

Organic Foods: A Better choice

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Abstract: Organic foods are of great choice now a day for a number of population with increase in its advertisement of no usage of chemicals in them. Organic foods offer many ways by which health perspectives can be enhanced. The important aspect of organic foods is less damage to environment as now a days environment pollution with chemicals is of great concern. The present study is giving overview of organic foods and answer to the question “Why organic”.

Introduction:

The use of pesticides and insecticides has posed a big problem as their presence in food can lead to many diseases like leukemia, disorders related to Nervous system as well as the congenital and fetal (Rock B *et al.*, 2017). The organic farming is needed to shift this problem and to change the quality of food. Organic foods are the items which are produced and processed without using any chemicals. The items include vegetables, Fruits, Milk, Meat etc.

Organic foods are obtained through organic farming. Organic farming is a technique which basically depends on natural methods to increase the fertility of soil by using natural fertilizers, insecticides and so on. The usage of chemicals and synthetic material is prohibited in this type of farming. The farmers mainly go for the use of plant and animal wastes. If any animal product is sold as 100% organic then the animals need to take 100% organic feed. Organic farming has the potential to increase the biodiversity of plants and insects in agricultural landscapes according to a recent study by Jonason Andersson, *et al.*,(2011). A few studies were done to justify the statement” organic foods are better” like decreased incidence of pre-eclampsia was studied by Torjusen *et al.*,2014 and also in male newborns decreased incidence of hypospadias by Lise Brantsæter *et al.*,2016. The status of organic food was assessed in a study done by M.Huber *et al.*,2011. Conventional and organic foods were compared by Fernanda Galgano *et al.*, 2016.

Labels for organic foods:

100% Organic: It allows the use of only organically produced raw material for production of organic foods.

Organic: It allows 95% organically produced ingredients

Made with Organic raw materials: It allows 70% organic ingredients (Organic Community, What Does Organic Mean. (Organic, 2012)

Advantages: Organic foods are good for health but lack of evidences and lesser studies on them cannot claim their effectiveness. But yes the few differences are there in the organic and other foods (Barański, M *et al.*, 2014, Blair *et al.*, 2012, Smith-Spangler *et al.*, 2012, UK Food Standards Agency 2011, Barański *et al.*, 2017). Nutritional quality of organic foods was studied by Alan D Dangour *et al.*, 2009

There are many advantages of organic foods listed below:

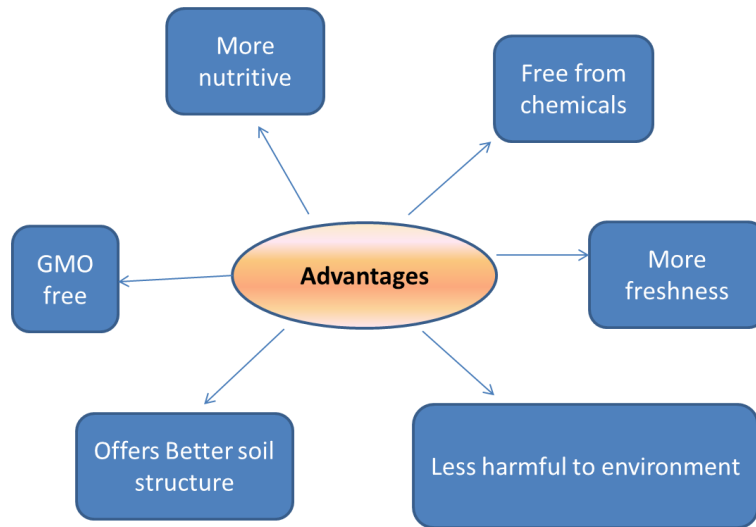


Figure: 1 illustrates the benefits of organic foods.

Disadvantages: With many benefits, the organic foods also have disadvantages like it will add on the extra cost onto the farmer, the lesser crop yield and so on. Few are listed below:

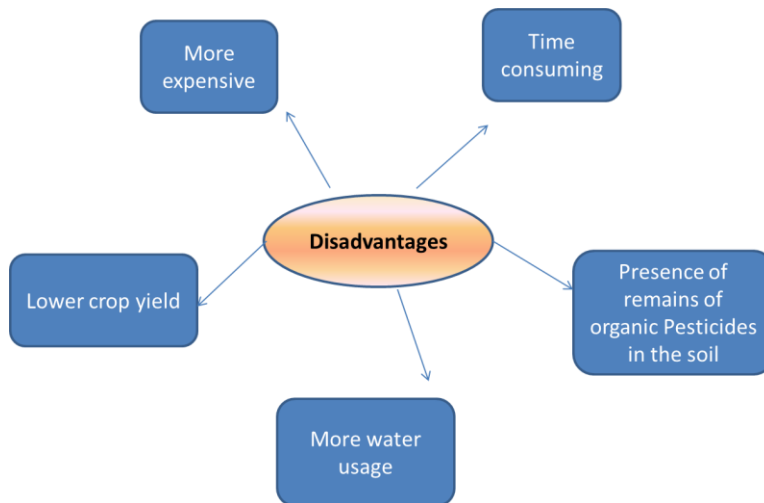


Figure: 2 illustrate the demerits of organic foods.

Conclusion: Organic foods are desired for humans ,animals and plants by keeping in view of their welfare .The problem of risks and toxins related to foods has increased a lot as so many diseases are associated with those foods. Better nutritive quality, lesser chemicals as well as more freshness make the organic foods a choice to be opted. Health risks can be minimized through use of such foods of better quality.

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