

BLUE EDGE TACTICAL FITNESS

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WHAT IS ORGANIC?

You've heard the term and seen it printed on labels, but do you really understand what organic means and what it takes for a product to earn this designation?

The USDA defines organic as: a labeling term that indicates that the food or other agricultural product has been produced through approved methods. These methods integrate cultural, biological, and mechanical practices that foster cycling of resources, promote ecological balance, and conserve biodiversity. Synthetic fertilizers, sewage sludge, irradiation, and genetic engineering may not be used.

Check out the USDA's Organic Fact Sheet [here](#) to learn more.

According to Organic.org, the USDA has identified categories of labeling organic products:

- **100% Organic:** Made with 100% organic ingredients
- **Organic:** Made with at least 95% organic ingredients
- **Made With Organic Ingredients:** Made with a minimum of 70% organic ingredients with strict restrictions on the remaining 30% including no GMOs (genetically modified organisms)
- **Other:** Products with less than 70% organic ingredients may list organically produced ingredients on the side panel of the package, but may not make any organic claims on the front of the package.

You may see other terms such as cage-free, rang-free, or no growth hormones. These terms are helpful in identifying how the animals you will be eating are raised, but they don't always mean the product is also organic. Be sure to thoroughly read the packaging to investigate further.

Buying and eating organic doesn't always cost more. There are many organic items in popular food stores that are often the same, or less than their non-organic counterparts. You can also get organic items for less by visiting local farmers markets or farms to buy directly from the growers.

It is important to understand what you are putting in your body. Pesticides, antibiotics, hormones, and modified foods can wreak havoc on your system.

Always consult your doctor before beginning any new exercise, nutrition, or lifestyle program.
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Sources: <http://www.ams.usda.gov/AMSV1.0/getfile?dDocName=STELPRDC5103286>
<http://www.organic.org/home/faq>