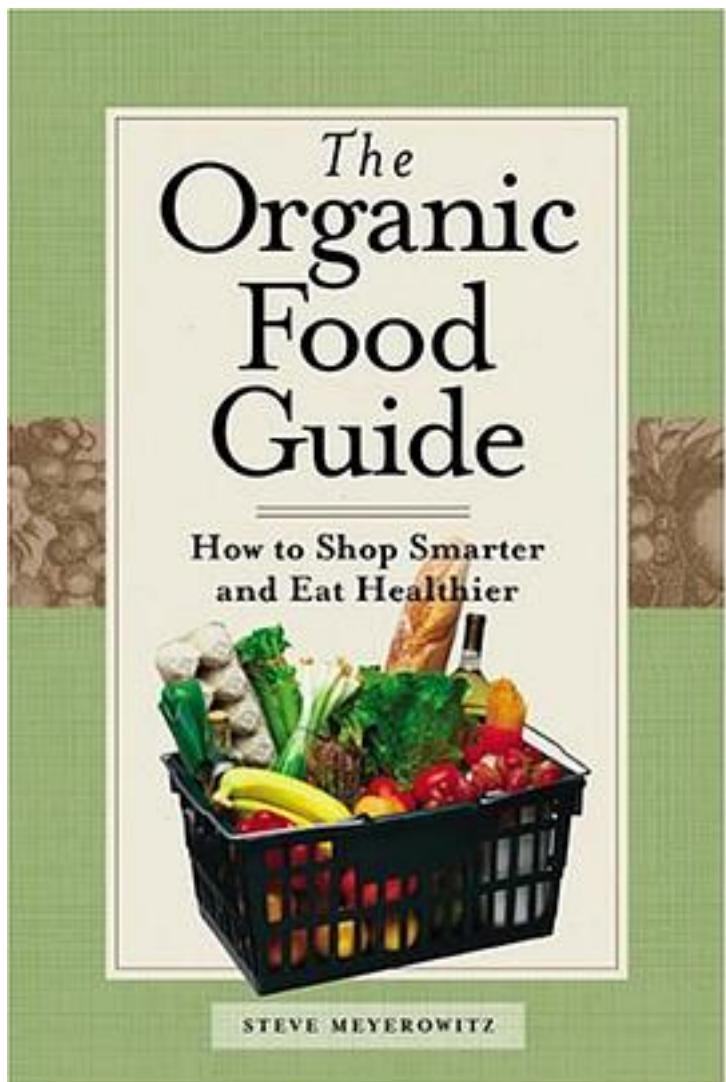


# The Organic Food Guide



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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.

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目录:

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