

# Organic? Non-GMO? Natural?

Use this chart to distinguish between Organic, Non-GMO, Natural and Conventional

<b>How food is grown/farm practices</b>	<b>Organic</b>	<b>Non-GMO</b>	<b>Natural</b>	<b>Conventional</b>
Toxic and persistent pesticides / herbicides	Not allowed	Allowed	Allowed	Allowed
Synthetic growth hormones	Not allowed	Allowed	Allowed	Allowed
Antibiotics	Not allowed	Allowed	Allowed	Allowed
GMOs	Not allowed	No	Allowed	Allowed
Petroleum-based fertilizers	Not allowed	Allowed	Allowed	Allowed
Sludge and irradiation	Not allowed	Allowed	Allowed	Allowed
Animal welfare requirements	Yes	No	No	No
Audited from farm to table	Yes	No	No	No
Certification required, including inspections	Yes	No	No	No
Animals on pasture for pasture season	Yes	No	No	No