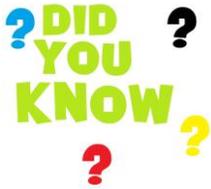


Breakthrough common nutrition myths, see what's trending, catch up on latest research, and get great tips from our team of Registered Dietitians.



...every year, consumers in rich countries waste almost as much food as the entire net food production of sub-Saharan Africa (222 million tonnes).

... worldwide, we lose a soccer field of farm land every second, while adding two more people to the world's population.

...Canadians enjoy one of the lowest-cost "food baskets" in the world, spending only about \$0.10 of every dollar on food – compared to \$0.25 in Mexico and \$0.31 in Russia.



The Dirt of Farming: Part 2 – Organic Food & Grass Fed Beef

What is organic agriculture?

The National Standard of Canada for organic agriculture was first published in 1999. This document outlined the principles for organic agriculture: sound production and management practices to enhance the quality and sustainability of the environment, and the ethical treatment of livestock. Since then, they have been revised to include major international trading partners. To check out the latest 2015 standards, go to:

<http://www.tpsgc-pwgsc.gc.ca/ongc-cgsb/programme-program/normes-standards/comm/32-20-agriculture-eng.html>

What's the difference between organic and non-organic foods?

The difference between organic and non-organic (conventional) food has to do with how food is produced. Organic food like vegetables, fruit, eggs, milk and meat is produced without:

- Synthetic (human-made) pesticides, herbicides and fertilizers
- Genetically modified organisms (GMOs)
- Antibiotics or growth hormones
- Irradiation or ionizing radiation

How do I know if a food is organic?

The CFIA regulates the use of the Canada organic logo. Use of the logo is optional. It is only allowed to be used on products that have an organic content of 95% or more, and have been certified according to the requirements of the Canada Organic Regime. Any product which uses the Canada organic logo, or claims to have 70% or more organic ingredients, must include the name of the certification body that certified it.



How are organic foods regulated?

The Canadian Food Inspection Agency (CFIA) regulates all agricultural products which are labelled organic; producers must be able to show that organic claims are truthful and not misleading, and that specific requirements have been met. The CFIA oversees, monitors, and enforces the Canada Organic Regime. The Canada Organic Regime regulates all parties involved in the certification of organic products, and verifies that all applicable regulatory requirements, standards, and guidance documents are being met.

Do organic foods have less pesticide residue than non-organic foods?

Organic produce typically carries fewer pesticide residue than conventional produce. However, residues on most products – both organic and non-organic – don't usually exceed government safety thresholds. Organic farmers manage pests, weeds, and diseases primarily by physical, mechanical, and biological controls instead of with synthetic pesticides and herbicides. However, natural or plant-based pesticides may still be used in organic food production.

Is organic produce more nutritious than conventionally grown produce?

A 2009 systematic review examined the past 50 years' worth of scientific articles about the nutrient content of organic and conventional foods. The researches concludes that the nutritional differences between organic and conventional foodstuffs are minimal.

Bottom line: Like any food purchase, buying organic food is a personal choice.

What is the difference between grain-fed and grass-fed beef?

All beef cattle are raised on pasture (grass) after they're weaned. However, conventionally raised cattle are sent to a feedlot, where they're fed a grain-based diet (usually corn) before going to market. Grass-fed cattle forage exclusively their whole lives and must have continuous access to pasture during the growing season.

Is grass-fed beef more nutritious than grain-fed beef?

A number of studies have revealed that meat from grass-fed cows has nutritional advantages over conventionally raised cattle. Grass-fed beef has been shown to have a healthier fat profile (higher amounts of conjugated linoleic acid (CLA), *trans* vaccenic acid (a precursor to CLA), and omega-3 fatty acids). While the overall concentration of total saturated fatty acids (SFAs) is not different between feeding regimens, grass-finished beef tends toward a higher proportion of cholesterol neutral fatty acids. Grass-fed beef is also higher in antioxidants such as beta carotene and vitamin E, as well as cancer fighting antioxidants such as glutathione and superoxide dismutase, as compared to conventional beef. However, whether the amounts are large enough to be significant to health remains to be seen. Both grain-fed and grass-fed beef are nutritious options, though there will be a difference in taste and marbling.

<http://pediatrics.aappublications.org/content/130/5/e1406#ref-64>

www.organicfederation.ca/node/43

<http://thinkcanadaorganic.ca/organic101/#what>

www.inspection.gc.ca/food/organic-products/labelling-and-general-information/regulating-organic-products/eng/1328082717777/1328082783032

www.eatrightontario.ca/en/Articles/Farming-Food-production/Organic-Foods-and-Growing-Methods-FAQ.aspx

<http://ajcn.nutrition.org/content/90/3/680.full.pdf+html>

<http://www.theglobeandmail.com/life/health-and-fitness/health/is-grass-fed-beef-more-nutritious-than-regular-beef/article28948990/>

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2846864/>

Talk to your Registered Dietitian for more information.