

# Grass Fed Dairy Study Shows How Much Better It Really Is

According to a recent study<sup>1</sup> published in Food Science & Nutrition, cows fed a diet based on 100 percent organic grass and legumes produce milk with more omega-3 and conjugated linoleic acid (CLA, another extraordinarily heart-healthy fatty acid), which provides a substantially healthier balance of fatty acids. The improved fatty acid profile in grass fed organic milk and dairy products brings the omega-6 to omega-3 ratio to a near 1-to-1, compared to 5.7-to-1 in conventional whole milk.