

## OUR EXPERTS



**NUTRITION**  
Kristen Beck



CLEAN  
EATING

# THE SOAPBOX

## DOES ORGANIC FOOD HELP PREVENT CANCER?

Counting your coins more closely in light of the Federal Budget? A recent study suggests it might not be worth spending more for organic produce.

"A recent Oxford University study of more than 600,000 women found that those who always or mostly eat organic produce have the same chance of developing cancer as women who rarely or never go organic.

It's a widely held (and logical) view that a build-up of pesticides in our bodies isn't good for us. But there's still no convincing research to indicate that pesticides, at the levels found in our food supply, increase cancer risk. That may shock clean-eating foodies, but avoiding cancer isn't the only reason for choosing organics. People also go organic to help the environment and protect their overall health.

Eating lots of fresh fruit and veg (organic or not) is one of the best ways to reduce your risk of almost every chronic disease you can think of - because they contain a vast range of nutrients, antioxidants

and phytochemicals. Organic varieties have, in studies, been shown to contain more disease-fighting nutrients than non-organic, but they are often prohibitively expensive. Hitting the recommended daily intake (five servings of veg, two servings of fruit) should be your first focus. There may not be a clear link between organics and cancer, but it certainly doesn't hurt to reduce pesticide exposure by rinsing your produce in water (diluted organic apple cider vinegar works even better).

Some experts advocate peeling vegies to remove pesticides, but peel is often the most nutritious part, so I certainly don't recommend this step. Just give them a good scrub instead."

### ABOUT OUR EXPERT

The nutritionist and mum of three is the director of education company Beck Health & Nutrition.