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Guide on Choosing Organic Products

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Because of the campaign of the health care authorities on the importance of considering healthy foods and healthy products for being healthy, beautiful inside out, there are different types of foods which have been out in the market. One is existence of organic products. As much as we may want to have these in vegetables and fruits, it can seem cost prohibitive.

Nonetheless, consumers don't have to pay much to keep their families health and feel great for what you serve at



mealtime.

These are the following reasons why people should choose organic products.

- Organic products is grown without synthetic chemicals, including pesticides, herbicides, fertilizers and unapproved sanitizers.
- Having a diet which consists of organic foods limits your exposure to harmful pesticides.
- Even after thoroughly washing, certain conventionally grown fruits and veggies can have higher levels of pesticide residues than others.
- *"According to the Environmental Working Group, produce such as apples, peaches, red raspberries and spinach are part of a list considered the 'dirty dozen,' and they are the best place to spend money on organic products,"* recommends Dr. Susan Mitchell, Target health and nutrition expert.
- Consuming organic products helps you get your daily dose of antioxidants, superfoods and vitamins. For instance, blueberries are among the fruits with the highest antioxidant activity, and one cup of fresh spinach leaves provides almost 200 percent of your daily value of vitamin K.

What To Look For:

- When buying organic products, be sure the products are labeled with the United States Department of Agriculture (USDA) organic seal. If a product is labeled as "all natural," it doesn't necessarily mean that it's organic.
- To be labeled with the USDA Certified Organic Seal, all fresh or processed foods sold in the United States, including imports must be produced according to the national organic standards and certified by an inspection agency accredited by the USDA. Before crops can be certified, all organic farmers must use only approved materials that will not harm humans, animals or soil life, according to the Organic Gardening magazine.

How To Go Organic:

- Introduce organic products into family meals by purchasing foods that are in season. Seasonal produce varies by region but look for strawberries in June, blueberries in mid-May and spinach in early spring or fall. If something is in season, it will be less expensive, easier to find and fresher.
- Using any produce is a nutritious and delicious addition to a meal that doesn't have to cost a lot. SuperTarget, a USDA certified organic products retailer, offers superior quality and low prices on a wide assortment of organic fruits and vegetables such as bananas, apples and grape tomatoes.