



Organic Food Guide: How To Shop Smarter And Eat Healthier

Steve Meyerowitz

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Since the U.S. Department of Agriculture put into place the long-awaited National Organic Program, American consumers have finally had a set of nationwide standards for organic foods. But new standards raise new questions. What is organic food? What's the relationship between organic food and food labeled with terms like *all-natural*, *free-range*, *hormone-free*, and *locally grown*? Are *organic*, *made with organic*, and *100% organic* foods different? And most importantly, is organic food better for me and my family? This handy guide provides a thorough but nontechnical introduction to organic food. Some topics of special interest include product labeling, health and nutrition, environmental quality, and pricing.

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