



### *Dr. Reeta's Milk Faves*

Dr. Reeta's choice is low-temperature pasteurized, non-homogenized milk. Low-temperature pasteurization kills harmful microbes while maintaining the integrity of natural compounds in the milk that allows us to digest it well. Dairy has been an excellent source of protein and vitamins A and D for thousands of years! Also, milk is a food, not a drink, and should be consumed in small quantities (6-8oz). These factors may allow even those who have had issues with cows' milk and are not actually lactose intolerant to enjoy dairy. Below is a list of Dr. Reeta's favorites.

#### **Mill-King**

McGregor, Tx family farm, grass-fed, pasture-grazed, no GMOs, herbicides or pesticides. Low temperature pasteurized and non-homogenized with a delicious Cream-Top.

**Available at HEB, Whole Foods and Central-City Co-op (420 e. 20th St.)**

#### **1836**

Terrell, Tx family farm, grass-fed, pasture-grazed, no GMOs, herbicides or pesticides. Low temperature pasteurized and non-homogenized with a delicious Cream-Top.

**Available at Kroger, Sprouts, Whole Foods and Central-City Co-op (420 E. 20th St.)**

-Home Delivery Available

#### **Kalona**

Farms mostly in Kalona, Iowa but a few in Bloomfield, Missouri and Illinois. Grass-fed, pasture-grazed on small family farms, no GMOs, herbicides or pesticides. Low temperature pasteurized and non-homogenized with a delicious Cream-Top.

**Available at HEB, Sprouts, Whole Foods and Central-City Co-op (420 E. 20th St.)**

