

Free research paper on truth about organic food

[Food & Diet](#), [Organic Food](#)



Introduction:

For the past few years, we all have heard a lot about eating organic foods and making healthier choices in life. But what actually are organic foods? Are they really better and more nutritious than the foods we are eating right now?

Media has played a very important role in promoting the positive effects of adopting to eat organic foods. According to Hartman Group, which is a market research group, almost 70 percent of people in America alone buy and opt for organic foods occasionally. The reason is quite simple. Everyone wants what's best for their family and themselves. Media has portrayed organic foods as being the right choice for ourselves as well as for the environment. This is why people are willing to spend more money to buy organic foods and not risk their health.

What exactly is Organic food?

Organic means unrefined and naturally occurring. In terms of food, it refers to the foods that are free from any sort of pesticides and chemicals. These foods are not refined and are completely natural. The range of organic foods can be from vegetables and fruits, to poultry and other animals.

Some synthetic products are also used in the production of a few organic foods but they need to pass the regulations set by the United States Department of Agriculture (USDA). The USDA is responsible for labeling any food product as organic or synthetic. They have set aside many regulations that are required for a product to be passed as organic.

Organic crops, fruit and vegetables are those which are grown without the

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use of synthetic pesticides, synthetic fertilizers, irradiation or biotechnology. Animals that are considered to be organically grown are fed only natural feed, left to graze in conventional farms, and are not injected hormonal injection for faster growth and reproduction.

The Benefits of Buying Organic Foods:

Like almost every other thing in the universe, organic foods have received a lot of acclaim as well as criticism. But as time has passed, we see that there are more positive researches and more trustworthy surveys in favor of organic foods. Although the production of organic foods is lower and it intensifies the food and hunger demand in the world, but it is the better option nutritionally.

The reason stated in the researches carried on by the many authorities is that the lack of pesticides and synthetic fertilizers help the crops and fruit to boost their nutritional value. There are more antioxidants and vitamins present in an organic yield than in any synthetic food product. The increase in production of phyto-chemicals naturally fights off the bugs and weeds that try to destroy the plant.

Conventional growing methodologies have been known to be the cause of many of our everyday health issues. There has been a rise in headaches, birth defects and various cancers due to the use of unnecessary chemicals and pesticides. In a report by the National Academy of Sciences, the use of pesticides and chemicals is very harmful for pregnant women as well as their unborn children as their immune system is not fully developed.

Hormonal stimulants in animals are shown to affect the consumers as well creating hormonal misbalance and many health issues. Also the antibiotics

used in the animals are similar to the medication given to humans. According to Chuck Benbrook, overuse of these antibiotics may help bacteria to become resistant to them and thus the medications will no longer have any effect on them.

Organic food is often found to be tastier. This is because it is fresher. It does contain preservatives that will allow it to stay fresher for longer. Often times the organic foods you buy are grown on a farm nearby. By having a smaller life time, the farmers and producers need to sell the organic foods quickly to the nearby market. So whenever you eat organic food, it is fresher and tastier.

Not only do you benefit health-wise from eating organic foods, you help save Mother Nature as well. By practicing organic farming, you reduce pollution, save energy, water and increase the soil's fertility. It is the better option for small insects and birds which die due to the use of pesticides. It is also better for the people whose job is to harvest the crop.

Cons of Organic Food:

The only downside of organic food is that it is more expensive than regular conventional food and also that it spoils faster. But in a way, these cons are proof of the fact that organic food is grown and harvested in a healthy manner and that no preservatives and extra chemicals are used.

Understanding the Organic Food Labeling Terms:

Nowadays we see many products in the supermarket to be labeled as 'natural', 'organic', 'non-GMO', and also 'free-range'. But you need to understand the difference of these terms and how manufacturers are luring

you into buying non-organic foods for the price of organic.

Being 'natural' and 'organic' is NOT the same thing. Natural is a simple term that is unregulated. It can be used by anyone on anything. But for a product to be 'organic,' the manufacturers need to be certified by USDA. Any product that is 95%-100% organic can use the USDA Organic seal.

The most common terminology you will find on USDA approved organic products are:

- 100% Organic-this means that the contents are purely organic and you can trust it to be approved by USDA. You might even find a seal on it.
- Organic- This term is used by the manufacturers along with the USDA seal. This usually means that the product is 95% organic.
- Made from organic ingredients- this means that the food product itself might not be completely organic or approved by the USDA but it contains a few ingredients that are organic. This product cannot have the USDA approved seal on it.
- Contains organic ingredients-this label too indicates that it contains less than 70% organic ingredients and is not approved by the USDA.

Why is Organic Food Costly?

The biggest argument against organic foods is that it is expensive as compared to conventional foods. But when we weight the benefits we get from eating organic foods, we understand how a few bucks now can save you hundreds in the future.

Organic food is expensive because it requires more labor to harvest and tend to crops. It also requires more time to produce. This means that the yield is low. Other reasons for elevating the costs of organic food is that acquiring

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and maintaining an organic food certificate is expensive. The feed of the animals is twice the cost and organic farming is usually carried out on small local farms so they do not receive government subsidies.

Is the Cost Difference worth it?

Nutritionists now all around the world recommend that if you are able to afford it, then you should opt for organically grown food. There are thousands of local markets where you can easily find fresh organic food. EWG even suggests that if you feel that you cannot afford to buy organic food all the way, then spend a few extra bucks on potatoes, cherries, peaches, pears, imported grapes, and such items. The reason is that these fruits and vegetables are more fragile as compared to others. Conventionally, they need more pesticides and chemical sprays to fight off the bugs and insects.

How to save money while buying organic produce:

Although buying organic food is expensive, there are a few tips that can save you a few dollars. Instead of buying from any general store, shop from a local farmer's market. This way you will get the freshest produce and in lesser cost. You can also become a member in any food co op. by enrolling in a cooperative grocery store, you can often buy cheaper goods. You only need to pay an annual fee for membership. If you buy the product in the season, chances are you get the freshest and cheapest produce.

An important point to keep in mind is that organic is now being used interchangeably with healthy. This is not the case. Junk food is a highly unhealthy type of food. But it can be made easily with completely organic

ingredients. This marketing scam has been tricking customers but customers need to understand that such foods are still high in sodium, sugar and calories.

Truth behind Organic food:

Organic food is a little overrated. Although there are many studies and researches that back up the claim that organic food is healthier but the margin is not too large. Most studies conclude that the nutritional value is higher by only a 10-15%.

However, if you take into account all the other environmental benefits as well, then choosing organic food is the right choice. The scientific studies may be contradicting but common sense isn't. If you can afford it, then do for organic foods. If not, then don't feel bad for eating conventional grown foods.

The important thing is to keep the bigger picture in mind. The important thing is to eat the recommended amount of fruits and vegetables. Most consumers simply do not eat the recommended amount of fruits and vegetables.

Conclusion:

Organic foods have provided consumers with a better option. It increases not only health awareness but also makes a person socially responsible. The ways organic foods are made and grown take into consideration the health of an individual, production and environmental sustainability.

There are proper guidelines that need to be followed in order for a product to be accepted as being organic. The popularity of the use of organic foods has

also given birth to many marketing scams in which manufacturers are using similar terms in order to attract customers. Opting for organic food is a great way to ' go green'. It saves the environment and your family from harmful chemicals.

Works Cited

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