



FOOD QUALITY

The quality of your food determines the quality of your health. In general, the highest quality foods will be from farmer's markets, the butcher counter and high-end specialty food stores. Think out of the box and buy unpackaged foods! Food sourced locally is going to be fresher and more nutritious. High quality food is more expensive, but your life depends on it. You're worth it.

GRADES OF FOOD ARE LISTED FROM BEST TO WORST.	MEAT		EGGS	SEAFOOD
	BEEF	AGA grass fed USDA grass fed and organic USDA grass fed organic conventional, factory-farmed	pasture-raised, 'grass fed' free-range, organic cage-free, organic conventional, factory-farmed	wild-caught eco-sustainably farmed farmed fish *
	PORK	pasture-raised free range, organic organic conventional, factory farmed	DAIRY	PRODUCE
	LAMB	AGA American grass fed or New Zealand always 100% grass fed USDA 100% grass fed, organic USDA grass fed grass-finished, organic conventional, factory-farmed	raw, unpasteurized, 100% grass fed, organic grass fed, organic organic conventional, factory-farmed never buy low-fat or nonfat	organic and in season organic conventional
	POULTRY	pasture-raised, grass fed ** free-range, organic cage-free, organic commercial, factory farmed	OILS	NUTS + SEEDS
			extra-virgin, cold-pressed, organic organic, cold-pressed organic conventional	organic conventional

* Farmed-fish are akin to factory-farmed animals – given soy, corn, hormones and antibiotics. See Seafood Survival Guide for more info.

** Poultry birds are not vegetarian and need to be grass fed to forage for worms and bugs, making their eggs nutrient dense. You want orange yolks.