



# POINTS TO CONSIDER

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## **ORGANIC AND CONVENTIONAL MILK ARE NUTRITIONALLY INDISTINGUISHABLE**

A series designed to correct  
mischaracterizations in selected  
publications regarding crops and foods  
improved through biotechnology

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## PRIMARY CLAIMS MADE:

Organic milk is nutritionally superior because of higher levels of  $\omega$ -3 fatty acids.

Source: [Organic Production Enhances Milk Nutritional Quality by Shifting Fatty Acid Composition: A United States–Wide, 18-Month Study](#) by Charles M. Benbrook, Gillian Butler, Maged A. Latif, Carlo Leifert, Donald R. Davis, PLOS ONE, December 9 2013

## REBUTTAL



**FACT: ORGANIC MILK DOES NOT HAVE HIGHER NUTRITIONAL VALUE**

- The central claim advanced in the title of the paper [is false and designed to mislead](#).
- Cows fed diets rich in pasture and forage have higher levels of  $\omega$ -3 fatty acids regardless of whether they are raised with organic or conventional practices.
- Similarly, organic milk derived from cattle fed on grain, which [the organic standard](#) permits, produces milk lacking the favorable fatty acid profile.
- Other [dietary sources of  \$\omega\$ -3 fatty acids](#) (e.g., salmon, walnuts, flaxseed, eggs from chickens fed high-omega-3 diets) are far superior in this regard than organic milk.

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