

## American Academy of Pediatrics says conventional/GM foods as healthy as organics

In its first [official report](#) on organic foods, the academy said that organic and conventionally produced foods are nutritionally equivalent. Organic produce probably does reduce children's exposure to pesticides – but if buying organic means that a family can't buy as many healthy foods, regular produce is probably fine.

**View the original article here: [American Academy of Pediatrics says conventional/GM foods as healthy as organics](#)**