

Organic foods have less pesticide residue—but that doesn't necessarily mean they're healthier

The available evidence supports consumers' belief that organic food production and consumption result in lower pesticide exposure, are more environmentally friendly, and may be better for animal welfare. However, the impact on human health of the actual low-level pesticide exposure from conventionally produced foods is not clear.

Some studies indicate better nutritional profiles in organic foods than in conventional foods, but the differences are mostly small and may not be of practical relevance in well-nourished populations. Few studies have investigated the possible health benefits of organic food consumption in humans. While providing some indications, the available evidence is limited and therefore insufficient to conclude whether organic food is healthier.

The beneficial health effects of vegetables and fruits and other foods recommended in a balanced diet are well documented, but the jury is still out and not ready to conclude whether choosing the organic alternatives would provide additional benefits. The current dietary guidelines, which recommend more fruit, vegetables, and plant foods and less meat, are based on a large number of studies and are valid regardless of whether the produce is organic.

Read full, original post: [Organic Food in the Diet: Exposure and Health Implications](#)