



Eating Healthy with Organic Foods

Understanding the health benefits of eating organic

The Soil Association has always maintained that health cannot be defined as simply the absence of disease but rather a profound state of well-being and vitality. While considerable improvements have occurred in disease treatment, serious concerns about our overall health persist due to increases in allergies, infertility, and many diseases including cancer.

So, can organic food, with fewer toxins and more nutrients, make a difference to our health? Clinical and observational evidence in humans suggests that it can, although it's difficult to do controlled studies with people because of complicating factors like genes and lifestyle. In controlled animal feeding trials, however, the evidence is clear – animals fed organically produced feed are healthier in terms of growth, reproductive health and recovery from illness than those fed on non-organic feed, even over successive generations.

Here is a further look at how eating Organic Foods contributes to our Health:

1) Organic Crops Contain More Nutrients and Less Water

Artificial fertilizers increase the water content of fruit and vegetables. Although this method may produce bigger yields, it dilutes the nutrient content of fruit and vegetables.

2) Organic Crops Contain More Minerals and More Vitamin C

Research comparing the nutrient contents of organic and non-organic fruit and vegetables reveals a strong trend toward higher levels in organic produce. Of 27 valid comparisons of the mineral and vitamin C contents of organic and non-organic crops, 14 showed significantly higher levels in organic produce while just one favoured non-organic.

3) More Protective Antioxidants are Found in Organic Produce

Plants contain some 5,000–10,000 naturally occurring compounds (known as phytonutrients) that are often involved in protecting the plant from pests and diseases. Because organic crops are not artificially protected with pesticides they tend to produce more naturally occurring phytonutrients, many of which are now known to have protective (antioxidant) properties. Some are proving useful in the prevention and treatment of cancer.