

### ***Is organic food more nutritious?***

Common sense tells us it is. Eating food without chemicals, pesticides and GE products used in harvesting and production must be better, however there has been billions of dollars spent on studies designed to answer this question. Here are some of those studies and their findings.

Researchers at Rutgers University in the USA, analysed the mineral content of a selection of produce conventional produce sold from a major supermarket and then purchased the same products but grown organically from a health food shop and carried out the same tests.

The results speak for themselves! For example compare the amount of iron in the organic tomatoes and spinach to the non-organic varieties. Many other essential trace elements are absent in the non-organic foods whereas they occur in abundance in the organic varieties.

*A Study from Rutgers University USA*

**Percentage of Dry Weight                      Quantities per 100 Grams  
Dry Weight    Trace Elements. Parts per                      million Dry matter**

<b>Vegetable:</b>	Mineral Ash	Phosphorus	Calcium	Magnesium	Potassium	Sodium	Boron	Manganese	Iron	Copper	Cobalt
<b>Snap Beans</b>											
Organic	10.45	0.36	40.5	60	99.7	8.6	73	60	227	69	0.26
Non-organic	4.04	0.22	15.5	14.8	29.1	0.9	10	2	10	3	0
<b>Cabbage</b>											
Organic	10.38	0.38	60	43.6	148.3	20.4	42	13	94	48	0.15
Non-organic	6.12	0.18	17.5	13.6	33.7	0.8	7	2	20	0.4	0
<b>Lettuce</b>											
Organic	24.48	0.43	71	49.3	176.5	12.2	37	169	516	60	0.19
Non-organic	7.01	0.22	16	13.1	53.7	0	6	1	9	3	0
<b>Tomatoes</b>											
Organic	14.2	0.35	23	59.2	148.3	6.5	36	68	1938	53	0.63
Non-organic	6.07	0.16	4.5	4.5	58.8	0	3	1	1	0	0
<b>Spinach</b>											
Organic	28.56	0.52	96	203.9	237	69.5	88	117	1584	32	0.25
Non-organic	12.38	0.27	47.5	46.9	84.6	0	12	1	49	0.3	0.2