

Dairy Guide



What to look for

- grass-fed
- organic
- raw or pasteurized
- whole fat
- non-homogenized
- block cheese
- plain
- few and recognizable ingredients

What to avoid

- industrially raised cows
- industrially raised cows
- ultra-pasteurized
- low-fat, fat-free
- homogenized
- pre-shredded, pre-crumbled
- flavored
- added synthetic vitamins, unnecessary, unrecognizable ingredients