The term ‘natural’ and ‘organic’ refers to the way agricultural products are grown and processed. The organic crops are grown without the use of pesticides, synthetic herbicides, bioengineered genes (GMOs), or fertilizers.

Livestock for meat, eggs, and dairy products are raised in environments which allow them to express their natural behaviours and are fed organic feed and forage.

“Non-GMO” means that the food is made without ingredients that were derived from genetically engineered organisms. Meat, poultry, dairy and eggs with a “non-GMO” claim are from animals that were not fed a diet containing genetically engineered crops.

* Pesticides are less prevalent in organic vegetables. In conventional agriculture, chemicals such as synthetic fungicides, herbicides, and insecticides are frequently utilised, and residues linger on the food.
* Organic food is comparatively fresher as it lacks preservatives that normally extends its shelf life.
* Organic farming is generally more eco-friendly. Organic agricultural approaches have the potential to minimise pollution, boost soil fertility, reduce soil erosion, conserve water, and use less energy.
* Growth hormones, antibiotics, and animal byproducts are not utilised on naturally bred animals. The use of antibiotics can develop antibiotic-resistant bacteria strains, and feeding cattle animal byproducts raises the risk of mad cow disease (BSE).
* Certain nutrients may be more abundant in organic meat and milk. According a research of a 2016 European study, organic meat and milk had up to 50% higher amounts of some nutrients, such as omega-3 fatty acids, than conventionally farmed meat and milk.
* Organic food does not contain GMO. GMOs, often known as genetically modified (GE) foods, are plants whose DNA has been altered in ways that would not occur naturally.