

Title:

What Are The Benefits Of Organic Food?

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Summary:

There is much discussion today about the pros and cons of organic food. People want to know whether organic food is better than non-organic food. They wonder whether the term "organic" is nothing more than the latest money-making marketing term being thrown about. They question the regulatory oversight bodies that determine whether the food that's labeled organic really meets all of the criteria. These are difficult questions to answer with certainty especially since the answ...

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Article Body:

There is much discussion today about the pros and cons of organic food. People want to know whether organic food is better than non-organic food. They wonder whether the term "organic" is nothing more than the latest money-making marketing term being thrown about. They question the regulatory oversight bodies that determine whether the food that's labeled organic really meets all of the criteria. These are difficult questions to answer with certainty especially since the answers often depend on who is asked. Regardless, there are several very real benefits of consuming organic food. Here is an overview of the most common.

Organic Food Tastes Better

The people who eat organic food claim that organic food is more flavorful and studies have actually been conducted that confirm this belief. The chemicals that are used in the production of non-organic food definitely affect flavor.

Organic Food is Better for the Body

The United States Environmental Protection Agency now lists many of the chemicals used in the production of pesticides and fungicides as potential cancer-causing components. It makes sense then, that when non-organic foods are consumed, so too are these cancer-causing ingredients. Since these types of

chemicals cannot be used to grow organic foods, they simply are not present and therefore, they cannot be ingested. Eating organic foods won't unfortunately prevent cancer because there are plenty of genetic and environmental factors that can cause it to develop. However eating organic food greatly reduces the chance that certain cancers will develop.

In addition, organically-grown produce contains up to 50% more of the vitamins, minerals and antioxidants the body needs to stay healthy and perform at optimum capacity. If you're trying to add more fruit and vegetables to your diet, you can double the benefits by eating organic ones.

You Can Feel Good about What You Eat

When you eat organic food, you know what you're not getting. You know you're not eating food that's been genetically altered or shot up with growth hormones and antibodies. You know that the skins of your fruits and vegetables aren't a thick covering of chemicals and other harmful ingredients. The bottom line: You know that you are fueling your body with healthy fuel. Centuries ago, people did not have as many health-related issues as they do in these more modern times. Plenty of people feel it is our food that is killing us.

You Help Protect Environment

When pesticides and fertilizers are applied to plants, there is no way to keep the chemicals used in their production from covering the ground. Rain and irrigation cause these chemicals to be absorbed into the ground. As they absorb into the ground, they percolate down to the underground water tables. Ultimately, the chemicals leach into nearby water bodies. The soil as well as the water begins to be contaminated. Over time the birds, fish and other animals living in these environments become affected. Since organic foods are grown without using these dangerous chemicals, their growth will never impact the environment in this manner.