



**Andre Leu**  
Chair  
PO Box 800  
Mossman, Qld 4873  
61 (0) 7 40987610  
chair@ofa.org.au

## **MEDIA RELEASE**

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### **ORGANIC DIET IMPROVES QUALITY OF BREAST MILK**

“Scientific studies show consuming organic milk and meat improves the health qualities of nursing mothers’ breast milk,” says Organic Federation of Australia Chairman, Andre Leu.

“European scientists have found that mothers that consumed mostly organic meat and milk have around 50 percent higher levels of ruminic acid in their breast milk. This acid protects against cancer and inflammatory diseases such as arthritis, heart disease and asthma.

The study, published this year in the British Journal of Nutrition, offers incontrovertible proof that there are significant health benefits in consuming organic food, especially for nursing mothers and their children.

“This study confirms earlier research by the Danish Institute of Agricultural Research and the University of Newcastle showing that cows raised on an organic diet produced milk with 50% more Vitamin E and 75% more beta carotene than conventionally farmed cows. The organic milk has two to three times more zeaxanthine and lutein, which are powerful antioxidants. Higher levels of omega 3 essential fatty acids, that provide protection from heart and other diseases, are also found in organic milk,” explains Leu.

“A recently published review of scientific research by Dr Charles Benbrook reveals that on average organic foods contain about one-third higher in antioxidants than comparable conventional produce.

“These phyto-nutrients have been shown to have major roles in preventing and reversing diseases such as heart disease and arterial diseases. They are important for preventing and reducing inflammatory and auto-immune diseases such as asthma and arthritis. Most significantly they are shown to have anti-cancer and other protective properties for our health and well being,” says Leu.

Pierce Cody, Executive Chairman of Macro Wholefoods Market says, “There are few things in life as important as your children. Why would you expose them to anything dangerous when they are so very precious.”

Source: “Influence of organic diet on the amount of conjugated linoleic acids in breast milk”

Authors: Lukas Rist, Andre Mueller, Christiane Barthel, Bianca Snijders, Margje Jansen, A. Paula Simoes-Wust, Machteld Huber, Ischa Kummeling, Ursula von Mandach, Hans Steinhart, and Carel Thijs.

British Journal of Nutrition, 2007.

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For further information about Australia’s peak industry body, the Organic Federation of Australia, please visit [www.ofa.org.au](http://www.ofa.org.au)

#### **Media enquiries:**

LAUNCH Management Group

Emma Gardiner – 02 9270 0289 / 0419 276 446 / emma@launchgroup.com.au