

WebMD's advice on organic food relies on activist recommendations

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Boasting credible, accurate content and valuable health information, WebMD is a household name reaching over 200 million unique visitors per month, far more than any other health website. . . . But WebMD's Rx for organic food falls miles short of the credibility bar.

. . . "Experts recommend spending most of your organic food dollars on produce and the foods you eat most often," states WebMD in the first slide of its "Organic Foods: Top Picks" slideshow, published in February of 2016. . . .

The only source cited in the slideshow, the largely [organic industry-funded](#) Environmental Working Group (EWG) is best known for its annual list of "Dirty Dozen" fruits and veggies. . . .

Rightly [criticized](#) for its less-than-stellar methodology, EWG has been dubbed the [Environmental Worry Group](#) for passing off bad science as fact. . . Now, WebMD has joined the "let's scare people into unnecessarily paying more for fruits and veggies" bandwagon.

Buying organic apples "makes sense," says WebMD, explaining that pesticides can build up in the fruit's peel. The site doesn't explain that a child [could consume](#) over 154 apples per day without health effects.

It also doesn't explain that organic farming also [uses toxic pesticides](#). . . .

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Citing so-called "expert advice" from an organization that implies that conventional produce is harmful and organic produce is pesticide free, WebMD's food recommendations are far from wholesome. The vast majority of Americans [don't consume enough](#) fruits and veggies, resulting in tangible health effects. The real risk isn't pesticide residue, it's spreading fear about our food.

Read full, original post: [WebMD's Rotten Advice On Organic Food](#)