

Label Lingo

Courtesy of *Diane Henderiks*

momlogic.com

100% Organic: Contains only organically produced ingredients - no toxic pesticides, fertilizers, hormones, antibiotics and genetically modified organisms.

Organic: Has at least 95% organic ingredients.

Made with Organic Ingredients: Has at least 70% organic ingredients.

Natural: No artificial ingredients or added color and is minimally processed.

Grass-fed: NOT regulated by the USDA; farmers report food sources, such as grass.

Cage-free: NOT regulated by the USDA and has no relation to what the animals are fed or time spent outside. Animals are not kept in cages.

Free range: REGULATED by the USDA. Animals spend at least half their lives outside.