

Truth in Labeling: Cage Free, Pastured or Free Range Chicken and Eggs

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Is free range chicken the same as pastured chicken? It depends! Pastured, cage free and free range usually mean different things. Add in various marketing terms such as organic, natural, and vegetarian feed and you're probably being misinformed.

First, the bottom line...

Pastured chickens and eggs are best for you and for the chicken

Here are some details on deciphering popular chicken and egg terms...

Battery cage. While banned in Europe, the vast majority of egg producers in the US keep their hens grouped in tiny cages. Each hen lives its life in the space of an iPad. No place to nest or lay, no room to flap or walk. There's other maltreatment too but this is enough already...

Cage Free Chicken type #1. Most of the confusion, myths and lies come from the term Cage Free. If you have 10,000 birds on a concrete floor there's not much difference between removing the cages and keeping the cages. Severe overcrowding, ammonia, fighting and stress make sick birds who need antibiotics to survive.

Cage Free type #2: Some growers (especially those feeding organic feed) give the birds a little more floor space to fluff and strut. But still no nests, and chickens do have a pecking system which can be fatal. Many growers remove part of the beak to prevent this.

Cage Free type #3: Other growers using conventional feed and growing methods keep birds stacked on shelves in a brightly lit chicken house. They're still packed tightly and have nowhere to go. In fact, cages might provide a bit of protection when you're one in 10,000 on your own.

Conclusion #1: Avoid "Cage Free"

Free Range Chicken type #1: As in #2 above, these birds are able to "range freely" inside massive barns. There are openings to the outside, but chickens are, well, chicken about exploring outside by themselves. They *may have* a little more room and better ventilation and even some nesting areas, but it's impossible to tell by looking at the egg carton.

Free Range Chicken type #2: These free range birds spend more time outside in dirt or concrete floored cages to keep predators away. Their living area may still be crowded but quality of life is better and debeaking is not needed. They get some sunshine but no grass.

Free Range Chicken type #3: Pastured birds living outside on grass are often called "Free Range". If they truly are pastured, the carton should state "pasture-raised".

Conclusion #2: "Free Range" can mean almost anything

What about happy birds pecking in the grass in a big field? Now, we're talking!

Pastured Chicken and Pastured Eggs

These birds live outside with shade, eat bugs, rummage about in real grass, and only get Organic supplemental feed (non-soy) when required. They have safe housing at night. Some farmers use portable coops and drag nest houses to fresh grass each day. That's the ideal chicken and egg!

Nutritional Benefits of Pastured Eggs

Pastured chickens yield nutrient-dense eggs richer in nutrients than other eggs. The [USDA reports](#) that pastured eggs have 2/3 more Vitamin A, 2 times more natural Omega-3 fatty acids, 3 times more Vitamin E and 7 times more Beta-Carotene.

In addition, pastured eggs have 1/3 less cholesterol than commercial eggs fed on corn, wheat and soy, and less than a quarter of the saturated fat.

Cooking your eggs destroys many of their anti-oxidant and other healthy properties. Eat fresh pastured eggs raw in a low carb smoothie, or cook them gently as little as possible. Hard scrambled, microwaved, and hard boiled are the least healthy.

Pastured egg yolk is usually darker yellow than other eggs and stands up high and firm. The yolk contains most of the nutrients. The white contains mostly protein and is more clear and firm in organic free range eggs. Try adding extra yolks to [your smoothie](#) if you don't need the protein from the whites.

Yolks make an ideal early food [for babies](#).

How do I find Pastured Eggs and Chickens?

Local farmer and rancher markets often have them. Ask the vendor if the birds were raised only on grass and bugs, and if their supplement feed is Organic.

What about Organic Eggs?

Generally, this refers to birds fed organic corn and soy instead of genetically modified corn and soy. These are not natural foods to an omnivorous chicken. Those huge claws and sharp beaks aren't meant for hunting corn!

Organic can also refer to avoiding antibiotics. Chicken labelled organic must also be free range although verification inspections are random and free range is a questionable term.

Does the US allow hormones in chickens?

No, these are banned. Labeling that says Hormone Free means nothing....

How about Vegetarian Feed?

A few growers allow animal protein and fat in their feed, but most feed is corn and soy and therefore vegetarian. Of course, chickens are not vegetarians so this is not a selling point to me!

Why should I *avoid* Omega-3 enhanced eggs?

Dr. Mercola states this: " AVOID ALL omega-3 eggs, as they are some of the least healthy for you. These eggs typically come from chickens that are fed poor-quality sources of omega-3 fats that are already oxidized. Also, omega-3 eggs perish much faster than non-omega-3 eggs". Surprising – right?

All Natural? This merely means that nothing has been added.... All eggs are natural. It's only when you get to the meat that things can be added.

Farm Raised? All chickens are raised on "farms" but if the term is used on a menu it often denotes a local grower. Ask!

A Campaign for Real Milk Brochure

 realmilk.com/brochures/real-milk-brochure/

A Campaign for Real Milk Pasture-Fed * Unprocessed * Full-Fat

A Campaign for Real Milk is a project of The Weston A. Price Foundation, PMB 106-380, 4200 Wisconsin Avenue, NW Washington, DC 20016.

For sources of Real Milk call (202) 363-4394 or visit www.realmilk.com.

What Is Real Milk?

Real Milk comes from real cows.

The source of most commercial milk is the modern Holstein,* bred to produce huge quantities of milk—three times as much as the old-fashioned cow. She needs special feed and antibiotics to keep her well. Her milk contains high levels of growth hormone from her pituitary gland, even when she is spared the indignities of genetically engineered Bovine Growth Hormone to push her to the udder limits of milk production.

**Please note, there are farmers who produce excellent “Real Milk” using older lines of Holsteins and Holstein crosses (Holsteins who can survive on grass are “old-fashioned”). It is the modern commercial Holstein, bred only for quantity, not quality, and pumped full of hormones and antibiotics, that should be avoided. Know your supplier! Ask questions!*

Join A Campaign for Real Milk: Buy only milk from old-fashioned breeds of cows, such as but not limited to Jerseys, Guernseys, Red Devons, Brown Swiss, Milking Shorthorns, Dutch Belted, or older genetic lines of Holsteins, or from goats or sheep. (Or, depending on what part of the world you live in, from llamas, camels, mares, donkeys, water buffalo, or reindeer!)

Real Milk comes from real cows that eat real feed.

Real feed for cows is green grass in Spring, Summer and Fall; stored dry hay, silage, hay and root vegetables in Winter. It is not soy meal, cottonseed meal or other commercial feeds, nor is it bakery waste, chicken manure or citrus peel cake, laced with pesticides. Vital nutrients like vitamins A and D, and Price’s “Activator X”

(a fat-soluble catalyst that promotes optimum mineral assimilation, now believed to be vitamin K2) are greatest in milk from cows eating green grass, especially rapidly growing green grass in the spring and fall. Vitamins A and D are greatly diminished, and Activator X disappears, when milk cows are fed commercial feed. Soy meal has the wrong protein profile for the dairy cow, resulting in a short burst of high milk production followed by premature death. Most milk (even most milk labeled “organic”) comes from dairy cows that are kept in confinement their entire lives and never see green grass!

Real Milk is not pasteurized.

Pasteurization destroys enzymes, diminishes vitamin content, denatures fragile milk proteins, destroys vitamins C, B12 and B6, kills beneficial bacteria, promotes pathogens and is associated with allergies, increased tooth decay, colic in infants, growth problems in children, osteoporosis, arthritis, heart disease and cancer. Calves fed pasteurized milk do poorly and many die before maturity. Raw milk sours naturally but pasteurized milk turns putrid; processors must remove slime and pus from pasteurized milk by a process of centrifugal clarification. Inspection of dairy herds for disease is not required for pasteurized milk. Pasteurization was instituted in the 1920s to combat TB, infant diarrhea, undulant fever and other diseases caused by poor animal nutrition and dirty production methods. But times have changed and modern stainless steel tanks, milking machines, refrigerated trucks and inspection methods make pasteurization absolutely unnecessary for public protection. And pasteurization does not always kill the bacteria for Johne’s disease suspected of causing Crohn’s disease in humans with which most confinement cows are infected. Much commercial milk is now ultra-pasteurized to get rid of heat-resistant bacteria and give it a longer shelf life. Ultra-pasteurization is a violent process that takes milk from a chilled temperature to above the boiling point in less than two seconds. Clean raw milk from certified healthy cows is available commercially in several states and may be bought directly from the farm in many more. (Sources are listed on www.realmilk.com.)

Real Milk is not homogenized.

Homogenization is a process that breaks down butterfat globules so they do not rise to the top. Homogenized milk has been linked to heart disease.

Real Milk contains butterfat, and lots of it!

Average butterfat content from old-fashioned cows at the turn of the century was over 4% (or more than 50% of calories). Today butterfat comprises less than 3% (or less than 35% of calories). Worse, consumers have been duped into believing that low-fat and skim milk products are good for them. Only by marketing low-fat and

skim milk as a health food can the modern dairy industry get rid of its excess poor-quality, low-fat milk from modern high-production herds. Butterfat contains vitamins A and D needed for assimilation of calcium and protein in the water fraction of the milk. Without them protein and calcium are more difficult to utilize and possibly toxic. Butterfat is rich in short- and medium chain fatty acids which protect against disease and stimulate the immune system. It contains glyco-sphingolipids which prevent intestinal distress and conjugated linoleic acid which has strong anticancer properties.

Real Milk contains no additives.

Powdered skim milk, a source of dangerous oxidized cholesterol and neurotoxic amino acids, is added to 1% and 2% milk. Low-fat yogurts and sour creams contain mucopolysaccharide slime to give them body. Pale butter from hay-fed cows contains colorings to make it look like vitamin-rich butter from grass-fed cows. Bioengineered enzymes are used in large-scale cheese production. Many mass produced cheeses contain additives and colorings and imitation cheese products contain vegetable oils.

Real Milk can save family farms.

Pasteurization laws favor large, industrialized dairy operations and squeeze out small farmers. When farmers have the right to sell unprocessed milk to consumers, they can make a decent living, even with small herds.

Why a Campaign for Real Milk?

Back in the 1970s, a couple of blokes were sitting in an English pub, bemoaning the consolidation of the brewing industry in England and the decline of British beer and ale. A commodity that represented the soul of Britain—carefully brewed ales from countless small-scale manufacturers, each with a distinctive color and taste—had been edged out by the insipid canned beers of a few large monopolistic breweries. What was needed, they decided, was a return to traditional brewing methods. They launched *A Campaign for Real Ale*, which soon became the force that turned back the mega-brewers and reinstated varied and delicious ales to English tables and pubs.

Back in the 20s, Americans could buy fresh raw whole milk, real clabber and buttermilk, luscious naturally yellow butter, fresh farm cheeses and cream in various colors and thicknesses. Today's milk is accused of causing everything from allergies to heart disease to cancer, but when Americans could buy Real Milk, these diseases were rare. In fact, a supply of high-quality dairy products was considered vital to American security and the economic well being of the nation.

Real Milk—Nature's Perfect Food

Galen, Hippocrates, Pliny, Varro, Marcellus Empiricus, Bacchis and Anthimus, leading physicians of their day, all used raw milk in the treatment of disease. During the 1920s, Dr. J. E. Crewe of the Mayo Foundation used a diet of raw milk to cure TB, edema, heart failure, high blood pressure, prostate disease, urinary tract infections, diabetes, kidney disease, chronic fatigue and obesity. Today, in Germany, successful raw milk therapy is provided in many hospitals.

Studies show that children fed raw milk have more resistance to TB than children fed pasteurized milk (*Lancet*, p 1142, 5/8/37); that raw milk is very effective in preventing scurvy and protecting against flu, diphtheria and pneumonia (*Am J Dis Child*, Nov 1917); that raw milk prevents tooth decay, even in children who eat a lot of sugar (*Lancet*, p 1142, 5/8/37); that raw milk is better than pasteurized milk in promoting growth and calcium absorption (*Ohio Agricultural Experiment Station Bulletin* 518, p 8, 1/33); that a substance present in raw cream (but not in pasteurized cream) prevents joint stiffness and the pain of arthritis (*Annual Review of Biochemistry*, 18:435, 1944); and that children who drink raw milk have fewer allergic skin problems and far less asthma than children who drink pasteurized milk (*Lancet* 2001 358(9288):1129-33).

The Dirty Secrets of 'Clean' Labels

By Brenda Goodman, MA

July 23, 2015 –

Consumers have become deeply distrustful of their food. There's Samantha Adams, who had her "aha moment" when she happened to read the label of the barbecue sauce she was feeding her 1-year-old. "I couldn't believe the No. 1 ingredient was high-fructose corn syrup," says Adams, 30, who lives in Jackson, N.J. "I had no idea that things were like that. That food was made up of not-real ingredients."

Adams started scrutinizing food labels. She deeply researched each food ingredient she'd never heard of, began shopping more carefully, and started cooking more meals at home. She even started writing articles about food for her local paper, the Asbury Park Press.

"My new motto is count chemicals, not calories," she says.

More consumers like Adams are steering clear of unfamiliar or worrisome ingredients on food labels. A survey last year by the Nutrition Business Journal found that high-fructose corn syrup tops consumers' least-wanted list. No. 2 was partially hydrogenated oils or "trans fats."

"It boils down to one thing: Consumers don't trust companies anymore," says Lynn Dornblaser, director of Innovation and Insight for the market research firm Mintel.

Mintel recently surveyed grocery shoppers. Only 38% said they trust what companies say about their products on food labels. "That's 62% who don't," she says.

Food companies have noticed. The latest strategy to win back wary shoppers can be summed up in one word: simple. Pillsbury has a new line of Purely Simple baking mixes. Kroger has a Simple Truth line of store brand foods. Keebler has Simply Made cookies.

Names of things that sound like they'd be used by chemists, rather than home cooks, are being whisked off the ingredient labels of processed foods -- which now account for 70% of the American diet. Ingredient lists are being made as short, easy to pronounce, and understand as possible.

In the food industry, this is called "clean labeling." And big companies are racing to do it. In recent weeks, Kraft said it would take artificial colors and preservatives out of its iconic mac & cheese. Nestle is chucking artificial colors and flavors out of its chocolates. General Mills will purge artificial colors and flavors from its cereals.

In some cases, industry experts say companies are genuinely trying to make more wholesome products. But in others, they say these clean-label ingredient swaps are more about marketing food than really making it healthier. And there are some signs that the rush to

make highly processed foods seem pure and basic may be causing problems for vulnerable consumers, like people with food allergies.

“The ingredients listed become a marketing tool, which I don’t think they are intended to be,” says Tom Neltner, chemicals policy director at the Environmental Defense Fund.

Companies Decide What Is Safe, Not FDA

How did we get here? It starts with four letters: GRAS.

The FDA has long used the designation “generally recognized as safe” as a way to quickly exempt common and widely used food additives, like vinegar, from rigorous and sometimes lengthy formal safety reviews, which were required of new ingredients or old ingredients that were used in new ways.

And until the late 1990s, the GRAS designation was mostly used for tried-and-true ingredients like vinegar that had long been in the food supply.

But in 1997, amidst budget cuts and industry grumbling that the FDA was taking too long to approve new ingredients, the agency proposed a new system.

It now allows food companies to review their own new ingredients and decide what’s safe. They can submit those reviews to the FDA for acceptance, but it's not required by law.

Food manufacturers embraced the changes, speeding new ingredients into food with little oversight. How big is the problem? In February 2013, the Pew Charitable Trusts published an in-depth report about gaps in food safety.

They estimated that out of 10,000 ingredients in processed foods, the FDA has not reviewed the safety of about 3,000.

Roughly 2,000 of those are flavors that were deemed safe by an industry association. The FDA monitors those decisions but does not extensively review them. Another 1,000 additives have been called safe by food companies and used without any notice to the FDA at all.

“It’s become a very loose system where companies can put kind of anything they want, practically, into the food supply,” says Michael Jacobson, PhD, executive director of the nonprofit Center for Science in the Public Interest (CSPI).

That’s what happened with an ingredient called high-fructose corn syrup-90.

No High-Fructose Corn Syrup?

Dave Busken is a technical baker for a company called Oak State Products in Wenona, IL. They make baked goods like cookies for big food manufacturers.

Companies come to him when they want to clean up their food labels. He says there's one switch that's become pretty common in processed cereals and baked goods.

"You take out high-fructose corn syrup," he says, "and replace it with fructose."

High-fructose corn syrup is a sweetener that is combination of two simple sugars, glucose and fructose, and it has those sugars in about the same ratio that's found in ordinary table sugar.

Fructose is also found in fruit, but not in such a concentrated and simplified form as found in high-fructose corn syrup. The sweetener ran into trouble when researchers began to question whether it was a good idea to be eating so much of it in processed foods and drinks. Experts disagree, though, on whether high-fructose corn syrup is any healthier than regular sugar.

Some scientific evidence suggests that calories from fructose are more easily stored as fat than glucose. And fructose may also raise levels of harmful blood fats more than glucose does. The fear is that eating too much fructose may set the body on a path to obesity, insulin resistance, and diabetes.

The "cleaner" sounding ingredient "fructose" actually has far more of that sugar than the unpopular sweetener it's replacing: It's 90% fructose compared to the 43% to 55% that's legally allowed in high-fructose corn syrup, according to the Corn Refiners Association.

"Boy, is that misleading," says Kimber Stanhope, PhD, who has done some of the studies on fructose. She's an associate researcher of molecular bioscience at the University of California at Davis.

And it's in foods today even though the FDA in 1996 specifically declined to recognize the higher formulation, HFCS-90, as safe. That was in part because it contains so much more fructose than glucose.

"Additional data on the effects of fructose consumption that is not balanced with glucose consumption would be needed to ensure that this product is safe," says the FDA action, which is signed by William K. Hubbard, who was then the associate commissioner for policy coordination.

Despite this action, food manufacturers are able to use HFCS-90 in their products. According to the FDA, a food manufacturer has on its own declared the ingredient as safe, without providing its research to the agency. That's legal.

“The law does not require that the FDA review independent GRAS determinations,” says Lauren Sucher, an FDA spokesperson, in an email to WebMD.

In these cases, it’s also up to the food company to decide how to list the ingredient on labels.

Melissa Grzybowski, a U.S. regulatory and nutrition specialist for the Food Consulting Company, says this gives companies “wobble room” on the wording of their food labels. “It’s always about marketing with food companies,” Grzybowski says.

The Grocery Manufacturers Association did not address whether clean labeling is often more about marketing than making better food. “We don’t have much to offer on this point,” says Brian Kennedy, a GMA spokesman. Kennedy says that, in general, “GMA agrees with and supports federal laws requiring food labels to be truthful and non-misleading.”

In February, CSPI and three other consumer advocacy organizations called on the FDA to overhaul the GRAS system, saying it violates the 1958 law that requires the FDA to determine ingredients are safe before they are added to the food we eat.

We asked the FDA if they believe the GRAS process is working as well as it should. “The agency is concerned that some companies may be making independent GRAS determinations for substances that are not in fact GRAS,” says Megan McSeveney, an FDA press officer, in an email to WebMD.

“We continue to encourage companies to notify us about food ingredients they have independently determined as GRAS so that we have the opportunity to discuss with them any questions we may have about the basis for these determinations,” she says.

She also says the agency was working to finalize a regulation on the voluntary GRAS program by August 31, 2016. But consumer groups say that keeping the safety process voluntary doesn’t adequately protect the public.

Jacobson points out that the FDA just took action on partially hydrogenated oils, or trans fats, formally revoking their GRAS status a full 10 years after they were required to be listed on food labels.

“There we were talking about tens of thousands of deaths per year,” he says. “That’s major.”

From Trans Fats Back to ‘Tropical Oils’

Now that partially hydrogenated oils are on their way out of foods, companies are scrambling to find clean-label replacements. Some experts believe the kinds of fats food makers are switching to may not be any better for us.

The problem with trans fats is that they raise levels of bad cholesterol in the blood more than other kinds of fats. They also seem to lower levels of good cholesterol.

Take palm oil. It's become one of the leading replacements for partially hydrogenated fats. The latest numbers from the USDA show Americans ate roughly five times more palm oil in 2014 than we did in 2001 -- some 2.6 billion pounds.

But at 51% saturated fat, palm oil has more of these heart-clogging fats than lard, which is 43% saturated fat.

While some studies, mostly sponsored by the Malaysian Palm Oil Board, show that the saturated fat in palm oils isn't as harmful as saturated fats from other sources, other carefully controlled studies have raised red flags.

A 2006 study sponsored by the USDA found that partially hydrogenated oil and palm oil raised both total cholesterol and LDL, or "bad" cholesterol, to about the same degree, leading the study authors to conclude that swapping palm for partially hydrogenated oils wouldn't be a safe switch.

Another type of fat making its way into processed food is interesterified fat, which, like partially hydrogenated fat, isn't found in nature. K.C. Hayes, PhD, a researcher at Brandeis University, studies interesterified fats. Hayes thinks they may prove to be as bad as trans fats.

"I don't think we know nearly enough about the fats we're actually consuming," says Sarah Berry, a researcher who studies interesterified fats at King's College in London.

What's more, she says, you couldn't necessarily avoid them just by looking at food labels. "The label might say something like soybean oil and fully hydrogenated soybean oil. You would not know" that it's been interesterified, she says.

Uncured Meat -- All Bologna?

Another popular clean-label switch is to remove nitrates, or nitrite preservatives, from processed meats like bacon, hot dogs, and cold cuts. Several studies have shown that people who eat a lot of processed meats have higher risks for heart disease and cancer.

Some researchers think nitrates, which are used to keep meat pink and fresh-looking, combine with chemicals in the meat to form nitrosamines, which are recognized carcinogens.

Food writer Michael Ruhlman noticed that packages of processed meats labeled uncured or without nitrates still had a pink color.

Ruhlman started poring over the ingredient labels of uncured meats, and they all had something in common: celery extract.

Celery is loaded with nitrates. But as long as a meat doesn't contain sodium nitrite, the chemical form of the preservative, the USDA allows manufacturers to call their products uncured.

"It's a marketing ploy, pure and simple," Ruhlman says.

And it doesn't mean the meats have less nitrite in them, according to Jimmy Keeton, a researcher at Texas A&M University in College Station.

He tested 470 different meat products. Some were labeled as uncured organic, or natural, while others were conventionally cured. There were no significant differences in the nitrite concentrations between the products.

"I like people to understand and think clearly about food, and here, no one is thinking clearly about food. They're just buying what the marketers are selling them," he says.

He says he hopes big food companies will just make better products.

Neltner hopes so, too.

"I don't believe, when I look back to the history of ingredient list requirements, that the goal was for that to be a marketing tool," Neltner says. "Everything in food should be safe. I wish I could say that. We're not there yet."

Hidden Names For MSG And Free Glutamic Acid:

Names of ingredients that always contain processed free glutamic acid.

- Glutamic Acid (E 620)2
- Glutamate (E 620)
- Monosodium Glutamate (E 621)
- Monopotassium Glutamate (E 622)
- Calcium Glutamate (E 623)
- Monoammonium Glutamate (E 624)
- Magnesium Glutamate (E 625)
- Natrium Glutamate
- Yeast Extract
- Anything hydrolyzed
- Any hydrolyzed protein
- Calcium Caseinate
- Sodium Caseinate
- Yeast Food
- Yeast Nutrient
- Autolyzed Yeast
- Gelatin
- Textured Protein
- Soy Protein Isolate
- Whey Protein Isolate
- Anything :protein
- Vetsin
- Ajinomoto

Names of ingredients that often contain or produce processed free glutamic acid

- Carrageenan (E 407)
- Bouillon and broth
- Stock
- Any flavors or flavoring
- Maltodextrin
- Citric acid, Citrate (E 330)
- Anything ultra-pasteurized
- Barley malt
- Pectin (E 440)
- Protease
- Anything enzyme modified
- Anything containing enzymes
- Malt extract
- Soy sauce
- Soy sauce extract
- Anything protein fortified
- Seasonings

Glutamic acid found in unadulterated “whole food” protein does not cause adverse reactions. To cause adverse reactions, the glutamic acid must have been processed/manufactured or come from protein that has been fermented.

Protein Powders: Be Selective

Unfortunately, many protein powders contain forms of soy and whey protein, as listed above, that will always contain processed free glutamic acid. Since free glutamic acids are a product of processing proteins, it can be tricky to find a protein powder that does not potentially contain them. The key is the amount or concentration of these glutamates in each product, as well as gauging your own personal level of sensitivity and ability to break them down, that becomes the issue.

Don't Stress – Just Eat Whole Foods!

A list so long can be overwhelming, and can provoke the feeling of, what is there left to eat? When trying to avoid MSG, the main focus should be on a diet of whole, unprocessed foods including vegetables, grains, legumes, fruits, nuts and seeds, organic and grass-fed meats, and organic dairy. Make sure your proteins are clean, preferably organic and grass-fed, and cook them at home or enjoy them at a restaurant whose practices you support, rather than eating excess processed foods.

After looking at the above list a few times, you'll get the hang of which kind of ingredient names connote MSG, and easily avoid them. As Jack Lalanne advised, 'Don't eat anything with a wrapper! And if you can't do that, try to avoid processed foods with more than five whole-food ingredients'.