

# THE NUTRITIONAL DIFFERENCES BETWEEN: CONVENTIONAL & PASTURE-RAISED ANIMALS

**Conventional:** Most farm animals are raised indoors or in feedlots. Use of growth hormones (except in poultry or pig operations) and subtherapeutic antibiotics is standard. Animal feed may contain GMO corn and soy, animal by-products, and food waste from industrial kitchens.

**Pasture-Raised:** Animals that live on pasture have more space and the freedom to express natural behaviors, like foraging, rooting, and wallowing. The plants and critters on the pasture supply some, if not all, of the animals' dietary needs, which results in foods with higher levels of many nutrients.

