

WALLET SHOPPING GUIDE

001. Cut out the card along the black dotted line.
002. Fold along this line first.
003. Then fold along these lines, they will line up preceding 002.
004. A little shopping guide, just for you.

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injected into dairy cows to increase their milk production.

Ultrapasteurized: Higher temperatures and longer treatment times are used to pasteurize Milk. The industry says this is necessary because many microorganisms have become heat resistant and now survive ordinary pasteurization. The Milk is virtually sterile. The word is written in very small letters and the Milk is sold in the refrigerator section even though it can be kept unrefrigerated until opened.

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www.MilkisGross.com
so don't buy it. instead, try these:

Milk Alternatives

any brand of Soy, Rice, or Nut Milks

For Dessert Recipes

try Almond, Coconut or Oat Milk

Buttermilk

one cup of Soy Milk with one tablespoon of vinegar

Coffee Creamer

Silk makes a variety of tasty creamers

Cheese Alternatives

- Follow Your Heart brand
- Tofutti brand
- www.imEarthKind.com
- www.chreese.com
- www.galaxyfoods.com

Cottage or Ricotta Cheese

crumbled, seasoned tofu

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Parmesan Cheese

- Soymage brand Vegan Parmesan Cheese
- nutritional yeast flakes

Yogurt

- Silk brand vegan yogurts
- Whole Soy brand vegan yogurts
- Stonyfield Farm O'Soy brand yogurts
- www.nancysyogurt.com

IceCream

- Soy Delicious brand
- Soy or Rice Dream brand
- Tofutti brand
- www.turtlemountain.com
- www.tastethedream.com

Butter

- sauté in water or vegetable broth instead
- switch to vegetable margarines and oils
- extra virgin coconut oil
- www.earthbalance.net

DEFINITIONS

Homogenization: A process that breaks up the fat globules and evenly distributes them throughout the milk so that they do

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not rise. This process unnaturally increases the surface area of fat exposing it to air. Homogenization has been linked to heart disease and atherosclerosis.

Organic: Must be certified by a USDA-approved food-certifying agency. Organic foods cannot be grown using synthetic fertilizers, chemicals, or sewage sludge, cannot be genetically modified, and cannot be irradiated. Organic meat and poultry must be fed only organically-grown feed (without any animal by-products) and cannot be treated with hormones or antibiotics.

Pasteurization: A process of heat treating Milk to kill bacteria. Not only does pasteurization kill the friendly bacteria, it also greatly diminishes the nutrient content of Milk. Pasteurization destroys lipase (an enzyme that breaks down fat), which impairs fat metabolism and the ability to properly absorb fat soluble vitamins A and D. (The dairy industry is aware of the diminished vitamin D content in commercial milk, so they fortify it with a form of this vitamin.)

rBGH: Recombinant Bovine Growth Hormone, also called recombinant Bovine Somatotropin (rBST). This is a genetically engineered hormone that is

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