

Skepticism grows over claims that organic food is healthier

You've no doubt noticed that organic foods are a fair bit more expensive at the grocery store. An organic head of lettuce can cost twice as much as a regular one. But is it actually any healthier?

In recent years, many scientists have answered this question with a flat "no." There just doesn't seem to be much evidence that organic foods are any more nutritious. But there have long been dissenters who argue that there must be *some* health benefits to organic. And [a new study](#) in the *British Journal of Nutrition*, led by Carlo Leifert of Newcastle University, has reopened this debate by adding a small twist. Their review of 347 previous studies found that certain organic fruits and vegetables had higher levels of antioxidants than conventionally grown crops.

Unfortunately, this doesn't prove very much by itself. No one knows if those moderately higher levels of antioxidants actually boost your health.

Read the full, original article: [Is organic food healthier? Many scientists are still skeptical.](#)