Organically Produced Foods: Nutritive Content

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**Introduction**

This bibliography focuses specifically on the nutritive value of organically produced foods: vitamin and mineral content, as well as related chemical constituents. With the exception of a handful of references to publications that deal with the general relationship of soil qualities and crop composition, each document cited contains at least some information about nutrients found in food as related to organic production. Most items deal with research results; several are overviews of literature or research, or are opinion pieces. Many compare organic foods with those conventionally produced.

Several non-English articles appear in this bibliography. The literature and research reflect the fact that important work pertaining to the nutritional qualities of organically/biologically grown crops is being conducted internationally. The language of an article, if not English, is noted in the citation.

Research on the nutritional qualities of organic food varies widely in focus, methodology, results and scientific validity. Although this bibliography, for the most part, is restricted to references from peer-reviewed sources, no attempt has been made by the bibliography author to judge the credibility of cited research. Evaluation in this regard is left to the reader.

There is a great deal of literature related to other aspects of organically produced foods. For instance, there are many documents pertaining to the appearance and sensory attributes of organic foods, to consumer reactions and perceptions, and to pesticide residue and food contamination issues. These subjects are not addressed here unless dealt with in relation to nutritive content. We hope to compile bibliographies on related topics in the near future. See "Publications" on our web site, http://afsic.nal.usda.gov, for updates on this and other publications.

The author wishes to thank two people who have, over the past several years, shared their insights, personal reference lists, and enthusiasm for this topic: Joan Dye Gussow, Professor Emeritus of Nutrition and Education at Columbia Teachers College; and Steve Diver, Technical Specialist, Appropriate Technology Transfer for Rural Areas (ATTRA), National Center for Appropriate Technology.

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A current list of AFSIC information products and copies of this and other publications are available electronically on the AFSIC Website or on computer diskettes. They are also available in hard copy.

For further information:
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