

News Of Nutrition

Organic Foods: Some Facts And Misperceptions

(NAPSA)—One of the biggest misconceptions held by consumers about organic fruits and vegetables is that they are safer, healthier and more nutritious than conventionally grown fruits and vegetables. As a matter of fact, in one questionnaire, nearly 68 percent thought this was true.

How true is it?

According to Dr. C. Everett Koop, former U.S. Surgeon General, "Our food supply is not only the safest, but it is the most abundant in the world and pesticides are one of the important tools that have made that abundance possible."

"Conventional agricultural production, which relies on essential and well-tested crop protection products, should be applauded for its safety and nutritional contributions to the American diet," added Jay J. Vroom, president and CEO of CropLife America, an organization representing the developers, manufacturers and distributors of plant science solutions for agriculture and pest management.

Simply put, synthetic pesticide residues in foods are miniscule and pose no health concern.

Interestingly, until recently, the use of the term "organic" was not regulated; any farmer could use the term. In the past five years, the U.S. Department of Agriculture has created a set of organic standards, and only farmers who



Vegetable "characters" like "Benny Broccoli" will help correct myths connected with organic fruits and vegetables on www.producetruth.org.

are certified by an outside agency can label their food "organic."

To let the public know more about the truth and fiction about organic and nonorganic fruits and vegetables, CropLife America has created a Web site devoted to uncovering misleading statements. The site can be visited at www.producetruth.org.