

Organic_Food.edited.docx

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Organic Food

Name

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Date

Organic Foods

Organic food is cultivated without synthetic pesticides and other human-created chemicals and fertilizers, although not inclusive of genetically modified organisms. Organic foods comprise fresh dairy products, fresh vegetables, meats, and processed foods. Organic vegetables, according to the USDA, contain substantially fewer contaminants than conventional produce. (Popa et al., 2019). Taste is a personal concern; thus, I think organic and non-organic food taste is virtually similar. Likewise, I believe that the nutritional composition of organic and conventional meals are the same as concluded by most studies. A recent analysis evaluated scholarly papers over the last 50 years concerning the nutritional content of organic and conventional diets. The researchers determined that the nutritional content of organic and conventionally produced meals is equivalent.

The USDA Organic regulations label is the most important, especially for animal products, because animal products are widely consumed countrywide. Organic certification necessitates that farmers and handlers document their practices and undergo annual inspections. Organic on-site inspections include but are not constrained to seed sources, soil properties, plant health, weed and pest control, drainage systems, inputs, contaminants and commingling hazards and prevention, and record-keeping (Maxham, & Miller, 2019). This regulation is essential because it helps keep ranchers and farmers in business and, in addition, ensures that the products consumed in the country are safe.

References

- Maxham, A., & Miller, H. I. (2019). *USDA Reorganization Should Reduce Biotech Regulation And Feds' Involvement In The Organic Industry*. *Journal of Commercial Biotechnology*, 25(1).
- Popa, M. E., Mitelut, A. C., Popa, E. E., Stan, A., & Popa, V. I. (2019). *Organic Foods Contribution to Nutritional Quality and Value*. *Trends in Food Science & Technology*, 84, 15-18.

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