



The smackdown

FREE RANGE **VS** ORGANIC CHICKEN

The winner: organic In short, chicken labelled "organic" must meet stricter standards than poultry slapped with the "free range" tagline, says Kristen Beck, *WH* nutrition expert. "A claim of 'free range' in Australia only describes the environment chickens are kept (sans cages), but skims over farming processes – use of pesticides, antibiotics and types of feed," she says. "Organic chickens, on the other hand, are produced in a strict pesticide- and antibiotic-free environment and fed only organic food." Beck favours organic, as the term provides a clearer indication of the overall process in which the chicken was produced.