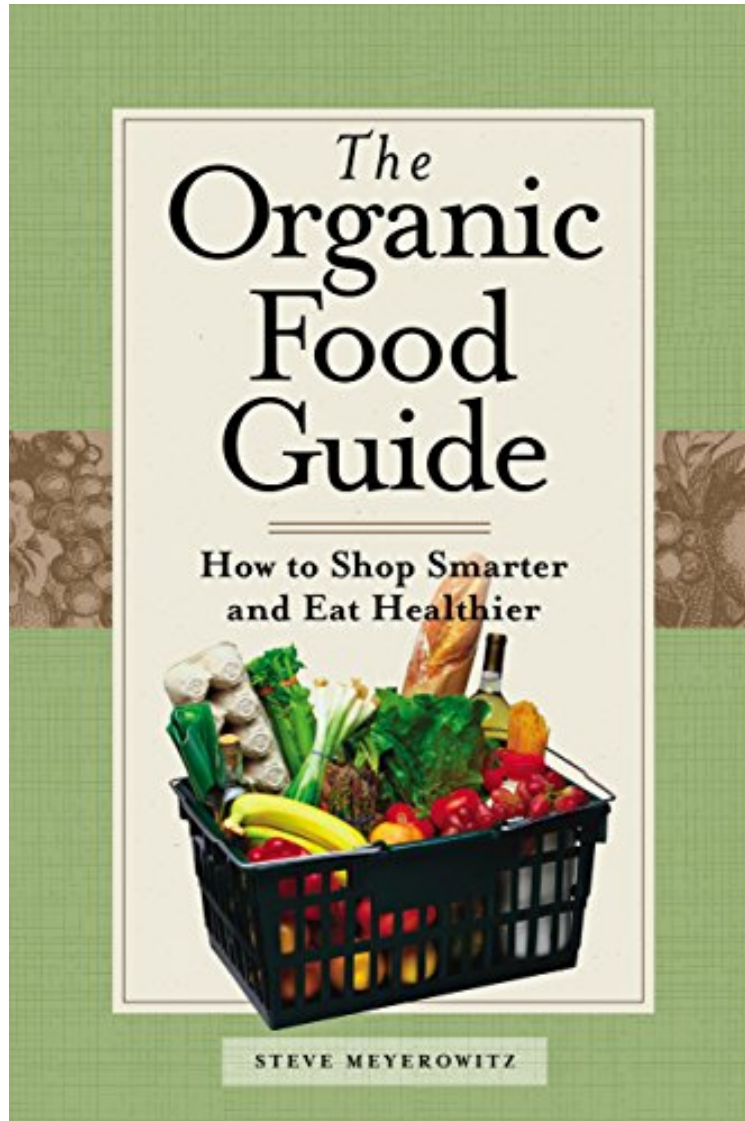


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## Organic Food Guide: How To Shop Smarter And Eat Healthier

*Steve Meyerowitz*

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**Steve Meyerowitz : Organic Food Guide: How To Shop Smarter And Eat Healthier** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Organic Food Guide: How To Shop Smarter And Eat Healthier:

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.