

# To Green or Not to Green?



## Get the facts on Organics: The yeas and neighs of “Going-O”



Information about Organic foods and the environment are hard to decipher. Always consider first what is best for your HIV health and your wallet.

Organic food is more expensive! This is because farmers have to grow more to provide more. It's more work to grow organic.

### **However, When it comes to your HIV health are Organic foods worth the Green?**

Organic foods are no more nutritious than conventionally raised foods. Additionally, research shows there is no harm in pesticides used by

conventional farms.

Current pesticides leave the body quickly. Some pesticides have been shown to produce harmful effects, in lab rats, at extremely high doses, over a long period of time. Weather this is unhealthy is hard to determine.

In the US we have strict labeling laws.

However, in other countries laws may not be regularly enforced. Consider this when buying produce from other countries. Remember, you may be paying for shipping costs rather than high quality foods.

Buying organic is better for the environment, but it also “supports a different environmental

ethic, more humane animal treatment, and provides economic justice for family farmers.” says Mark Kastel, co-founder of the pro-organic Cornucopia Institute. While protecting you and your family is important; these are some other reasons to “Go-O”

Set priorities when shopping and do what you can to support your beliefs.

**Purchase foods from local farmer's markets for the most cost effective environmentally friendly foods.**

### **ORGANIC SHOPPING LIST:**

- *What does it cost?*
- *Where is it from?*
- *Is it a “dirty dozen”?*
- *Will my decision effect my HIV status?*

## Where's the beef?

The USDA reports that beef, poultry, eggs and milk rarely contain pesticides. This is because most pesticides leave animals quickly and are not stored in fat tissue.

However, consider the feed of animals raised on an organic farms comes from a source

better for the environment.

Farmers are required to stop giving antibiotic feed to animals a certain amount of time before slaughter. Tests indicate antibiotics and other drugs are rarely detected at that time. The exception is veal due to the age of the animal.

Resistance to antibiotics can occur in farm animals the same as in humans. If you regularly consume animals resistant to antibiotics that may effect how you react to the same drug. This is something to think about, but again all factors should be considered.

