

live well, work well

Health and wellness tips for your work, home and life—brought to you by the insurance and healthcare specialists at M3.

Eating Organic

According to the Organic Trade Association (OTA), eating organic foods is not only healthier for your body, it is also better for society and less expensive in the long run.

What is Organic Food

Organic foods are farmed or processed in an earth-friendly manner. Organic applies to agricultural products, meat, fish, eggs and dairy products. Instead of traditional farming techniques, farmers control weeds and pests using environmentally safe practices that not only benefit the earth but also consumers' health.

Foods can bear varying organic labels depending on their makeup.

Regulations

The U.S. Department of Agriculture (USDA) regulates the use, definition and meaning of the word "organic" on food labels. A federal standard was established to restrict and prohibit the use of the following:

- Synthetic fertilizers and pesticides
- Sewer sludge fertilizers
- Genetic engineering and

- growth hormones
- Irradiation
- Antibiotics
- Artificial ingredients

Your Health

Now that you know how to identify organic foods, why you should opt for them? Unlike traditional agricultural foods, organic products are grown without pesticides. Pesticides potentially contain cancer-causing agents and heavy metals that can cause nerve damage.

Costs

Organic foods are typically priced higher when compared to traditional foods due to stricter handling and production standards that organic farmers must adhere to.

Want to buy organic but can't afford the price tag? Try visiting a local farmer's market or natural food cooperative, which have competitive prices on organic foods. If you join the co-op, you will usually save even

more money. Also, consider organic options only for the foods you use most often, like milk, fruit, eggs, and hold off on items that you use infrequently.

Did You Know...?

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