

2 ORGANIC VS NONORGANIC

It is obvious to all that organic products contain more benefits than non-organic, which is probably why a lot of people are willing to spend more on them. In the following chapter we will be mentioning about the characteristic of organic products.

FOR HEALTH, There are three major benefits from organic food to our health. We want to show to the readers how organic food can really become a wonderful thing to health. First is about the nutrient content from organic food, second about the toxic metal contained in the food and the last is about the pesticide residue amount exposure in the conventional food.

A study in United Kingdom, particularly in Newcastle University has figured out the evidence that the food made from organic, are nutritionally better than conventional food products. The report was published in the prestigious British Journal of Nutrition. They are analyzing 343 studies and successfully found out that organic crops and organic crop-based foods are having more than 60 percent number of antioxidants compared to conventional crops. This research also showed that organic is safer to consume, researcher's study found significantly lower amount of pesticide residues and lower levels of a toxic metal (Cadmium) in the organic food. From this study, we can know that conventional crops were four times to contain pesticide residues than the organic crops. The high exposure by pesticides will give bad effect to our body, particularly in brain development especially in young children, give risk for pregnant women.



⬆️ ⬆️ ⬆️ **62%**

Organic milk has 62% more healthy omega-3 fatty acids than conventional milk



⬆️ ⬆️ ⬆️ **48%**

Organic crops have 48% lower levels of the toxic metal cadmium than conventional crops



⬆️ ⬆️ ⬆️ **x4**

Pesticides are found 4 times more frequently in conventional crops than organic crops