

Title:

The Facts About Organic Baby Food

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431

Summary:

Quite simply, organic baby food is that which is processed without the use of artificial pesticides and/or synthetic fertilizers. While many note organic food as being either store-bought, garden grown or gathered in the wild, the correct association is certified organic foods, which are produced and labeled according to strict regulatory standards. In a number of countries, including the United States, the use of the word 'organic' in the commercial market, without the prope...

Keywords:

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Article Body:

Quite simply, organic baby food is that which is processed without the use of artificial pesticides and/or synthetic fertilizers. While many note organic food as being either store-bought, garden grown or gathered in the wild, the correct association is certified organic foods, which are produced and labeled according to strict regulatory standards. In a number of countries, including the United States, the use of the word 'organic' in the commercial market, without the proper certification, is prohibited by law.

Organic baby food is most commonly found in a supermarket and will be labeled accordingly. Because of it's nature, organic baby food is more expensive than other types. Processed organic baby food typically includes only those ingredients that are organic and has no artificial food additives. While there seem to a number of benefits to using organic baby food, the most common reason for purchasing this type of product is the overall quality. Increased nutritional value, the absence of residues from artificial pesticides and better taste are all positive benefits of organic baby food.

Organic baby food, because it is believed to be fresher, often carries an improved taste over other baby foods. Because organic farms are small, their products are most commonly sold close to home. Therefore, organic baby food and other products feature a fresher taste simply because they are fresh.

By 2003, organic food products were available in 20,000 natural food stores and

73% of commercial grocery stores. While many believe that organic baby food is helpful, others are not as certain. Some believe that farming and organic fertilization may carry it's own risks that may be passed along in organic baby food.

The main debate lies with the better approach to manufacturing organic food. Is it more healthy to use artificial and synthetic products in food processing or natural fertilizer and organic farming methods? There are both sides to any debate and the questions surrounding organic baby food is no different. There is legitimate concern over contamination and safety of organic food and products, but an exact determination as to which side of the table is right has yet to be decided.

The information in this article is to be used for informational purposes. It should not be considered as, or used in conjunction with, professional medical advice or recommended feeding for your infant, toddler or young child. Prior to beginning any food preparation involving the use of organic baby food, consult your child's physician for additional information and/or a recommendation regarding the use of organic baby food as part of your child's food intake.