

Infographic: 3 Reasons to Choose Organic

The Organic Center

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Organic Food Healthier for you and your family

3 reasons to choose organic

1. Nutrition

Organic **milk** has **62%** more healthy omega-3 fatty acids than conventional milk

Organic **crops** have higher cancer-fighting antioxidant levels:

Antioxidant	Percentage
flavanones	69%
antho-cyanines	51%
flavonols	50%
stilbenes	28%
flavones	26%
phenolic acids	19%

2. Toxic Metals

Organic crops have **48%** lower levels of the toxic metal cadmium than conventional crops

48
Cadmium
Cd
112.411

3. Pesticides

Pesticides are found **4 times** more frequently in conventional crops than organic crops

Brought to you by: **The Organic Center**
www.organic-center.org

Sources
Benbrook et. al. 2013. Organic production enhances milk nutritional quality by shifting fatty acid composition. PLOS ONE.
Barandak et. al. 2014. Higher antioxidant & lower cadmium concentrations & lower incidence of pesticide residues in organically grown crops. British Journal of Nutrition.

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Newcastle study shows definitive advantages of organic organically
(PRNewsFoto/The Organic Center)

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