



South Central's Health on Blast

Is Organic Food Healthier?

There is scientific evidence that shows that organic food is better in quality than conventional food in various organic food items.

However, there is limited evidence to show it is superior, as stated by the FDA and USDA.

Proponents of Organic food give the following reasons you should consider organic over conventional food:

Organic food is not prepared using chemical fertilizers, it does not contain any traces of these strong chemicals and might not affect the human body in negative ways.

Recent research suggests that choosing organic food can lead to increased intake of nutritionally desirable antioxidants and reduced exposure to toxic heavy metals.

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- Organic crops have higher cancer fighting antioxidants levels than conventional crops.
- Organic crops have 48% lower levels of toxic metal cadmium than conventional crops.
- Pesticides used, composed of powerful chemicals like organophosphorus, have been connected to a number of developmental problems, including autism and ADHD.
- Foods from caged-free animals who graze have increased amounts heart-healthy fatty acids that can boost cardiovascular protection.
- Organic milk has 62% more healthy fatty omega-3 acids than conventional milk.
- Animals are fed antibiotics, this extra dose of antibiotics may actually be weakening our immune system by basically overdosing on antibiotics.

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You be the judge....

<https://www.organic-center.org/organic-fact-sheets/the-health-benefits-of-organic/>

<https://www.organicfacts.net/organic-products/organic-food/health-benefits-of-organic-food.html>