

CONSUMERS' GUIDE to rBGH (rBST) -FREE DAIRY PRODUCTS

If you consume dairy products, Oregon Physicians for Social Responsibility recommends buying products from cows NOT injected with recombinant bovine growth hormone (rBGH or rBST). It increases disease rates in cows and has been linked to possible increases in cancer and antibiotic resistance in humans. It is disallowed in Canada, Australia, New Zealand, Japan and all 25 nations of the European Union.

These brands allow the use of rBGH in their products: **Albertson's, Andersen** and **Western Family**.

Some brands are split: **Tillamook** cheese is produced rBGH-free, but not their other dairy products. **Umpqua** milk is rBGH-free, but not their ice cream. **Safeway** Dairy Glen and Lucerne milk (in the Northwest) is rBGH-free, but not their other dairy products. Most **Darigold** milk is rBGH-free, but not all. **Darigold** yogurt is rBGH-free, but not other dairy products.

There are two categories of rBGH-free products – organic and conventional. The best thing to do is LOOK AT THE LABEL. Conventional rBGH-free brands are typically labeled “rBGH-free,” “rBST-free” or “no artificial hormones.” **Brands in the table below have policies against the use of rBGH.** *Please note: Local, independent food co-ops and natural food stores, not listed below for space reasons, often have a wide variety of rBGH-free products. This includes stores carrying organic products.*

rBGH-FREE MILK

rBGH-FREE BRAND	ORGANIC?	STORE(S) AVAILABLE (Note: Some brands are not available at all store locations)
Alpenrose	No	Albertson's, New Seasons, QFC, Thriftway, Zupan's
Eberhard's	No	Albertson's, Fred Meyer, Ray's, Safeway, Sentry
Fred Meyer/Mountain Dairy	No	Fred Meyer
Horizon	Yes	Albertson's, Fred Meyer, QFC, Safeway, Wild Oats
Lochmead	No	Dari-Mart
Mallories	No	BP Mini-marts, Food For Less, Roth's IGA, Shopping Cart, Thriftway
Market of Choice	No	Market of Choice
Noris	Yes	New Seasons
Organic Valley	Yes	Albertson's, Fred Meyer, Haggen's, New Seasons, QFC, Roth's IGA, Thriftway, Whole Foods, Wild Oats, Zupan's
Pacific Village	Yes	New Seasons
Safeway – Dairy Glen & Lucerne	No	Safeway
Stremick's Heritage	Yes	Winco
Sunshine	No	Grocery Outlet, New Seasons, Whole Foods, Wild Oats
Trader Joe's	Org. and Non-org.	Trader Joe's
Umpqua	No	Market of Choice
Wilcox	Org. and Non-org.	Costco, Haggen's, QFC, 7-11, Wal-Mart

rBGH-FREE BUTTER

Beecher's	No	Zupan's
Eberhard's	No	Albertson's, Fred Meyer, Ray's, Safeway, Sentry
Horizon	Yes	Fred Meyer, Haggen's, New Seasons, Safeway, Thriftway, Wild Oats
Organic Valley	Yes	Albertson's, Fred Meyer, Haggen's, New Seasons, Wild Oats, Zupan's
Pacific Village	Yes	New Seasons
Rose Valley	Org. and Non-org.	Roth's IGA, Thriftway, Zupan's
Trader Joe's	Org. and Non-org.	Trader Joe's
Whole Foods 365	No	Whole Foods
Woodstock	Yes	New Seasons

rBGH-FREE CHEESE

Note: Below is a sample of rBGH-free cheeses. Cheeses from Canada and any European Union nation are rBGH-free, though not usually labeled.

rBGH-FREE BRAND	ORGANIC?	STORES AVAILABLE
Bravo Farms	No	New Seasons, Wild Oats
Horizon	Yes	New Seasons, QFC, Safeway, Thriftway, Whole Foods, Wild Oats
Oregon Gourmet	No	Market of Choice, New Seasons, Whole Foods
Organic Valley	Yes	Albertson's, Fred Meyer, Haggen's, Market of Choice, New Seasons, Ray's Food Place, Roth's IGA, QFC, Thriftway, Whole Foods, Wild Oats, Zupan's
Rogue Creamery	Org. and Non-org.	Lamb's Markets, Market of Choice, New Seasons, Whole Foods
Tillamook	No	Most area stores
Trader Joe's (NOT ALL)	No	Trader Joe's
Whole Foods 365	No	Whole Foods
Willamette Valley	No	New Seasons

rBGH-FREE ICE CREAM

Ben & Jerry's	Org. and Non-org.	Albertson's, F. Meyer, Haggen's, N. Seasons, QFC, Safeway, Thriftway, Trad. Joe's, Whole Foods, Wild Oats, Zupan's
Double Rainbow	No	New Seasons, Roth's IGA, Trader Joe's, Whole Foods
Eberhard's	No	Albertson's, Fred Meyer, Ray's, Safeway, Sentry
Julie's Organic	Yes	New Seasons, Wild Oats
Lochmead	No	Dari-Mart
Stonyfield Farm	No	New Seasons, Wild Oats
Straus	Yes	Market of Choice
Wallaby	Yes	Thriftway
Whole Foods 365	No	Whole Foods

rBGH-FREE YOGURT

Brown Cow	No	Albertson's, Market of Choice, New Seasons, Safeway, Thriftway, Whole Foods, Wild Oats, Zupan's
Cascade Fresh	No	Food For Less, Fred Meyer, Haggen's, Market of Choice, New Seasons, QFC, Ray's Food Place, Roth's IGA, Thriftway, Wal-Mart, Wild Oats, Zupan's
Darigold	No	Albertson's, Food For Less, Ray's Food Place, Sentry, Thriftway
Horizon	Yes	New Seasons, Safeway, Wild Oats, Zupan's
Nancy's	Org. and Non- Org.	Albertson's, Fred Meyer, Haggen's, Market of Choice, New Seasons, Safeway, Thriftway, Wild Oats, Zupan's
Stonyfield Farm	Org. and Non-Org.	Albertson's, Fred Meyer, Haggen's, New Seasons, Safeway, Thriftway, Trader Joe's, Whole Foods, Wild Oats
Trader Joe's	Org. and Non-Org.	Trader Joe's
Wallaby	Yes	New Seasons, Whole Foods, Wild Oats
Wilcox	Org. and Non-Org.	Haggen's, QFC

THIS GUIDE IS ALSO AVAILABLE ON OREGON PSR'S WEBSITE: www.oregonpsr.org.