



THE
ORGANIC
CENTER

Tipsheet FOR DAIRY

NOT ALL MILK IS CREATED EQUAL



[Learn about
the organic
difference](#)

DAIRY HAS A WIDE RANGE OF BENEFITS FOR HEALTH

Dairy is an excellent [source of protein and important vitamins and minerals](#), including some that are often under-consumed such as calcium, potassium and [Vitamin D](#).

Dairy [promotes healthy growth](#) in children by providing key nutrients that are required to build [strong bones and muscles](#).

Dairy consumption has been linked with [lower risk of obesity and bone fractures](#), [especially in children](#).

The [risk of heart disease and stroke may actually be decreased](#) by dairy consumption.



Why Choose Organic Dairy?

- ✓ [Avoid synthetic growth hormone and pesticide residues.](#)
- ✓ [Help prevent antibiotic-resistant diseases.](#)
- ✓ [Incorporate higher levels of heart-healthy omega-3 fatty acids, antioxidants, and minerals into your diet.](#)
- ✓ [Contribute to mitigating climate change.](#)
- ✓ [Prioritize the health and natural behavior of livestock.](#)

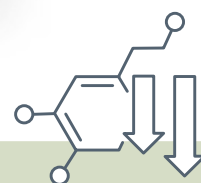
ORGANIC DAIRY RESTRICTS PESTICIDE, ANTIBIOTIC AND SYNTHETIC GROWTH HORMONE EXPOSURE

[A groundbreaking study found that:](#)

- ✧ [Growth hormone levels](#) were 20 times lower in organic compared to conventional.
- ✧ Up to 60% of conventional milk samples tested positive for [commonly used pesticides](#) (including atrazine, chlorpyrifos, cypermethrin, diazinon, hexachlorobenzene, and permethrin) with no residues found in organic samples.

- ✧ Organic samples did not have any detectable levels of [antibiotics](#), but up to 60% of conventional samples showed antibiotic residue levels.

[60% to 80%](#) of conventional livestock receive synthetic antibiotics. Over half are the same drugs prescribed to humans. When bacterial resistance occurs in animals, it can lead to [resistance in human populations too](#).



Tip

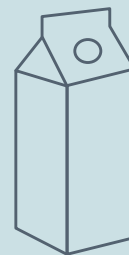
Check out our [chemical avoidance calculator](#) to see how much organic dairy production can reduce chemical use!

ORGANIC MILK contains more of the good omega-3 fatty acids, more antioxidants, and higher nutrient and mineral content than conventional milk.

Most Americans are getting too much **omega-6** in their diets and too little **omega-3**. This imbalance has been linked with several diseases such as cardiovascular disease, asthma, osteoporosis, breast cancer, and prostate cancer.

- ✧ Organic milk contains 25% fewer omega-6 and 62% more omega-3 than conventional milk.
- ✧ Milk from cows that eat more grass and legume-based forages has been shown to have more omega-3s and fewer omega-6s.

Organic milk has **more** minerals and antioxidants than conventional, such as higher concentrations of iron, vitamin E, selenium and carotenoids.



Snack on organic yogurt for a delicious health boost!



ORGANIC DAIRY CAN HELP MITIGATE CLIMATE CHANGE

Organic dairy cows require a minimum of 120 days on pasture with at least 30% of their diet from grazing, and 100%-certified organic supplemental feed, resulting in better health for cows, less energy use and lower greenhouse gas emissions (GHGs).

Grazing systems sequester carbon and improve soil quality, whereas intensive, non-pasture-based systems do not.

Grazing-based dairy production reduces both methane and nitrous oxide by relying less on manure storage in lagoons that release GHGs.



Eating organic on a budget is possible! Use SNAP benefits at your local grocery store or farmer's market to purchase organic milk, cheese and yogurt.

Choosing organic dairy is a simple way to invest in your health, protect the environment and support sustainable farming practices.

Look for the USDA Organic label to ensure your dairy products meet the highest standards!

