

Organic versus conventional foods - which ones are healthier

[Family](#)



Task: Organic food Introduction Know about what your body digests! Organic food has formed a major part of the world's food consumption but is everyone aware about the details about them? To begin, organic food maybe defined as agriculturally produced foods that are not modified using any synthetic methods or products to enhance their quality or quantity. People are always torn in between the question are they good and more nutritious than organic food? My answer is that " organic food is not any better than regular foods."

Analysis of the organic and conventional foods

Basing my point on scientific findings, it has been found out by researchers that nutritional value derived from the" organic foods and convectional food had comparable nutrient level" (Julie). Researchers who used grapes grown under similar conditions of the two contrasts did this. The findings by the researchers who advocate for organic food simply indicated a similarity in nutrient except for chemicals employed in the production process of the conventional food production, which affect humans and the environment. This criticism based on traces doesn't hold much since the effects on humans is almost negligible except for the young babies farther, the chemicals used are regulated thus barely any gets to the ecosystem to the non intended use.

More specifically, considering fruits and vegetables, the application of pesticides eliminates the organisms that may otherwise destroy the crops. The crop, therefore, survives attack by the organisms. However, residues of pesticides are left on the crops in most cases. These residues have a potential health risk in small amounts whereby children are said to be more

vulnerable. To curb this, recommendation by environmentalists are usually done for the consumption the products that are less sprayed.

Nutrition is said to be more in organic food compared to the ordinary foods. This is according to a French study. However, ordinary food may also have a high content of nutrients in case they are grown in soil rich in minerals. For dairy and meat products, organic meat originates from genetically engineered treatment or using antibiotics. As such, it is said that organic milk has more vitamin levels due to the feeding based on fresh grass and clover (Manuel 3). Further, according to the British journal of nutrition, organic milk has the potential to improve lactating mother's milk.

It is, in addition that, milk produced through organic method that is generally better for the environment. The argument behind this is that, through this method, toxins have no leeway into the environment. According to the manager of the organic trade association, maintaining organic dairy farming is relatively expensive and challenging because sick animals are not treated conventionally. This is according to Stephanie Hill. Most organic food, however, contributes to the economy as most people buy products in accordance to the organic trade association (Meg).

Conclusion

In my understanding of both the two food products, organic products have disadvantages and advantages. Organic food are generally good for the environment, but contrary for regulation of products, organic foods may prove difficult to produce since pests and diseases can completely eliminate the farm products, if not controlled since segregation cannot completely work out the problem. Besides, organic foods have minimal nutrient

advantage compared to the regular foods. This cannot form a basis to eliminate regular food.

Works Cited

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