

Thinking of going organic?

April 19 2017, by Joan McClusky, Healthday Reporter



(HealthDay)—For many people, eating healthy means eating organic whenever possible. But choosing only organic foods can take effort and be costly. So when does it make the most sense?

Experts from the University of Texas suggest feeding young children [organic foods](#) whenever possible to limit their exposure to pesticides. Adults should make their primary goal to eat healthy in general. In other words, make sure you're getting enough fruits and vegetables in your diet before worrying about whether they're organic.

Next, add in organic foods as your budget allows. Some organic fruits and [vegetables](#) are only slightly more expensive than non-organic varieties, so focus on them before the more expensive ones. You might also look for foods on which organic has the most impact. Generally, produce that you peel before eating will have less [pesticide residue](#) so it makes more sense to spend money on organic cherries than on organic bananas.

However, aside from limiting your exposure to [pesticides](#), there's little conclusive evidence that organic foods are healthier.

But there are other reasons—from taste to the idea of putting fewer chemicals in the soil—that might influence you to go organic. In the end, it's often a very personal decision.

More information: The University of Wisconsin has more on [organic foods](#).

Copyright © 2017 [HealthDay](#). All rights reserved.

Citation: Thinking of going organic? (2017, April 19) retrieved 6 May 2024 from <https://medicalxpress.com/news/2017-04-thinking-of-going-organic.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.
