

Is organic baby food better than regular baby food?

Question: Is organic baby food better than regular baby food? **Answer:** Not necessarily. Organic baby food can limit your baby's exposure to pesticides and other potential contaminants in foods. However, the American Academy of Pediatrics (AAP) says organic foods are no safer or more nutritious than other foods. Also, organic baby food can be considerably more expensive than traditional baby food. Organic foods are produced without conventional pesticides, antibiotics or growth hormones. The U.S. Department of Agriculture (USDA) provides organic seals for products that contain various percentages of organic ingredients. But the USDA makes no claims or guarantees that organic foods are safer or more nutritious than non-organic foods. So is organic baby food worth the extra expense? It's up to you. Some parents prefer organic baby food because it's environmentally friendly. Others feel that it's healthier or simply tastes better. But what's most important is a balanced diet. Offering your child healthy foods from the beginning — whether they're organic or not — will set the stage for a lifetime of healthy eating.

About the Author

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Source: <http://www.eatsee.com>