Organic Labeling/Nutritional Information:

People who buy organic usually cite these reasons for their decision:

- They're safer. Fruits and vegetables labeled as organic are generally grown without chemical fertilizers and pesticides. Livestock raised under organic practices aren't fed antibiotics or growth hormones.
- They're healthier. A few studies have suggested organic foods might be higher in nutrients than their traditional counterparts.

1. **Measurements/calculations on 2,000 calories per average recommended calorie intake is calorie diet. These guidelines are considered general guidelines for how much of each nutrient, nutrients, calories and servings per package. Components to determine serving size are foods in standard measurements. Important and sodium.**

2. **Limit to decrease risk of chronic disease are fats, also helps you determine if something is high in a nutrients, based off a 2,000-calorie diet. The %DV minerals, which can also decrease risk of chronic**

3. **Food Standards Agency claims organic food provides no health benefits. They concluded that there are ‘no important differences in the nutrition content, or any additional health benefits’ from organic foods. The London School of Hygiene and Tropical Medicine research leader, Alan Dangour, acknowledged ‘a small number of differences’ in nutrient content between organically and conventionally produced crops and livestock. But he said these were ‘unlikely to be of any public health relevance.’”

4. **These notions about health are derived from issues raised by the popular press and health consumers are making uninformed and unhealthy decisions based on false nutritional knowledge.”

5. **How to Read Food Labels:**

- Calories: Calories determine the amount of energy you are receiving from the food. The average recommended calorie intake is dependent on factors such as age, gender, etc.
- Nutrients: Nutrients are considered dietary reference intakes (DRI’s) as well as the ingredients. Accurate health claims and warnings regarding ingredients should be included on food labels. The public should be educated on how to read food labels properly; reading food labels is a multi-step process that includes awareness and understanding of the health consequences of the ingredients.

6. **Common Health Claims**

<table>
<thead>
<tr>
<th>What They Say</th>
<th>What They Really Mean (Per Serving)</th>
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<tr>
<td>Reduced or less</td>
<td>The food has less than 25% less of a specific nutrient than the regular product</td>
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7. **Saturated and Unsaturated Fat:**

- Fats that contains a high amount of saturated fatty acids are usually solid (without double bond) - Animal fat products, such as butter, cream, whole milk and beef contain high amounts - Plant source are usually low, except Palm Kernel and Coconut Oil - Increases lipoproteins (LDL)

8. **Unsaturated fat:**

- Oils that contain a high amount of unsaturated fatty acids are usually liquid (one or more double bonds in the fatty acid chain) - Decreases lipoproteins (LDL)

9. **The Birth of Modern Genetic Modification:**

- 1973- Herbert Boyer and Stanley Cohen developed the first genetically engineered organism (GE) - 1974- Mororatium on GE projects was universally observed allowing time for experts to develop a plan for the future - 1975- The Asilomar Conference, where public and private officials debated the safety of GE experiments - 1980- The US Supreme Court gave engineers from General Electric the thumbs up to patent and profit from genetically modified bacteria used to break down crude oil - 1982- The USDA approved the first drug made from a genetically modified organism - 1987- First experiment on food crop that had been genetically modified - 1992- Calgene’s Plants to make tomatoes became the first genetically modified food approved for production by the USDA - 1996- The first pesticide-producing crop was approved by the EPA - 1996- BT corn was approved and now the majority of corn is genetically modified - 2000- Golden rice was engineered to combat vitamin A deficiency - 2009- FDA approved a drug used to treat a rare blood clotting disorder (ATryn) - 2013- Chipotle became the first to label GMOs

10. **The Controversy Surrounding GMOs:**

- There have been contradicting results on all different GMOs. - Consequences are unknown of most genetically modified crops. - Some studies say that genetically modified crops are clearly not nutritionally superior to their non-GM counterparts. - People are demanding more control and regulation, others are calling for complete bans of GMOs, and others are pushing for less regulation. - Due to lack of understanding and questions, people are still concerned about the implications of genetically engineered crops. - Despite the short time that people have been eating GMO crops, studies have shown that GMO foods are as safe and nutritious as non-GMO foods. - Some GMOs are beneficial for food production in some countries. - They are supposed to cut down on the quantities of pesticides used however they do not cut down as much as expected.

11. **Bibliography**