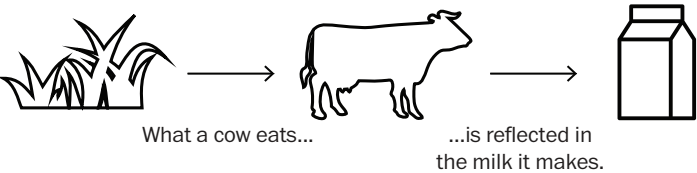


Does your milk come from grazing cows?

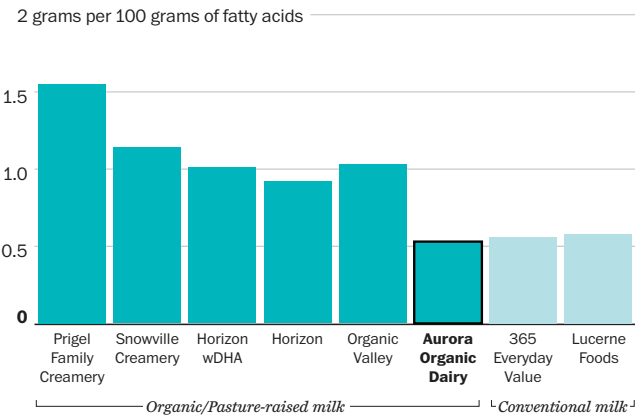
Under U.S. Department of Agriculture rules, cows are required to graze during grazing season. But how can anyone tell whether a cow has grazed? The process is simple.



Milk products from grass-fed cows contain elevated levels of certain milk substances, in particular, **Conjugated Linoleic Acid** (CLA). Levels of another substance, **alpha-Linolenic Acid**, also tend to be elevated, while levels of **Linoleic Acid** tend to be lower.

The Post asked Virginia Tech dairy scientists to analyze eight types of milk produced during grazing season.

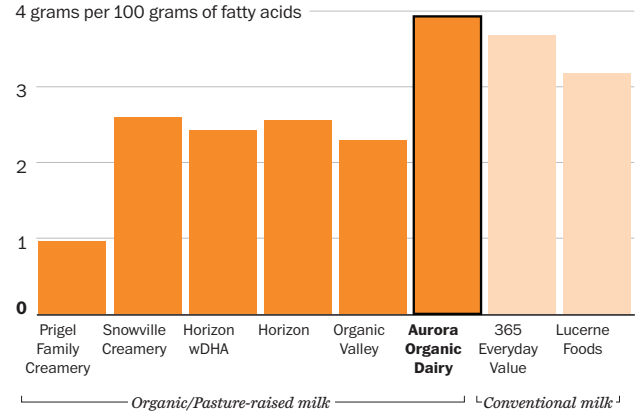
CONJUGATED LINOLEIC ACID



As expected, most of the organic or pasture-raised milks scored well for CLA, while the conventional milk scored lowest. One anomaly was the milk sample from **Aurora Organic Dairy**, which Walmart sold as its Great Value organic milk.

While the Aurora milk is approved as a "USDA Organic" product, it tested more like the conventional milks for CLA as well as Linoleic Acid.

LINOLEIC ACID



For alpha-Linolenic Acid, the Aurora milk ranked lower than the other organic and pasture-raised milk, but a bit higher than conventional milk.

ALPHA-LINOLENIC ACID

