



# Organic & non-GMO Food



*Do I really have to spend the extra money?*

## Organic and non-GMO foods should be priority in your diet

Did you know, about eighty years ago all food could have been considered organic?! Now, however, we find ourselves reading labels and paying extra if we want to be sure (we hope) that we're consuming the healthiest foods possible. It can seem exhausting and expensive and maybe even useless, but enough studies have linked modern day diseases to harmful chemicals- so it's better to be cautious and buy organic when possible!

### ORGANIC

To qualify for using the label be certified **organic** by the United States Department of Agriculture (USDA), organic farms are strictly prohibited from using genetic engineering, fertilizers, pesticides, herbicides, irradiation, sewage sludge, hormones, and/or antibiotics<sup>1</sup>. **Conventional** foods, on the contrary, are not organic and have some or all of the components just listed. You may not notice a difference in taste between organic and non-organic, but metabolically-speaking, your body's detoxifying systems will be thrilled! Organic foods have fewer **toxins** in them, so it's easier on your organs and metabolic pathways that are burdened with keeping you squeaky clean. An example of the most common toxin is *Roundup*, the number one used herbicide in world history, considered by the World Health Organization to be a "probable human carcinogen" in 2015<sup>2</sup>. It is likely that future studies will conclusively relate many modern diseases to the chemicals applied to conventional foods and the ecological footprint they leave. It's probably a good idea to make the best choices you can before we find out the answers (too late).

Non-GMO	Organic
	
<ul style="list-style-type: none"> <li>• Organic food is non-GMO</li> <li>• Non-GMO foods are not always organic</li> <li>• An independent agency checks for compliance to regulations</li> <li>• Animals are given non-GMO feed &amp; are not given antibiotics or growth hormones</li> <li>• No synthetic fertilizers, pesticides or irradiation allowed</li> <li>• No artificial colors, preservatives or flavors allowed</li> </ul>	

### NON-GMO

**Genetically modified foods** (GMO) are plants, animals, or other organisms whose genetic makeup have been modified by gene splicing, gene modification, or genetic engineering. Before 1994, all foods in stores were non-genetically modified organisms (non-GMO). Hundreds of years ago we made plants bigger, sweeter, and more fruitful by cross-breeding which is a form of genetic manipulation. Now, however, plant's genes are being spliced with herbicides and insecticides which in turn have created super bugs and super

weeds which can then only be killed with more toxic poisons- and all of this we eat! Although no studies show long-term human side effects from consuming GMO products, common sense tells us it's likely not the best idea and those side effects could surface in the future, when it's too late.

# NATURAL

**Natural** is a label added to processed foods by the manufacturers and is not an FDA approved term. They are conventional foods that do not have added colors, preservatives, flavors, sweeteners or other additives. They may still have pesticides or have been irradiated<sup>3</sup>. Your safest bet is to get online and research a company you are thinking of buying from to see how their foods are processed. There are still a few companies out there that make healthy foods but don't have organic labeling.

## TIPS ON BUYING ORGANIC

- 💡 Compare prices in the fresh and frozen sections of organic foods, sometimes one costs less than the other
- 💡 Shop at your local farmer's market, directly from a farm, or CSA at <https://www.localharvest.org/csa/>
- 💡 Consider growing your own!
- 💡 Freeze whatever portions you aren't going to use to avoid throwing away ripe/unused fruits and vegetables. Most frozen veggies can be re-used in soups, stews, fritters, etc. Frozen fruits always make a smoothie thicker and better.
- 💡 Buying seasonal foods makes them more affordable
- 💡 Some companies have coupons directly on their websites that you can use in store
- 💡 Consult the Environmental Working Group *Dirty Dozen*, *Clean Fifteen* list to see what foods you can safely buy that are conventional and what you should really spend extra on that's organic. [www.ewg.org](http://www.ewg.org).
- 💡 Many stores have a generic, organic brand available that costs much less than brand names.
- 💡 Buying bulk saves money and allows you to pay only for as much as you need.
- 💡 Make recipes from scratch as prepared/packaged organic foods cost MUCH more.

1. <https://www.ams.usda.gov/rules-regulations/organic>
2. Guiton, K Z et al. Carcinogenicity of tetrachlorvinphos, parathion, malathion, diazinon and glyphosate. *The Lancet Oncology*, Vol16, Issue 5, 490-491.
3. <https://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm456090.htm>



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