

Title:

What the Heck is Organic Food, Anyway?

Word Count:

675

Summary:

A brief overview of organic food, including what it is and what its benefits are.

Keywords:

organic baby food, organic food stores, organic health food stores, organic dog food, organic

Article Body:

^Organic~ has of late become such a catchphrase that it has entered the vernacular of the every-

What is unique about organic food as opposed to the garden-variety supermarket wares?

Essentially the differences on your plate take place in two spheres: additives and preservatives.

Many additives, particularly food dyes, have been attacked as toxins. A handful of dyes have been

On the farm level, the differences become even more dramatic. Organic food contains no genetic

And what about organic baby food? Is it significantly different or superior?

Organic baby food boasts all the same advantages as regular organic food listed above. Since baby

Organic baby food is quick-cooked so that fewer nutrients will be lost, an unfortunate by-product

There have been recently claims that organic baby food is lacking in iron at a 20 percent clip.

What are the benefits?

Well, this is the selling point of organic product. Less salt means smaller chance of kidney,

Can I trust the labels?

This one is tricky. Just as there are zillions of lobbyists and concerned citizen action groups

For example, if a baby food label is marked ^chicken,~ this means that chicken must comprise a

The way I figure it, check the website. If it's loaded with flash, slippery promotional promises

Does organic food taste better?

Yes.

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