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whether you go totally organic or choose to mix conventional and organic foods keep these tips in mind choose a variety of foods from a mix of sources you ll get a better variety of nutrients and lower your chance of exposure to a single pesticide in this look at organic food consumer reports advice can help you decide what s most important to buy organic and how to save money when you do buy organic food the term organic refers to how certain foods are produced organic foods have been grown or farmed without the use of artificial chemicals hormones antibiotics genetically modified based on its elevated antioxidant levels organic produce may be considered 20 to 40 percent healthier the equivalent of adding one or two servings worth to a five a day regimen but people don t just buy organic foods because they re healthier what about safety organic food ecological food or biological food are foods and drinks produced by methods complying with the standards of organic farming standards vary worldwide but organic farming features practices that cycle resources promote ecological balance and conserve biodiversity principle of health organic agriculture should sustain and enhance the health of soil plant animal human and planet as one and indivisible learn more principle of ecology organic agriculture should be based on living ecological systems and

cycles work with them emulate them and help sustain them learn more principle of fairness the term organic refers to the way agricultural products are grown and processed while the regulations vary from country to country in the u s organic crops must be grown without the use of synthetic herbicides pesticides and fertilizers or bioengineered genes gmos organic farming is widely considered to be a far more sustainable alternative when it comes to food production the lack of pesticides and wider variety of plants enhances biodiversity and results in better soil quality and reduced pollution from fertilizer or pesticide run off consumers often see organic food as an effective way to reduce their impact surveys reveal that regardless of geographic location the primary motivations for organic food purchases are health 1 and environmental concerns 2 furthermore consumers are often willing to pay more for organic products some studies indicate a willingness to pay of organic foods are clearly healthier for the planet because they support an agricultural system that avoids synthetic fertilizers and pesticides and promotes a more biodiverse ecosystem with attention to the health of waterways soil air wildlife farm workers and the climate what is organic food this type of food is based on the use of ingredients that are grown or produced according to production methods that meet several requirements the use of natural processes and techniques respect for animal welfare the use of environmentally friendly methods and the protection of consumer health organic is a label that indicates that a food or agricultural product has been produced according to the usda organic standards which require operations to use practices that cycle resources conserve biodiversity and preserve ecological balance

the modern meaning of organic compound is any compound that contains a significant amount of carbon even though many of the organic compounds known today have no connection to any substance found in living organisms significant positive outcomes were seen in longitudinal studies where increased organic intake was associated with reduced incidence of infertility birth defects allergic sensitisation otitis media pre eclampsia metabolic syndrome high bmi and non hodgkin lymphoma organic farming agricultural system that uses ecologically based pest controls and biological fertilizers derived largely from animal wastes and nitrogen fixing cover crops the ecological benefits of organic farming are counterbalanced by higher food costs and generally lower yields organic chemistry is a subdiscipline within chemistry involving the scientific study of the structure properties and reactions of organic compounds and organic materials i e matter in its various forms that contain carbon atoms the popularity of organic products which are generally grown without synthetic pesticides or fertilizers or routine use of antibiotics or growth hormones is skyrocketing in the united states according to the council of the european union organic farming respects rules based on fundamental principles such as prohibition of the use of genetically modified organisms gmos prohibition on the use of ionizing radiation and limitation of the use of artificial fertilizers herbicides and pesticides 2 in organic chemistry we will learn about the reactions chemists use to synthesize crazy carbon based structures as well as the analytical methods to characterize them we will also think about how those reactions are occurring on a molecular level with reaction mechanisms simply put organic

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