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Welcome to your
Corporate Bodies
International Fortnightly
Health Email

Fortnightly Challenge

Try some organic
bananas or tomatoes
and make up your own
mind!



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This fortnight's healthy topic...

Myth Buster: "Is Organic Food Healthier?"



Myth Buster

In Australia, both organic and conventionally grown foods provide the same nutritional benefits, despite popular belief that organic food is healthier.

The facts

Organic food is grown without the use of chemicals such as pesticides and fertilizers. Organic food production must comply with document standards set by government agencies.

Research shows that most fruit and vegetables in Australia have the same levels of nutrients and no traces of pesticides, regardless of whether they are organic or not.

Benefit of organically grown food

Organic farming has environmental benefits, because it is likely to have traveled a shorter distance from harvest to shop than other non-organic produce.

As organic farming does not use pesticides or synthetic fertilizers, it is also less likely to cause environmental damage in this respect. Some people choose organic, as they believe it tastes better.

What's the moral of the story?

Buying organic is a matter of personal choice, whether it is for environmental benefits, reduced use of chemicals or for taste.

Just remember that whether you have organic or conventionally grown foods, you can receive all the nutrients required when included in a healthy balanced diet.

Here's to demystifying another health topic!

Yours in Health, **[The Corporate Bodies Team.](#)**