

What Foods Provide the Best Nutrition?

Written by {ga=doris-temple}
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By Doris Temple

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Achieving proper nutrition is a goal mothers strive for in their meals. How do you choose to best meet your nutrition needs.

The most basic fact is that the food with the least amount of man's hand in play provides the best nutrition. This includes your fresh fruits and vegetables. But even with this basic fact we can undercut it even more.

How the food is grown does play a role in the value it has to you. Big farming operations use methods aimed at high production and low cost. Here we see the use of chemical pesticides, herbicides, fertilizers and even sewage sludge. With all the chemicals poured onto the plants and into the soil, how is a plant to flourish?

Science has also offered genetically engineered plants. These GE foods have had their DNA manipulated by man. Mutations that work their way into other plants as well just by nature's own activities.

Now there is another method of growing practices. That of the organic farmer. This fellow recognizes that the soil is alive. And he works with the environment to enhance the soil quality and limit the farms impact.

These farmers know that healthy nutrient rich soil produces healthy plants. Plants that is then rich in nutrients. And this is the exact point where you benefit. Organically produced food has a high nutrient content and it lacks the chemical contaminants.

So try this...

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Replace the conventionally grown produce with organically produced for four weeks. Your body will thrive on the natural nutrients inherit in the food. The nutrition will allow your body to begin to heal itself. After the four weeks then decide which is best for your optimal health.

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Article by Doris Temple

Doris Temple created <http://mom-going-organic-sensibly.com> to fill the need for unbiased information. The Website provides information about organic food, products and healthy nutrition. Find out how to have an organic vegetable garden even in small spaces

<http://www.mom-going-organic-sensibly.com/gardeningez>