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Prof. Sargent

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Annotated Bibliography: Organic Food

Katz, David L. “Is Organic Food Better?” *U.S. News Digital Weekly,* vol. 4, no. 36, 2012, pp. 20-47. *Academic Search Premier*, 14 May 2014, https://health.usnews.com/health-news/blogs/eat-run/2012/09/04/is-organic-food-better014, Accessed 7 November 2017.

Summary: David Katz analyzes the potential benefits of organic food in his article “Is Organic Food Better.” Katz notes that to date, there is very little scientific evidence that suggests a quantitative difference in nutrition between organic and conventional food (23). He proceeds to outline the difficulty in obtaining accurate scientific evidence, concluding that although health benefits are probable, they remain “consigned to the world of statistical invisibility” (Katz 34). Katz proposes that since clearly organic food makes sense for the planet, it most likely makes sense for our bodies as well-a “healthier unless proven otherwise” type theory (40). In the end, Katz suggests the focus should be on nutrition first, whether coming in an organic or conventional package (46).

Evaluation: I found this source to be helpful because of its balanced approach. David Katz is a specialist in internal and preventative medicine, as well as founder of Yale University’s Prevention Research Center, so he is a credible source. While the article is fairly generalized, it does provide specific examples and research statistics that outline the scientific connection between nutrition and organic food. Since the article was published in 2012, I will also want to compare recent articles on the same topic. The article did not appear biased, but based in logic and common sense. I plan to use Katz as a “middle ground” approach to the benefits of eating organic.

**Please note that sources should appear in alphabetical order and the summary should include in-text citation.**