

Organic – Research

[An Analytic Study of Organic Food Industry as Part of Healthy Eating Habit in Turkey: Market Growth, Challenges and Prospects](#)

- Healthy eating- consumption of necessary nutrients at the right amount of food groups
- Main focus of a healthy eating diet should be intake and balance of foods; need a balance of micronutrients
- By definition, organic produce “must come from organic soil without the use of fungicides, pesticides and synthetic fertilizers (Berberoglu, 2002)”
- Organic foods are the product of farming that avoids the use of man-made fertilizers, pesticides, etc., but only 95% of the ingredients need to be organic for something to be considered organic. The other 5% can have ingredients from an EU approved list
- People tend to buy organic food because “it’s healthier for them” but there is little research to actually support that
- Consumers are concerned about the safety/quality of the food they buy because there is an increased awareness of the important of a healthy diet

[A review of sustainability, deterrents, personal values, attitudes and purchase intentions in the organic food supply chain](#)

- Organic farming sales volume has increased by 10% over the last decade
- No legal definition of organic farming; organic is inferred to a process claim, not a product claim
- Customers have a positive attitude towards organic food consumption, but there is a gap between this attitude and actual behavior
- Customers hesitate to buy organic food unless they fully trust the retailer
- A high level of education has a negative influence on organic consumption (Durham, 2017)
- Buyers who are willing to adopt a healthy diet and balanced lifestyle are the most likely to buy organic products

[Organic food and health concerns: a dietary approach using observed data](#)

- Households that eat more fruits and vegetables (And less meat/fat) are more likely to have a higher consumption of organic food
- Study found that people buy organic because they think it contains more vitamins and minerals than the conventional version
- Difficult to prove that the organic version is healthier in product vs. product comparisons

[Genetically modified foods: A critical review of their promise and problems](#)

- The population is rapidly increasing, and we need to produce enough food to keep up with that- genetically engineering helps us do that
- Some genetic modification is done to enrich nutrients/substances in food
- Many risks of GM crops are just speculative

Composition differences between organic and conventional meat: a systematic literature review and meta-analysis

- There is a lot of consumer perception that organic meats contain a higher concentration of nutritionally desirable compounds
- Results of meta-analyses indicate that there is no significant nutritional difference between organic and non-organic meat
 - o No significant differences in all livestock products
- Organic might change the fatty acid profiles- *might* be nutritionally desirable

Are lower pesticide residues a good reason to buy organic? Probably not.

**this is an article summarizing different studies; the author is credible and there were good points in it

- Organic does not equal safe – there are still chemicals used in organic agriculture; all chemicals are dangerous in large quantities, even organic ones
- Author compared synthetic and organic pesticides and found that the organic ones were more toxic
- Pesticide residues on foods are almost always way below safety standards- most are at 1% of the ADI set by the government
- No evidence that eating organically is healthier than eating conventionally
- It's eating fruits and vegetables that will improve your health – NOT avoiding pesticides

Position of the Academy of Nutrition and Dietetics: Total Diet Approach to Healthy Eating

- **Never uses the word organic when defining healthy eating patterns**
- Total diet/ overall pattern of eating is the most important factor in healthy eating
- All foods can fit
- All about moderation
- Shouldn't label foods as good or bad – can cause people to stop putting in effort
 - o (relates back to your article- saying organic is good and conventional is bad can cause someone who cannot afford organic to not buy any produce instead of going with conventional and getting the vitamins and minerals)
- Interest in fresh organic foods are revolutionizing the American diet
- Nutrition information has to be presented with sufficient context to give consumers a better understanding and see if it applies to them
- Appropriate food choices should be the foundation for achieving nutrition adequacy

Key Elements of Healthy Eating Patterns

- **Never uses the word organic when defining healthy eating patterns**
- Need a mix of foods from all food groups; should be eaten in nutrient dense forms
- Vegetables- variety from all subgroups, consume in nutrient-dense form with limited additions (butter, salt, etc.)
 - o Legumes are an excellent source of protein- provide nutrients also found in seafood, meats and poultry. They're also a great source of fiber. Thought of as a protein or a vegetable.
- Fruits- emphasis on whole fruits, be careful with juices- drink minimally, make sure that you're drinking 100% juice
- Grains- include whole grains; or refined and enriched

- Dairy- include fat-free and low-fat dairy; fortified soy beverages
- Protein- animal and plant sources in nutrient-dense forms
- Warnings about added sugars, saturated and trans fats, cholesterol, sodium, alcohol and caffeine

Whole Foods vs. Processed Foods: Why Less Is Actually Better

- Focus on nutrient dense whole foods as opposed to processed foods
- Any nutrient dense food provides benefits for your body (whether it's organic or not)

There are a lot of studies/government recommendations that talk about healthy eating patterns- if you search the articles, they never use the terms 'organic' or 'GMOs' as things to eat/avoid

- Food based dietary patterns and chronic disease prevention
 - o To prevent chronic disease, prioritize fruits, vegetables, whole grains and fish
- Foods, Nutrients and Dietary Patterns: Interconnections and Implications for Dietary Guidelines
 - o Form guidelines based on dietary patterns
 - o Vegetables, fruits, nuts, legumes, whole grains and olive oil are important foods in healthy dietary patterns; inverse associations with weight gains when eating these foods
- How to Eat Healthy
 - o Half your plate fruits and vegetables; half your grains whole grains; fat-free or low-fat milk; lean protein; watch sodium intake; drink water instead of sugary drinks; eat seafood; cut back on solid fats
- Healthy Eating for a Healthy Weight
 - o Healthy eating plan includes a variety of foods
 - o Enjoy your favorite foods- all about balance
- Why is it important to eat vegetables?
 - o Reduced risk of chronic disease
 - o Provide nutrients vital for health and maintenance