

Organic food is one of the fastest-growing categories in the food industry, despite the fact that it can cost more than double the price of conventional foods. Moreover/however is it worth spending more when it comes to buying organic? And what does "organic" really mean? Next/moreover is the "organic" label what we think it is. Organic food is one of the fastest-growing categories in the food industry, despite the fact that it can cost more than double the price of conventional foods.

Most consumers bought some type of organic food or beverage last year. And they probably spent a lot more for it— about 50 percent to 100 percent more. The U.S. Department of Agriculture found that certain fruits and vegetables, specifically/by the way, apples, berries, grapes, spinach, and potatoes, contain high levels of pesticide residue even after you wash them. On the other hand/ Moreover, bananas, mangoes, or corn do not. Finally/ In short, some organic food is worth buying, while other food is not.

An item labeled "organic" must meet several requirements. At first/ First, animals have not been treated with antibiotics, growth hormones, or feed made from animal by-products. As a result/ Second, animals must have been fed organic feed for at least a year, In contrast/ third, animals must have access to the outdoors. However/ Fourth, food hasn't been genetically modified or irradiated. Therefore/ Next, fertilizer does not contain sewage sludge or synthetic ingredients. Finally/So, the produce hasn't been contaminated with synthetic chemicals used as pesticides.