



Organic Food: Nutritious Food

Guest Editor:

Prof. Dr. Ewa Rembialska

Department of Functional Foods
and Commodities, Warsaw
University of Life Sciences, 02-776
Warsaw, Poland

Deadline for manuscript
submissions:

closed (30 September 2021)

Message from the Guest Editor

Dear Colleagues,

Organic food consumption may reduce the risk of allergic disease and overweight and obesity, but the evidence is not conclusive due to likely residual confounding, as consumers of organic food tend to have healthier lifestyles overall. Epidemiological studies have reported adverse effects of certain pesticides on children's cognitive development at current levels of exposure, but these data have so far not been applied in formal risk assessments of individual pesticides. Differences in the composition between organic and conventional crops are limited, such as higher content of phenolic compounds in organic fruit and vegetables, and also a lower content of cadmium in organic cereal crops. Organic dairy products and meats have a higher content of omega-3 fatty acids compared to conventional products. The massive use of antibiotics in conventional animal production is a key driver of antibiotic resistance in society; antibiotic use is less-intensive in organic production. To summarize –several health benefits result from the organic food/feed consumption, but more scientific evidence is necessary.

Prof. Dr. Ewa Rembialska
Guest Editor





an Open Access Journal by MDPI

Editor-in-Chief

Prof. Dr. Giulio Nicola Cerullo

Dipartimento di Fisica,
Politecnico di Milano, Piazza L.
da Vinci 32, 20133 Milano, Italy

Message from the Editor-in-Chief

As the world of science becomes ever more specialized, researchers may lose themselves in the deep forest of the ever increasing number of subfields being created. This open access journal Applied Sciences has been started to link these subfields, so researchers can cut through the forest and see the surrounding, or quite distant fields and subfields to help develop his/her own research even further with the aid of this multi-dimensional network.

Author Benefits

Open Access: free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility: indexed within Scopus, SCIE (Web of Science), Inspec, CAPlus / SciFinder, and other databases.

Journal Rank: JCR - Q2 (*Engineering, Multidisciplinary*) / CiteScore - Q1 (*General Engineering*)

Contact Us

Applied Sciences Editorial Office
MDPI, St. Alban-Anlage 66
4052 Basel, Switzerland

Tel: +41 61 683 77 34
www.mdpi.com

mdpi.com/journal/applsci
applsci@mdpi.com
[X@Applsci](https://twitter.com/Applsci)