



*Local solutions.
Planet healthy.*

Low Hanging Fruit Easy Switches

Transfat

Transfats increase the risk of coronary disease, raise bad cholesterol and lower good cholesterol. Transfat is found in many unexpected items. It's not just in Margarine; it is in cakes, cookies, muffins and almost any preprocessed baked goods including mixes. There are many alternatives such as real butter and other lower cost alternatives. Any food distributor should be able to provide a list of items they offer that do not include Transfat.

High Fructose Corn Syrup (HFCS)

HFCS is made from genetically modified corn and is grown in huge monocultures that are extremely detrimental to the environment. It also takes a more calories to create the same sweetness taste. HFCS is found in many things from salad dressings to refried beans. Take a look at the preprocessed ingredient labels and switch the ones that contain HCFS out for products that contain natural ingredients.

Artificial Growth Hormones

rBST and other artificial hormones increase milk production by at least 10%, a 40% reduction in fertility and 55% increase in lameness. It is not only a health risk for us but also for the cows and the dairy industry. It is very easy to find milk that does not contain these hormones. Most large distributors now offer fairly good milk products and it this is an easy switch.