**What is organic products?**

Recently, people start to realize how health become more and more important. There is wise words says it is better to prevent before something bad occurred. Generally, many nation are agreed to go on organic and creating the organic world. If organic food become very popular in the world, capable to change the people habit in eating, then a healthy life is no longer a dream to be reached.

Dr. Henry Chang, said organic food means all farming products which free from chemical manure, other chemical substances or addition substance since the beginning of the farm means all process conduct in natural process. Some example farming method including plowing land in traditional way, use natural manure or insert organism such as worm into soil to make it more fertile in natural ways. This action caused soil to be oxidized, therefore minimize land polluted, air, and water in area around the farming. Although chemical fertilizer will boost growth, improve land productivity and then give more result, but it only good in shorter time because not only the nutrient contain from food is decrease, but also the soil fertility will decrease gradually

Organic farming characteristic have to use green manures such as animal dung. It also need to do the crop rotations in order to fertilize the soil, maximize biological activity and maintain long-term soil health. However, organic farming also uses biological control, and crop rotations to manage weeds, insects and crop diseases. The main purpose of organic is try to reduce and eliminate the usage of synthetic pesticides and chemical fertilizers and other substance, such as hormones and antibiotics. Finally organic is focus on renewable resources, soil and water conservation, and management to restore and maintain the ecological balance.

Organic production is not simply to avoid chemical inputs for the farming process, nor is it merely the substitution to natural inputs. Organic farmers applying methods used from thousands years ago, such as crop rotations and the using of animal manures and green manure crops, to gain the sustainability in nature. In organic production, health is become the focus, and the management farming techniques is the primary concern. Organic producers are implementing the strategies to develop and maintain biological diversity and replenish soil fertility “*Organic Agriculture Overview*, USDA, Cooperative State Research, Education, and Extension Service (CSREES), 2007”

Each country has their own regulation in food addictive, for the example in Australia, there are more than 300 substances which are approved to be used as food additives. Each of these is identified by its name and a number, and classified by the function it performs. The function of food additives are to replace the nutritional value and also taste which lost in the process, enhance the appearance or the texture, extend its shelf life, preserve food from decaying, giving extra taste or making junk foods become more appealing.

Most of the food additives long term safety is still questionable, especially the combination effect of literally a lot of chemicals found in the food. Many food have caused consumers to allergy, headaches, asthma, obesity, heart disease and the worst is cancer. How can we avoid the harmful effects of food additives is by educating ourselves and choose foods that give benefits for ours health. The usage of additives food is very restricted in organic food.

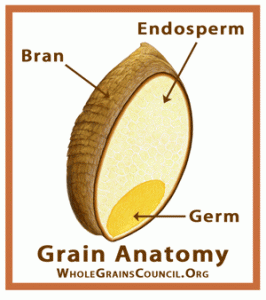
**What is whole grains?**

Similar with the definition of organic food, organic grains are grown without using any synthetic pesticides or chemical fertilizers. They are processed and stored within certified organic facilities that have not been contaminated with toxic chemicals.

Organic grains are processed in the most natural way possible, commonly by physical methods such as stone milling. The stone ground process is a slower, traditional method that avoids overheating and dehydration. This process ensures all the germ, bran and endosperm of the whole grain, along with the vitamins and minerals are retained and distributed evenly throughout the milled flour.

All organic bread, organic baked goods, pastas and cereals must contain at least 95% of organic ingredients, and be without any artificial preservatives or pigmentation and genetically modified ingredients. For bread to be certified organic, individual ingredients and the bakery itself must be fully certified.

All grains start life as whole grains. In their natural state growing in the fields, whole grains are the entire seed of a plant. This seed (which industry calls a "kernel") is made up of three key edible parts – the bran, the germ, and the endosperm – protected by an inedible husk that protects the kernel from assaults by sunlight, pests, water, and disease.



The Bran

The bran is the multi-layered outer skin of the edible kernel. It contains important antioxidants, B vitamins and fiber.

The Germ

The germ is the embryo which has the potential to sprout into a new plant. It contains many B vitamins, some protein, minerals, and healthy fats.

The Endosperm

The endosperm is the germ’s food supply, which provides essential energy to the young plant so it can send roots down for water and nutrients, and send sprouts up for sunlight’s photosynthesizing power. The endosperm is by far the largest portion of the kernel. It contains starchy carbohydrates, proteins and small amounts of vitamins and minerals.

**Advantage of Whole Grains**

Whole grains contain all three parts of the kernel. Refining normally removes the bran and the germ, leaving only the endosperm. **Without the bran and germ, about 25% of a grain’s protein is lost, along with at least seventeen key nutrients**. Processors add back some vitamins and minerals to enrich refined grains, so refined products still contribute valuable nutrients. But **whole grains are healthier**, providing more protein, more fiber and many important vitamins and minerals.

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