

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. Its use is disallowed in Canada, Australia, New Zealand, Japan and all 27 nations of the European Union.

There are two types 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.” *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	TYPE	STORE(S) AVAILABLE (Note: Some brands not available at all store locations)
Albertson's	Conventional	Albertson's
Alpenrose	Conventional	Albertson's, New Seasons, QFC, Thriftway, Zupan's
Andersen (includes Hy-Top)	Conventional	Winco
Darigold	Conventional	Albertson's, Food For Less, Ray's Food Place, Sentry, Thriftway, Winco
Eberhard's	Conventional	Albertson's, Fred Meyer, Ray's, Safeway, Sentry
Fred Meyer/Mountain Dairy	Conventional	Fred Meyer
Great Value	Conventional	Wal-Mart
Horizon	Organic	Albertson's, Fred Meyer, QFC, Safeway, Whole Foods
Kirkland	Both Org. and Con.	Costco
Lochmead	Conventional	Dari-Mart
Mallories	Conventional	BP Mini-marts, Food For Less, Roth's IGA, Shopping Cart, Thriftway
Market of Choice	Conventional	Market of Choice
New Seasons	Conventional	New Seasons
Noris	Organic	New Seasons
Organic Valley	Organic	Albertson's, Fred Meyer, Haggen's, New Seasons, QFC, Roth's IGA, Thriftway, Whole Foods, Zupan's
Pacific Village	Organic	New Seasons
Safeway – Dairy Glen & Lucerne	Conventional	Safeway
Stremick's Heritage	Organic	Winco
Sunshine	Conventional	Grocery Outlet, New Seasons, Whole Foods
Trader Joe's	Both Org. and Con.	Trader Joe's
Umpqua	Conventional	Market of Choice
Western Family (Pacific NW)	Conventional	Thriftway

rBGH-FREE BUTTER

Beecher's	Conventional	Zupan's
Challenge	Conventional	Albertson's, Fred Meyer, Haggen's, QFC, Thriftway, Wal-Mart, Winco
Darigold	Conventional	Albertson's, Food For Less, Ray's Food Place, Sentry, Thriftway
Eberhard's	Conventional	Albertson's, Fred Meyer, Ray's, Safeway, Sentry
Horizon	Organic	Fred Meyer, Haggen's, New Seasons, Safeway, Thriftway, Whole Foods
Organic Valley	Organic	Albertson's, Fred Meyer, Haggen's, New Seasons, Whole Foods, Zupan's
Pacific Village	Organic	New Seasons
Rose Valley	Both Org. and Con.	New Seasons, Roth's IGA, Thriftway, Whole Foods, Zupan's
Tillamook	Conventional	Most area stores
Trader Joe's	Both Org. and Con.	Trader Joe's
Whole Foods 365	Conventional	Whole Foods
Woodstock	Organic	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	TYPE	STORES AVAILABLE
Bravo Farms	Conventional	New Seasons, Whole Foods
Horizon	Organic	New Seasons, QFC, Safeway, Thriftway, Whole Foods
Oregon Gourmet	Conventional	Market of Choice, New Seasons, Whole Foods
Organic Valley	Organic	Albertson's, Fred Meyer, Haggen's, Market of Choice, New Seasons, Ray's Food Place, Roth's IGA, QFC, Thriftway, Whole Foods, Zupan's
Rogue Creamery	Both Org. and Con.	Lamb's Markets, Market of Choice, New Seasons, Whole Foods
Tillamook	Conventional	Most area stores
Trader Joe's (NOT ALL)	Conventional	Trader Joe's
Whole Foods 365	Conventional	Whole Foods
Willamette Valley	Conventional	New Seasons

rBGH-FREE ICE CREAM

Alden's, Julie's (Oregon Ice Cream Co.)	Organic	Fred Meyer, Whole Foods
Ben & Jerry's	Both Org. and Con.	Albertson's, F. Meyer, Haggen's, N. Seasons, QFC, Safeway, Thriftway, Trad. Joe's, Whole Foods, Zupan's
Double Rainbow	Conventional	New Seasons, Roth's IGA, Trader Joe's, Whole Foods
Eberhard's	Conventional	Albertson's, Fred Meyer, Ray's, Safeway, Sentry
Julie's Organic	Organic	New Seasons
Lochmead	Conventional	Dari-Mart
Stonyfield Farm	Organic	New Seasons, Whole Foods
Straus	Organic	Market of Choice
Tillamook	Conventional	Most area stores
Umpqua	Conventional	Albertson's, Food For Less, F. Meyer, Market of Choice, New Seasons, Roth's IGA, Thriftway, Wal-Mart, Winco
Wallaby	Organic	Thriftway
Whole Foods 365	Conventional	Whole Foods

rBGH-FREE YOGURT

Brown Cow	Conventional	Albertson's, Market of Choice, New Seasons, Safeway, Thriftway, Whole Foods, Zupan's
Cascade Fresh	Conventional	Food For Less, Fred Meyer, Haggen's, Market of Choice, New Seasons, QFC, Ray's Food Place, Roth's IGA, Thriftway, Wal-Mart, Whole Foods, Zupan's
Dannon	Conventional	Albertson's, Fred Meyer, QFC, Safeway
Darigold	Conventional	Albertson's, Food For Less, Ray's Food Place, Sentry, Thriftway
Horizon	Organic	New Seasons, Safeway, Whole Foods, Zupan's
Nancy's	Both Org. and Con.	Albertson's, Fred Meyer, Haggen's, Market of Choice, New Seasons, Safeway, Thriftway, Whole Foods, Zupan's
Stonyfield Farm	Organic	Albertson's, Fred Meyer, Haggen's, New Seasons, Safeway, Thriftway, Trader Joe's, Whole Foods
Sunshine	Conventional	New Seasons
Tillamook	Conventional	Most area stores
Trader Joe's	Both Org. and Con.	Trader Joe's
Wallaby	Organic	New Seasons, Whole Foods
Yami	Both Org. and Con.	Dari-Mart, New Seasons, Plaid Pantry, QFC
Yoplait	Conventional	Albertson's, Costco, Fred Meyer, Haggen's, New Seasons, QFC, Roth's IGA, Safeway, Thriftway, Zupan's