

TOP 10 REASONS *to eat* organic

1. No GMOs (genetically modified organisms) ever
2. No use of antibiotics or hormones in livestock
3. Reduce ingestion of chemical pesticides
4. More antioxidants, including anti-aging and cancer protective flavonols and anthocyanins
5. Heart and brain health. Organic milk and meat have more cardio- and neuro- protective omega-3s and CLAs
6. Organic markets are stable and help farmers earn a predictable living
7. Help nature: Ecosystems thrive around organic farms
8. Reduce pollution by decreasing fertilizer and pesticide run-off
9. Reduce exposure to harmful chemicals for farm workers
10. "USDA Certified Organic" is the only label backed by federal legislation that includes felony penalties for its fraudulent use. You can count on the label.

