Organic, Grass Fed, and Free Range: Label Deciphering

Organic Food Claims		
100% Organic	Made of products that are completely organic or of only organic ingredients; qualify for this claim by obtaining a USDA Organic Seal	USDA ORGANIC 100% Organic
Organic	Made with at least 95% organic ingredients; qualify for this claim by obtaining a USDA organic seal	USDA ORGANIC Organic
Made with Organic Ingredients	Made of 70% organic ingredients; qualify for this claim by certifying organic but cannot use the USDA seal	Made with Organic Ingredients