

## Conventional food vs. organic

*The following is an excerpt.*

The end of 2012 raised quite a few eyebrows and much ire as some quiet and some not-so-quiet snubs were aimed at organic foods.

These detractors have one thing in common: They narrowly define health in terms of nutrient content.

Although we would (and do) argue that there is more to health than nutrients, maybe the organic community has done itself a disservice by essentially ignoring the nutrient density of the end product. As I wrote before, “if nutrient content is how organic foods will be weighed and measured by American shoppers, it is time for some long-term, hands-in-the-dirt research to really find out how organic and conventional foods stack up.”

**Read the full article here: [Dissecting Our Health](#)**