

Special Issue

Organic Food: Nutritious Food

Message from the Guest Editor

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.

Guest Editor

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