

# ORGANIC FOOD

Nutrition Tip

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# What is Organic Food?

Organic foods are food produced without the use of conventional pesticides, insecticides and herbicides. If livestock are involved, they must be reared without the routine use of antibiotics and without the use of growth hormones



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# Classification of Organic Foods

|                               |   |
|-------------------------------|---|
| 100 percent organic           | Products that are completely organic or made of all organic ingredients |
| Organic                       | Products that are at least 95% organic                                  |
| Made with organic ingredients | These are products that contain at least 70% organic ingredients.       |



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# Organic Vs Conventional

## Nutrition

No conclusive evidence shows that organic food is more nutritious than is conventionally grown food

## Quality

Organic fruits and vegetables spoil faster because they aren't treated with waxes and preservatives.



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## Pesticides

Some people buy organic food to limit their exposure to the residues of pesticides.

## Cost

Most organic food costs more than conventional food products due to more expensive farming practices and lower crop yields

## Taste

Some people say they can taste the difference between organic and conventional food, other can't. Taste is a subjective and personal consideration, so decide for yourself.



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