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**LARGEST EVER STUDY INTO ORGANICS PROVIDES CONCLUSIVE EVIDENCE OF
NUTRITIONAL BENEFITS**

A study released by Newcastle University delivers incontrovertible proof of the benefits of organics

The largest ever study into organics has found that organic food is more nutritious. The Newcastle University study found that organic vegetable crops contained up to 40% more beneficial compounds and organic milk contained over 90% more nutrients than conventionally produced milk. These results come from the lead Scientist of this project and the full findings will be published next year.

The research was conducted at a 725-acre farm in Newcastle upon Tyne in a four year, A\$30M experiment funded by the European Union. Researchers from Newcastle University created two identical farms; one managed using conventional farming practices and the other managed organically. 33 academic centres across Europe participated in this four year project. The resounding conclusion was that the organic produce contained higher levels of compounds thought to boost health and combat disease.

Professor Carlo Leifert, the co-ordinator of the European-funded project said in a Sunday Times article that the differences were so marked that organic produce would help to increase the nutrient intake of people not eating the recommended five portions a day of fruit and vegetables. He was quoted as saying, "If you have just 20% more antioxidants and you can't get your kids to do five a day, then you might just be okay with four a day."

While the study did find that some conventional crops contained larger quantities of some vitamins, the research has confirmed that the overall trend is that organic fruit, vegetables and milk are more likely to have beneficial compounds.

Andre Leu, the Chair of the Organic Federation of Australia says, "It's official that organic food is healthier and this report lends credibility to what we have been saying all along. This study adds to the 83 reports that say that on average, organic food has a higher nutrient content. The exciting thing about this is that it involved 33 academic institutions across Europe led by Newcastle University, and as a result, it has enormous scientific credibility. The significant increase in cancer fighting compounds shows that investing in organics is excellent value for consumers."

Pierce Cody, Executive Chairman of Macro Wholefoods Market says, "It's pleasing but not surprising that yet another highly respected research program has zeroed in on the very clear benefits of organic food versus the rest. Recent claims that the 'jury is still out' look silly when placed with such clear evidence."

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To read the Times article, please visit <http://www.timesonline.co.uk/tol/news/uk/health/article2753446.ece>

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

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