



WHY BUY ORGANIC?

Looking for the latest news on the scientific benefits of organic? Learn and discover why at The Organic Center!

Do You Know?

Grains make up the majority of calories consumed worldwide, so they are arguably one of the most important sources of nutrients. Studies have shown that eating organic whole grains can help boost your intake of health-promoting antioxidants, such as phenolic compounds, carotenoids, and tocopherols.*



*Based on multiple studies. For more information, please see www.organic-center.org/grainandantioxidants

Bringing you the science behind organic

All of our information is available for free:

www.organic-center.org