



# *Staying Fit with Organic Food*



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# Chapter 01 – Basics of Organic Food

Organic foods have become very popular. However, knowing the maze of organic food benefits, labels as well claims can be confusing. In fact, there are many people who asked if organic foods are really healthier or not. But, why you should consider organic foods? Are they beneficial to your health? Well, whatever your questions are, it is important to know about organic foods.

Organic foods, as its name implies, are produced through organic farming. Nowadays, many countries promote organic farming as more and more people are seeking for organic foods that would provide them long-term health benefits.

Healthy eating can offer you healthier life. But, for you to achieve this, you should eat more vegetables, fruits, good fats, and whole grains. However, some have questions about the safety, sustainability and nutrition of organic foods. So, what does organic means?

## 1.1 Organic Foods Defined

Organic refers to the process on how products are produced and grown. Particular requirements should be maintained and met so that products will be labeled as organic. The organic crops should be grown in safe soil. They should have no modifications and should remain separate from the conventional products. When it comes to producing organic foods, farmers are forbidden to use bioengineered genes or GMOs, synthetic pesticides, sewage fertilizers, and petroleum-based fertilizers. In terms of organic livestock, this should have access to outdoors and must be given

organic feed. They will not be given growth hormones, antibiotics or any by-products.

## **What are GMOs or Genetically Modified Organisms?**

GMOs or GE foods are animals or plants in which their DNA has been changed. Such products have undergone tests to know their effects on the environment and humans. In several countries, organic products don't intentionally contain GMOs.

### **1.2 The Perks of Organic Foods**

Organic foods offer a wide range of benefits. Several studies show that the organic foods have more beneficial nutrients than the conventionally grown foods. Moreover, people who have allergies to preservatives, chemicals or foods often seek for their symptoms reduced when they only eat organic foods. Aside from that, the best thing about organic foods is that they contain lesser pesticides. These pesticides are chemicals including herbicides, insecticides, and fungicides. Such chemicals are used in the conventional agriculture and the residues remain in or on the food you eat.

### **1.3 Understanding the Organic Food Labels**

Once you have considered organic foods, there are several terms that you should understand in order for you to make the most of these foods. When shopping around, keep in mind that natural foods are not equivalent to organic foods. Natural foods don't have any production standards that must be met.