Organic Foods

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II. Introduction

The paper examines the topic organic foods are healthier vs. organic foods with no additional health benefits. Over the last two decades, organic foods have exploded in prominence. In 2014, US consumers spent a whopping $39.1 billion on organic foods. Also, in the period between 2014 and 2015, the sales of organic produce substantially increased by over 11%. The topic is of significance since it explains the health benefits associated with the consumption of organic foods and addresses the claim that organic foods have no additional health benefits. The key issues and terms vital when debating this topic include organic and inorganic food items and no fertilizer or use of chemical fertilizers to produce food items. Organic foods refer to food items that have been manufactured utilizing non-synthetic processes like pesticides. The paper seeks to examine whether organic foods are healthier vs. the idea that organic foods have no additional health benefits.

III. Sides of the argument

The claim is that organic foods are healthier and tastier than regular foods. Foremost, organic foods are produced without hormones, antibiotics, and genetically modified organisms. (Nadricka, Millet, & Verlegh, 2020). Since organic food items are farmed or grown without artificial chemicals, they are considered healthier. The adherents of the claim are consumers who believe that organic foods are healthy and endow various health benefits. For instance, organic foods do not use chemicals when producing foods. This claim supports the idea that organic food items have various health benefits. Thus it advocated for the conception that organic food produces are essential food items that should be eaten over regular foods.

On the other hand, researchers from Stanford University School of Medicine recounted in Annals of Internal Medicine that organic foods are not nutritionally superior to conventional foods. Also, the researchers assign that organic foods are not safer concerning bacterial contamination. In the research, the scientists did not find compelling evidence indicating the nutritional benefits of eating organic foods. AS found from a study published by PLOS ONE in 2010, organic sweet berries had high antioxidants and Vitamin C contents while they have low potassium and phosphorous contents compared to regularly grown strawberries. The opponents of the idea that organic foods have no additional health benefits are scientific researchers from Stanford University of School of Medicine. They found no compelling evidence supporting the notion that organic foods are healthier than conventionally produced foods. Hence the researchers rebut the idea that organic foods have additional health benefits when consumed.

IV. Rhetoric and Fallacies

The rhetorical fallacy used to support the claim that organic foods are healthy is that they are produced without synthetics. Typically, many people believe that organic foods are healthier than conventionally produced food items since hormones, artificial chemicals, or genetically modified organisms are not used (Martins et al., 2020). Chemicals such as pesticides have been considered to cause substantial harm to people's lives. Thus, organic foods have gained popularity among many consumers today.

Conversely, the counter-argument that further asserts that organic foods have no additional health benefits is founded on the notion that organic foods lack some important nutritious contents. For instance, the study that Plos ONE published in 2010 reported that organic strawberries lacked some crucial ions such as phosphorous and potassium.

V. Cognitive Biases

The cognitive bias involved in the claim that organic foods are healthier is that media and news stories pay more attention to highlight the agenda concerning organic foods. Many adverts regarding the healthiness of organic foods are covered in various media ads. This has increased more awareness of people to consume foods produced without synthetics, such as artificial fertilizers (Britwum, Bernard, & Albrecht, 2020). An example is Organic Valley's New Ad Campaign that focuses on promoting the popularity of organic foods among consumers.

Conversely, the cognitive fallacy of the counter-argument that organic foods have no additional health benefits is etched on blame put on outside factors like media since the conventional foods do not get as much consumption among consumers. According to the study done by the researchers from Stanford University School of Medicine recorded in Annals of Internal Medicine found varying results concerning organic foods. They stated that organic rice is likely to have substantial levels of arsenic that can lead to increased rates of cancer on consumers (Ruiz-de-Cenzano et al., 2017).

Inductive vs. Deductive Reasoning

The argument regarding the claim that organic foods are healthier is based on inductive reasoning. Apart from being open-ended, it is exploratory. Various research studies on the health benefits of organic food items are comprehensively and elaborately researched to find the specific benefits of organic foods. Different observational studies and randomized trial methods have been used to examine the potential for organic food consumption on consumers' health. The findings presented from the various studies done by researchers show that organic foods are rich in nutrients that help the body grow and develop. In this essence, organic produce aid decreases public health risks.

Moreover, the argument highlights that organic foods are produced without using synthetics such as chemical additives, fertilizers, and genetically modified organisms. This makes organic foods more nutritious and healthy compared to conventional foods. Therefore, the argument clarifies the vital benefits associated with the consumption of organic foods.

Research

Various scientific findings have been made about the claim that organic foods are healthier. The credible sources of information regarding the topic can be found from various scientific studies. According to the latest French study done on 70,000 adults within five years, it was found that people who often consumed organic foods developed 25% fewer cancers compared to people who ate conventional foods (Popa et al., 2019). Organic food items have myriad benefits such as high nutritious minerals contents - magnesium, phosphorous, iron, and Vitamin C. Hence those who eat organic foods gain essential minerals vital for the growth and development of the body. Also, scientific studies show that people who eat organic food have a lower risk of contracting health problems like metabolic syndrome, diabetes, genital congenital disabilities, among others. On the other hand, those who never ate organic food items and consumed high inorganic foods are more susceptible to cancer. Another research article published in PLOS ONE in December 2013 reported that organic whole milk has substantially more significant levels of heart-healthy omega-3 fatty acids equated to conventionally produced milk.

Which side has a stronger argument?

The side that has a stronger argument is one that that states that organic foods are healthier. I conclude that it is essential for people to consume organic foods since they are rich in nutrients like phosphorus, magnesium, and Vitamin C. Furthermore, it has a better argument because it explains that organic foods are not produced using synthetics that can compromise the health of

consumers. Inorganic foods are farmed using chemical fertilizers like pesticides that may have serious, far-reaching effects on people's health. An example is that the foods may have high levels of arsenic that can build up in the body and cause cancer. The argument that organic foods are healthier is stronger because it meticulously explains the healthy levels of organic food items. It argues that organic foods are rich in nutrients essential for the body. My stance based on the research did not change since I have always believed that people should consume organic foods due to the myriad benefits.

IV. Conclusion

Organic foods are healthy and nutritious and should be more consumed than conventional food items. They have myriad benefits, such as having rich nutrient composition like Vitamin C, magnesium, iron, and many more. Also, they are not produced using synthetics like pesticides and other artificial fertilizers that may have significant health problems in consumers' lives. However, organic foods that have no additional health benefits are baseless and irrational. Researchers of the Stanford University School of Medicine highlight that they did not find compelling evidence in the studies they examined to confirm that organic foods are healthier than conventional foods. However, organic foods have not been produced using chemicals that may have potential health problems on consumers. This makes organic foods have a rich content of nutrients essential for healthiness. Vital observational and experimental studies must be done regarding organic foods to explicitly highlight whether they have health benefits or not when consumed.

References

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