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About Organic Foods

Eating organic means that produce is grown without the use of pesticides, herbicides, and chemical fertilizers. Animal products such as meat, poultry, eggs, and dairy are not fed antibiotics or growth hormones.

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Conventional farming methods use pesticides, fertilizer, antibiotics, and growth hormones to mass-produce large quantities of food.

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It is claimed that organic crops

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contain more nutrients than non-organic foods. One analysis from Newcastle University that looked at 343 studies, for example, found that organic crops contained up...

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IFLScience

Organic food is a choice, but it is no safer or healthier than conventionally produced food. Organic food is worse for the environment due to increased use of fossil fuels to produce it, and decreased land productivity when

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organic methods are used.

*The Truth About Organic Foods:
Amazon.co.uk: Avery, Alex ...*

Organic foods offer benefits that nobody can refute. Farmers who grow organic fruits and vegetables steer clear of harsh

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and possibly toxic chemicals. Instead, they find other ways to control weeds, insects, and diseases. They use natural fertilizers rather than synthetic chemical fertilizers.

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Dr. Angela Carlson, ND

Organic foods may have higher nutritional value than conventional food, according to some research. The reason: In the absence of pesticides and fertilizers, plants boost their production of the...

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*Facts About Organic Foods - Pros
and Cons of Organic Produce*

The Bottom Line About Organic
Produce? The typical American
diet contains too much processed
food, too much animal protein
and not enough fruits and

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vegetables. We know definitively that how much plant vs. animal foods we eat has quantifiable effects on the development and...

*The Straight Truth About Organic
- UC Davis Integrative ...*

Organic corn has around 70

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percent of the yield of conventional corn. Organic rice has 59 percent of the yield of conventional rice.

The Dirty Truth About 'Organic' Produce

Eating organic food had no

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impact on participants' risk for premenopausal breast cancer, prostate cancer, colorectal cancer, or skin cancer. It was only associated with a reduced risk for...

The truth about organic food and

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cancer | Popular Science

Organic corn has around 70% of the yield of conventional corn.

Organic rice has 59% of the yield of conventional rice. Organic spring wheat has 47% of the yield of conventional spring wheat.

Organic cabbage has 43% of the

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yield of conventional cabbage.

*The Dirty Truth About "Organic" |
Hoover Institution*

Organic is a labeling term that indicates that the food or other agricultural product has been produced through approved

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methods that integrate cultural, biological, and mechanical practices that foster cycling of resources, promote ecological balance, and conserve biodiversity.

14 Facts the Organic Industry

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Doesn't Want You to Know

Organic farmers do not use manufactured fertiliser, leading generally to lower yields and higher costs for the farmer, and the consequences for the consumer are that organic crops and processed...

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Don't Tell The Truth About Organic Food? | HuffPost UK
claimed that organic food doesn't always contain more nutrients than conventionally grown foods.. However what they also found was that organic food contained

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30% less pesticides (guess which part made the newspaper headlines - it wasn't the bit about fewer pesticides).

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Coho Health
Price-Pottenger Nutrition*

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Foundation: The term "organic" is sometimes added to labels for marketing purposes even though the food, supplement or skin care pr...

*The Truth about Organic Food -
YouTube*

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Download File PDF The Truth About Organic Foods this book, you may not by yourself solve your curiosity but also locate the genuine meaning. Each sentence has a no question good meaning and the unconventional of word is very incredible. The author of this

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collection is definitely an
awesome person.

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Answer: Organic is a means of
producing food through

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guidelines defined by the USDA. These guidelines include what types of fertilizer and chemicals can be used, and those that are not allowed. There is often a belief there are no chemicals used to produce organic food. That is not true.

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CommonGround Iowa*

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Amazon.co.uk: DVD & Blu-ray

The Truth About Organic Foods by Alex Avery, Director of Research and Education, Hudson Institute.

Are organic foods really worth their high prices? Are they as healthy as you think? This is the first-of-its kind book dispels the

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many myths that marketers of organic foods have been circulating in a scientific-based, and at times, humorous approach.

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