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Is an Organic Diet Sustainable?

Cassidy Sturdevant
SUNY Geneseo, cls29@geneseo.edu

Brock Nahalka
SUNY Geneseo, bvn1@geneseo.edu

Arline Camilo
SUNY Geneseo, ac59@geneseo.edu

Tessa Lagrou
SUNY Geneseo, tl12@geneseo.edu

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Is an organic diet sustainable?

Brock Nahalka, Arline Camilo, Cassidy Sturdevant, Tessa Lagrou

An organic diet includes food that has been produced free of synthetic pesticides and fertilizers and animals that are free of antibiotics and growth hormones. These products also have the USDA organic stamp of approval



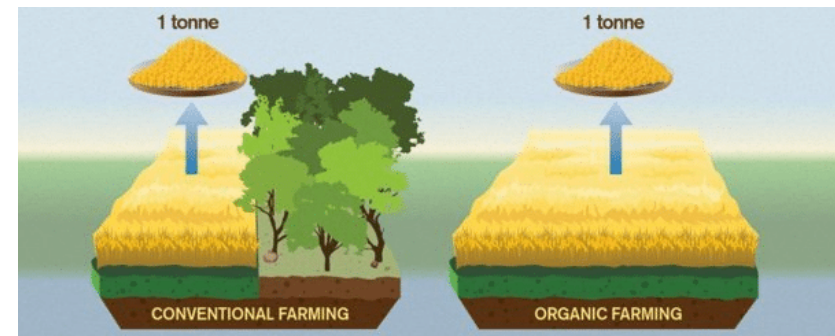
Organic agriculture has a drastic impact on local food webs. The absence of pesticides can cause more invasive species to survive better in the area and begin to out compete local species for food sources

An organic diet may lack GMOs but there is no evidence that show GMOs are harmful to health. Therefore, the environmental toll organic agriculture takes is not outweighed by the benefits.

Citations:

Leifeld J. How sustainable is organic farming? *Agriculture, Ecosystems & Environment*. 2012;150:121–122. doi:10.1016/j.agee.2012.01.020
 Is organic really better for the environment than conventional agriculture?. 2019. Our World in Data. [accessed 2019 Nov 4].
 Macfadyen S, Gibson R, Polaszek A, Morris RJ, Craze PG, Planqué R, Symondson WO, Memmott J. Do differences in food web structure between organic and conventional farms affect the ecosystem service of pest control? *Ecology Letters*. 2009;12(3):229–238. doi:10.1111/j.1461-0248.2008.01279.x

Organic agriculture requires more land use in order to produce the same product yield as conventional farming. By using more energy more greenhouse gases are emitted.



The above image shows the comparison of land needed to achieve the same crop yield.

