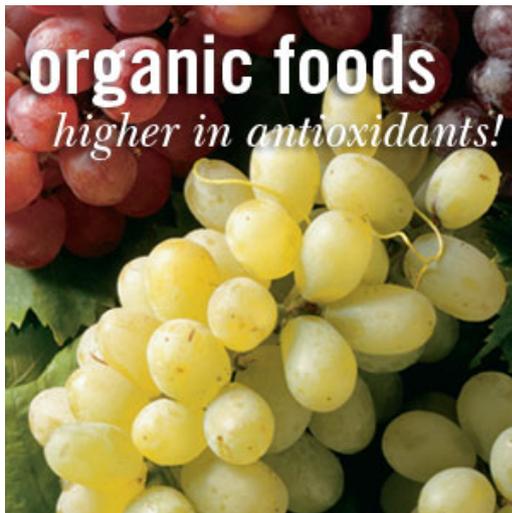


Healthy Living

Your daily dose of health

Are all organic food products free from contamination?

Rupali Gupta · Saturday, October 29th, 2011



Organic foods are foods that are produced using methods that do not involve synthetic pesticides and chemical fertilizers; do not contain genetically modified organisms, and are not processed using irradiation, industrial solvents, or chemical food additives. For the vast majority of human history, agriculture can be described as organic; only during the 20th century was a large supply of new synthetic chemicals introduced to the food supply. As generally perceived, organic food may not be nutritionally superior than non-organic food. A report revealed that

organic food are also immune to contamination and care should be taken while consuming it.

Organic food production is a heavily regulated industry. Currently, the European Union, the United States, Canada, Japan and many other countries require producers to obtain special certification in order to market food as organic. The producers have to respond to site-specific conditions by integrating cultural, biological, and mechanical practices that foster cycling of resources, promote ecological balance, and conserve biodiversity. If livestock are involved, the livestock must be reared with regular access to pasture and without the routine use of antibiotics or growth hormones.

Are Local, Organic Foods Always Safer ?

A small **outbreak of salmonella in organic eggs** from Minnesota shows that no food is immune to contamination, although foods produced at smaller farms or labeled “local,” “organic” or “natural” are supposed to be safer. The government has been traditionally focusing on safety at large food operations including farms, processing plants, and retailers because they have maximum reach to the most people. Recent outbreaks in



cantaloupe, ground turkey, [eggs](#) and peanuts at large farms and plants rendered thousands of people across the country sick and resulted in some deaths, is a cause of serious review.

Erik Olson, a food safety advocate at the Pew Health Group observed, "While it's critical that food processors be regularly inspected, there is no way the Food and Drug Administration would ever have the resources to check every farm in the country, nor are we calling for that. Unfortunately, there are regulatory gaps, with some producers being completely exempt from FDA safeguards."



Smaller farms have some obvious food safety advantages as owners have more control over what they are producing and often do not ship to far off places, reducing the chances for contamination in transport. If the farm is organic, an inspector will have to visit the property to certify.

Egg safety is ambiguous as many people like to buy cage-free eggs, those chickens may be exposed to bacteria on the grounds where they are roaming.

Experts are telling to follow the traditional rules, no matter what the variety of food is supplied. It is advised to cook foods like eggs and meat and to make sure to scrub fruits and vegetables and cleaning the kitchen well.

I think the report makes sense, organic food should not be deemed as the most superior quality food that is free of all sorts of contaminants. Treat it as other food and cook it properly before consuming it.

Healthy Eating!

Via

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