



The Peak Body for the Australian Organic Sector

www.ofa.org.au

From the desk of:

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MEDIA RELEASE

For Immediate Release: Thursday 17th April 2008

ORGANIC FOOD IS MORE NUTRITIOUS – IT'S A FACT

A new scientific study from the Organic Center provides strong evidence that organic foods are definitely more nutrient dense.

"It's official that organic food is healthier. A new report by scientists from Washington State University and the University of Florida lends credibility to what we have been saying all along. The researchers compared 11 key nutrients and found that organic foods contained, on average, 25% higher concentrations of nutrients." Andre Leu, the Chair of the Organic Federation of Australia stated

"The researchers evaluated all the available published studies and managed to establish 236 comparisons between organic and conventional foods that they organised into matched pairs. " Mr Leu said

"They found that across all 236 matched pairs that the organic food averaged 25% higher levels of nutrients. The size of the study along with the level of statistical difference clearly shows that dieticians and others can no longer say that there is no evidence that organic food is more nutritious"

The report titled 'State of Science Review: Nutritional Superiority of Organic Foods' was researched by scientists from Washington State University, University of Florida and the Organic Center.

The nutrients included:

- Four measures of antioxidants (total phenolics, total antioxidant capacity, quercetin, kaempferol),
- Three precursors of key vitamins (Vitamins A, C, and E),
- Two minerals (potassium and phosphorous),
- Nitrates (higher levels are a nutritional disadvantage), and
- Total protein.

-ENDS-

To read the study, please visit: <http://www.organic-center.org>

For further information about the Organic Federation of Australia, please visit www.ofa.org.au

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