

Organic baby food: More expensive, but may not be more nutritious

The following is an edited excerpt.

Parents go organic for a variety of reasons, including environmental concerns and a desire to avoid pesticide residue. And in some cases, they just want a status symbol. According to the consumer market research firm Mintel, organic baby food made up about 10 percent of the \$1.4 billion U.S. baby food and snacks market in 2011.

But studies show that parents who are aiming to buy the best food for their infants may not need to spring for the expensive organics.

A [2012 study](#) in the Annals of Internal Medicine considered the question “Are Organic Foods Safer or Healthier Than Conventional Alternatives?” After analyzing hundreds of previous studies, including some that involved pregnant women and children, the authors found no strong evidence in favor of the organics.

Read the full article here: [Organic baby food: It’s more expensive, but it may not be more nutritious](#)