

The Difference Between Natural and Organic

People often wonder about the difference between these two labels ... please read this article carefully, and when shopping, do the same with all the labels of your food you are about to purchase.

It's important to understand that the "natural" label is not regulated and does not provide a guarantee of being free of genetically engineered ingredients or synthetic pesticides and additives. Currently the **ONLY** label that can protect you against genetically engineered ingredients and other unsavory additives is the **USDA 100% Organic** label.

The USDA's National Organic Program (NOP) took effect October 21, 2002 and regulates the standards for any farm, wild crop harvesting, or handling operation that wants to sell an agricultural product as organically produced. The labelling requirements of the NOP apply to raw, fresh products and processed products that contain organic agricultural ingredients. In order to qualify as organic, a product must be grown and processed using organic farming methods that recycle resources and promote biodiversity.

Crops must be grown without synthetic pesticides, bioengineered genes, petroleum-based fertilizers, or sewage sludge-based fertilizers. Organic livestock must have access to the outdoors and cannot be given antibiotics or growth hormones.

Products labeled "USDA 100% Organic" must contain only organically produced materials.

Products labeled simply "USDA 100% Organic" must contain at least 95% organic ingredients, whereas the label "Made with Organic Ingredients" can contain anywhere between 70-95% organic ingredients.

Organic products cannot be irradiated, are not allowed to contain preservatives or flavor enhancing chemicals, nor can they contain traces of heavy metals or other contaminants in excess of tolerances set by the FDA. Additionally, the pesticide residue level cannot be higher than 5% of the maximum EPA pesticide tolerance.

(excerpts from an article found on Mercola.com)