

# Organic Foods

## Go Organic For You And Your Family

(NAPSA)—As a growing number of people have discovered, eating organic foods can be an easy and delicious way to improve overall well-being. If you're interested in adding organic foods to your diet, read these commonly asked questions and answers.

**Q. What is a specific benefit of organic foods?**

A. Choosing organic foods is a great way to nourish your body by reducing your exposure to added chemicals in food because organic foods are produced without the use of dangerous pesticides, antibiotics or added growth hormones. They also never contain artificial colors or flavors.

**Q. How can I incorporate organic foods into my family's diet?**

A. The popularity of organic foods is growing, therefore, organic alternatives to most of your favorite foods exist. Use them as ingredients in recipes, stock your kitchen with them and keep easy grab-and-go snacks on hand such as organic cheese sticks, yogurt and single-serve milk.

**Q. Where can I find organic products?**

A. Organic foods can be found virtually everywhere—in the majority of today's natural food retailers and about 70 percent of all grocery stores.

The leading organic food company in the U.S., Horizon Organic,



**More people are incorporating organic foods into their diets to improve overall well-being.**

offers organic alternatives to all sorts of favorite foods—from basics like milk, yogurt, juice and cheese to sweet treats like fruit jels, pudding and flavored milks. In all, it offers more than 130 organic products for you and your family to enjoy.

“Incorporating organic foods into children’s diets is particularly important,” said Dr. Jerry Rubin, fellow of the American Academy of Pediatrics. “There is no medical evidence that concludes that eating foods produced with the use of pesticides, added growth hormones or antibiotics is good for us. By having your children eat mostly organic foods you can be assured their diets will contain few chemicals and additives.”

When you purchase organic foods, you’re making a choice you can feel good about.