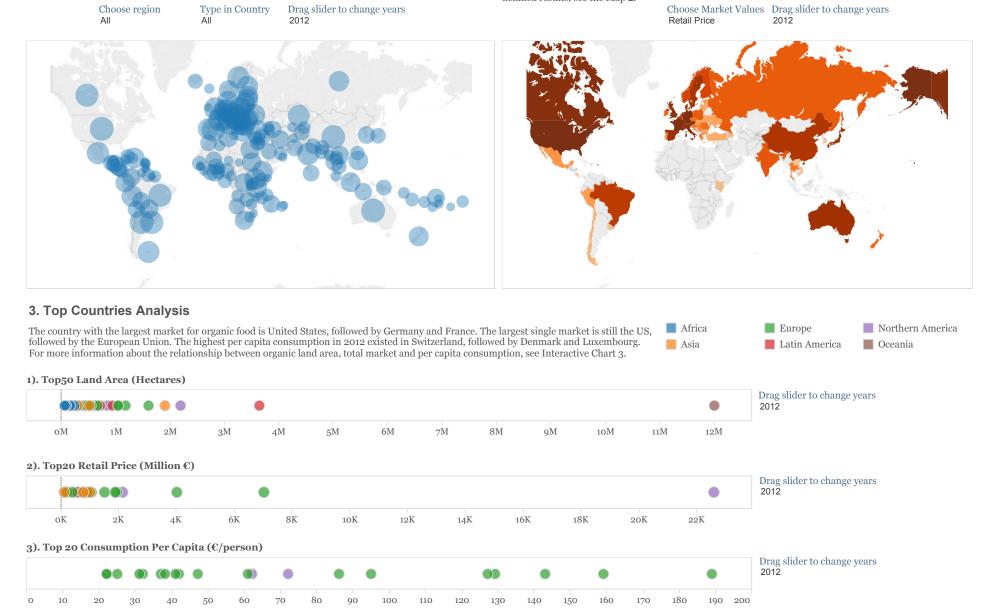
Pay More For **Organic** Food, Worthy?

1. Organic Land Area (Hectares)

There were 37.5 million hectares of organic agricultural land in 2012, including in conversion areas. The two regions with the largest areas of organic agricultural land are **Oceania** and **Europe**. Latin America has 6.8 million hectares, followed by Asia, North America and Africa. The countries with the most organic agricultural land are **Australia**, **Argentina**, and **the US**. For the detailed results, see the Map 1.

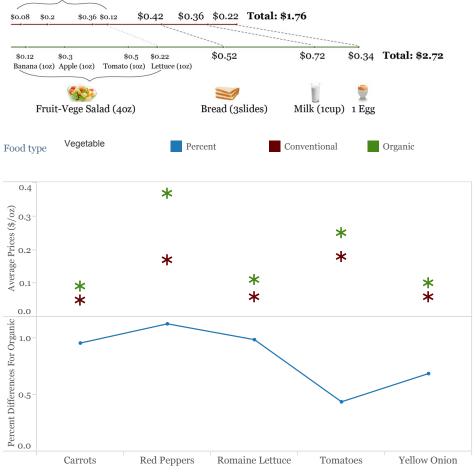
2. Organic International Market (Million €)

Market growth is continuing in the global market for organic products. International sales of organic food and drink approached 64 billion US dollars in 2012. Growth occurred in all regions; however, the largest demands are mainly occurred in North America and Europe. Organic product sales are projected to continue to rise in the coming years. International trade data can be expressed as total export/import volumes. For the detailed results, see the Map 2.



4. Price Differences

Refering to daily food, organic food price doubles that of conventional food. We compared prices within one regular breakfast, including three slides of bread, an egg, a tall cup of milk and a vege-fruit salad. Conventional food costs \$1.76, while organic one costs \$2.72.



5. Little Evidence Shows Organic Food More Healthier

According to a research from Stanford University, "Are Organic Foods Safer or Healthier Than Conventional Alternatives?" After doing meta-analysis of most existing studies comparing organic and conventional foods, they concluded that organic food is more nutritious or carry fewer health risks than conventional alternatives, though consumption of organic foods can reduce the risk of pesticide exposures.

If you do really want to purchase organic foods, here are some options for

