  
baseline: roasted conventional



## PORK

best! pasture raised from a local farm  
better: organic  
baseline: commercial (hormone/antibiotic free)



## FATS & OILS

*(refer to my Fats & Oils guide for details)*

best! organic, extra-virgin, cold-pressed  
better: organic  
baseline: conventional



## LAMB

best! 100% grass-fed from a local farm  
better: organic  
baseline: commercial (hormone/antibiotic free)



## DAIRY

best! organic, grass-fed, raw/unpasteurized  
better: grass-fed  
good: organic  
baseline: conventional

