

Organic Food Healthier for you and your family

3 reasons to choose organic

1. Nutrition

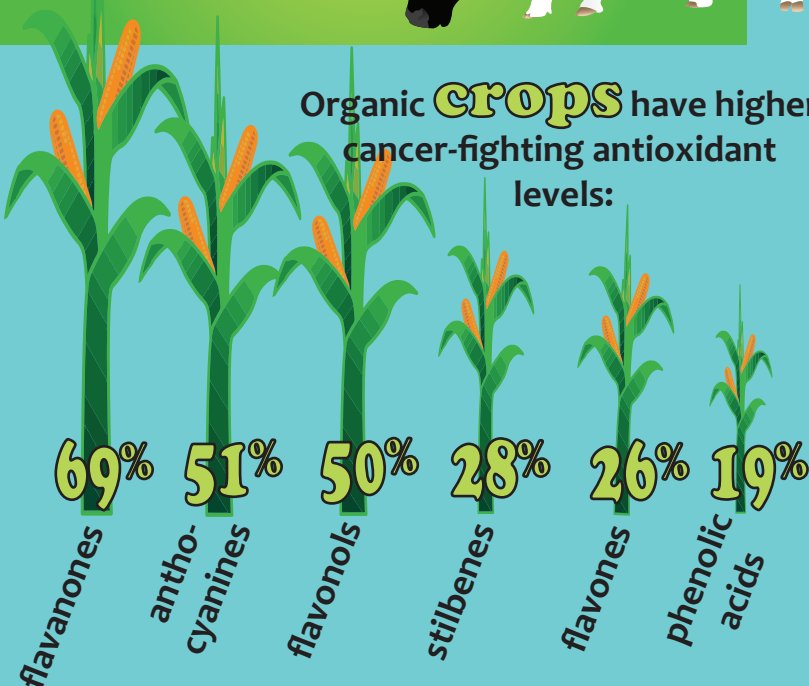
Organic **milk** has

62%

more healthy omega-3 fatty acids than conventional milk



Organic **crops** have higher cancer-fighting antioxidant levels:



2. Toxic Metals

48
Cadmium
Cd
112.411

Organic crops have

48%

lower levels of the toxic metal cadmium than conventional crops

3. Pesticides

Pesticides are found

4 times

more frequently in conventional crops than organic crops



Brought to you by: **The Organic Center**
www.organic-center.org

Sources

Benbrook et. al. 2013. Organic production enhances milk nutritional quality by shifting fatty acid composition. PLOS ONE.

Baranski et. al. 2014. Higher antioxidant & lower cadmium concentrations & lower incidence of pesticide residues in organically grown crops. British Journal of Nutrition.

