

THE Wellness Minute

Nutrition Series: 3.0

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New Study: Organic vs. Conventional

Scientists Once Again Debate which is Better, Organic Fruits and Vegetables or Conventional Fruits and Vegetables? Which One is Healthier?

The most comprehensive analysis ever performed comparing organic foods with those "conventionally" grown with synthetic pesticides and fertilizers has concluded that organic fruits and vegetables are not just less toxic but actually more nutritious than conventional produce. The difference between organic and conventional produce was so striking, the researchers said, that switching to an all-organic diet might be the nutritional equivalent of adding one or two daily servings of fruits and vegetables to your diet.

The peer-reviewed study was funded by the European Union and the Sheepdrove Trust, conducted by an international research team and published in the *British Journal of Nutrition*. The researchers analyzed 343 prior peer-reviewed studies from around the world that had measured differences between organic and conventional fruits, vegetables and grains. It is the largest meta-analysis on the topic ever conducted.

The researchers found that there was a statistically significant difference in the nutritional content of organic and conventional produce, **with organic fruits and vegetables containing between 19% and 69% more**

antioxidants than their conventional counterparts.

In addition to the nutritional benefits, the researchers also found that conventional produce and grains were four times more likely to contain pesticide residues than their organic counterparts, and also contained significantly higher concentrations of the toxic heavy metal cadmium. These differences were also statistically significant.



"This study demonstrates that choosing food produced according to organic standards can lead to increased intake of nutritionally desirable antioxidants and reduced exposure to toxic heavy metals," said lead author Carlo Leifert of Newcastle University. **"This constitutes an important addition to the information currently available to consumers which until now has been confusing and in many cases is conflicting."**

Greater nutritional value as well as less toxins adds up to a very good reason to choose organic as well as pay more for better food. It's your body, you can make a choice!