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## NUTRITIONAL QUALITY OF ORGANIC FOODS: A SYSTEMATIC REVIEW

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### ABSTRACT

*Background: Despite rising consumer demand for organically grown foods, there is a scarcity of information based on a thorough assessment of their nutritional qualities. The goal of this study was to quantify the differences in reported nutritional content between organically and conventionally grown foods. Design: From 1 January 1958 to 29 February 2008, we carefully searched Pub Med, Web of Science, and CAB Abstracts, contacted topic experts, and hand-searched bibliographies. If they provided nutritional content comparisons between organic and conventional foodstuffs, we included peer-reviewed publications with English abstracts in the study. Study features, quality, and data were retrieved by two reviewers. The research was limited to the most frequently reported nutrients. In the last two decades, the organic foods sector in the United States has grown dramatically. Organic sales are projected to have grown by almost 20% each year since 1990, with consumer sales reaching \$13.8 billion in 2005. While the early days of organic agriculture centered on small farms but also local distribution of fresh produce, today's organic food system is a complex mix of small and large food producers, local and global distribution networks, and a wide range of products, which include fruits, vegetables, meats, dairy, and processed foods.*

**KEYWORDS:** Antioxidants, Conventional Food, Food Laws, Food Safety, Microbiological Safety, Mycotoxins.

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