



Take Care of YOU

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Organic vs. Inorganic

What to look for on the label

100% Organic

These products must contain 100% certified organic ingredients

Organic

These products must contain at least 95% certified organic ingredients; the remaining 5% must be non-GMO and approved substances

Made with Organic Ingredients

These products must contain at least 70% certified organic ingredients but cannot display the USDA organic seal

Natural or All-Natural

These products are not required to adhere to USDA's standardized criteria and have not been certified as organic

The United States Department of Agriculture (USDA) regulates the growth, handling, and processing of organic foods to ensure biodiversity and an ecological balance. Organic farming practices are sustainable, reduce environmental pollution, and promote the humane treatment of animals, and organic foods are produced with natural fertilizers and eco-friendly pest control. Compared to inorganic foods, organic foods also tend to have higher levels of nutrients, such as vitamins, minerals, and antioxidants, and may lower the risk of certain health conditions.

In contrast, inorganic foods are produced using modern agricultural practices that often involve preservatives and other chemical additives such as pesticides, synthetic fertilizers, irradiation, growth hormones, and antibiotics. These additives increase production efficiency, reduce costs, and extend shelf life. However, accumulation of these substances and their packaging materials, such as plastic, can be harmful to our bodies. The full impact of long-term exposure to these contaminants is still uncertain, but taking proactive measures can provide long-term benefits.

Effective measures include shopping at farmers' markets and supporting local businesses that follow sustainable practices. Another helpful practice is to carefully read labels to know if the product meets organic standards. Thoroughly wash, scrub, or peel produce to help reduce potential contaminants. Join a Community Supported Agriculture (CSA) program, and subscribe to receive regular deliveries of organic produce. And for complete control over your food's quality, consider growing your own garden to yield fresh, organic herbs and produce. Ultimately, making informed choices and staying educated on product safety and farming practices will help protect both your health and the environment.