

## **Evidence base grows on organic food quality**

The results of three new European research projects show pretty conclusively that organic tomatoes, peaches and processed apples all have higher nutritional quality than non-organic equivalents. These studies support the results of recent research from the United States on kiwi fruit reported earlier this month.

In these latest studies, researchers found that organic tomatoes "contained more dry matter, total and reducing sugars, vitamin C, B-carotene and flavonoids in comparison to the conventional ones". In contrast conventional tomatoes in this study were richer in lycopene and organic acids.

Previous research has found organic tomatoes to have higher levels of vitamin C, vitamin A and lycopene. As a result, the scientists conclude that - "organic cherry and standard tomatoes can be recommended as part of a healthy diet including plant products which have shown to be of value in cancer prevention".

In France, a new study has found that organic peaches "have higher polyphenol content at harvest" and concludes that organic production has "positive effects ... on nutritional quality and taste".

In the third study, just published, organic apple puree was found to contain "more bio-active substances - total phenols, flavonoids and vitamin C - in comparison to conventional apple preserves" and the researchers concluded that organic apple preserves can be recommended as valuable fruit products, which can contribute to a healthy diet.

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