

Viewpoint: Eating organic is a ‘personal choice,’ but pricier produce won’t make you healthier

Many folks automatically assume that organic equals healthier. But have you ever wondered if the product you’re most likely paying more for is actually nutritionally superior? We decided to get to the bottom of it and figure out if which groceries you should be buying.

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Is Organic Healthier?

[I]t depends on what you’re eating. Whether a cookie is organic or conventional, it’s still an empty-calorie food that shouldn’t be a regular part of any healthy eating plan.

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Both conventional and organic foods have similar nutrient profiles, and choosing one over the other is a personal choice. Most Americans do not consume a diet balanced with fruits, vegetables, whole grains, lean protein, low and nonfat dairy and healthy fats. If you include these wholesome foods in your well-balanced diet, whether conventional or organic, your diet is heading in the right direction!

Read full, original article: [Is Organic Food Healthier Than Non-Organic?](#)