

Athletes Healthy Eating Diet Plan

Healthy Diet for Athletes

Healthy Organic Breakfast Foods

The Importance of Organic Food in a Healthy Diet



A few years ago, in a sudden wave that overtook the country, Organic became the IT thing. Celebrities touted an organic diet; designers switched to using Organic fabrics to fashion their creations; and Farmers markets were suddenly 'the place' to shop at.

For some, following this new trend seemed to be the right thing to do. For others, it may have taken a serious turn of events in their lives that lead to them switching to an organic lifestyle. Or it may have been that they read about it and wanted to learn more. Whatever the reasons, today they are more and more people switching to this healthier way of living; and its benefits can be seen by both sellers who are of course making a profit, and consumers, who are getting a wholesome, healthy diet, be it at a slightly higher price.

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The benefits of an organic diet are numerous. To name a few:

1. Organic food contains lower levels of pesticides - Up to 70% of pesticides which appear in conventional food are banned in the production of organic food.

2. Organic food does not have any synthetic additives- They do not have artificial food colors and flavors, preservatives, nitrates and sulphites, artificial sweeteners or monosodium glutamate (MSG). Food is preserved and sweetened naturally using substances such as honey and grape juice.



3. Organic food has significantly higher levels of nutrients - Depending on the choice of produce, organic food is shown to have higher amounts of salicylic acid and more Vitamin C, iron, calcium, magnesium and phosphorous.

4. Organic livestock production does not use antibiotics or growth hormones- In a lot of cases, antibiotics or growth hormones are injected into cattle to make them larger, fatter and hence deliver more meat. In organically reared cattle, they are allowed to grow and develop at their own pace, and without any synthetics injected into their system.

5. Organic food is free of Genetically Engineered (GE) ingredients - Organic farmers do not use GE seeds or irradiation methods. Instead crop rotation and use of natural compost produces a richer soil in which to grow and harvest their produce.

And so, should you go organic? The answer is a definite yes. If price is an issue, then it's best to start with selecting those items that are used on daily basis- milk, meat, bread, eggs, fruit and veggies, and then gradually ease into a fuller lifestyle as and if and when you can afford to.

Usha Krishnan Sliva

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