



Guide to Choosing Meats & Seafood

Meats and seafood are foods that are rich in protein and are very nutrient dense. They are high in easily absorbable iron, essential and non-essential fats, zinc, calcium, many B vitamins, and selenium. Choose the best possible sources.

MEATS:

Top of the Line: Grass-fed, Organic, Antibiotic-free, Hormone-free.

When land animals are raised humanely, in natural habitats and eat a natural diet, the nutrient quality of the meat is far superior to meat sourced from conventional farming methods.

Grass-fed beef is especially rich in omega-3 anti-inflammatory fats and in conjugated linoleic acid (CLA), a proven cancer fighter and lean muscle-building tool. It supplies vitamins A and E, essential nutrients that are known for their antioxidant properties. Other meats such as buffalo, elk, lamb, and venison can be healthy choices. Compared to commercially raised meats, they are higher in minerals like calcium and magnesium, contain more protein, and are naturally leaner and lower in fat.

Organic meat comes from animals raised on farms that practice sustainable farming and avoid treating the animals with harmful chemicals like **hormones and antibiotics**. The animals are given 100% organic feed if not on pasture, and living conditions allow movement and access to outdoors and sunlight.

Conventional meats in the grocery store may come from animals raised in small pens on feedlots. That feed may be genetically modified and is likely to have been sprayed with herbicides, pesticides, and synthetic fertilizers. Poultry and pork are often raised on farms that can use extensive amounts of chemicals. It is strongly encouraged to eat them only when they are certified organic.

SEAFOOD:

Top of the Line: Clean, cold-water sources, wild-caught.

Protein sources from the sea are great dietary sources of calcium, omega-3 essential fats, iodine, and trace minerals. Fish consumption has been linked to many health benefits such as a lowered risk for arthritis, heart attacks, and high blood pressure.

The cleanest, cold-water locales include Arctic and northern waters of the Pacific and Atlantic oceans. Halibut, mackerel, sardines, and wild salmon caught here are high quality and still in good supply. In contrast, larger ocean fish from contaminated waters pose a health hazard from mercury and other contaminants. Avoid: king mackerel, sea bass, shark, swordfish, tilefish, and ahi tuna.

Wild-caught seafood is much higher in quality than farm-raised. Farmed seafood is often contaminated and there are concerns about use of chemicals and antibiotics, genetic modification of the feed and of the fish, the presence of parasites and disease, and lowered nutritional profile. Salmon, shrimp, tilapia, and many other commercially important species are commonly farm-raised.