

**A COMPARITIVE STUDY ON ORGANIC FRUITS AND
VEGETABLES AND NON ORGANIC FRUITS AND
VEGETABLES IN COIMBATORE CITY**

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Abstract

The paper gives an overview of recent studies investigating the health value of organic foods and presents a framework for estimating the scientific impact of these studies. Furthermore, the problems connected with the different research approaches are being discussed. A number of comparative studies showed lower nitrate contents and less pesticide residues, but usually higher levels of vitamin C and phenolic compounds in organic plant products, as well as higher levels of omega-3 fatty acids and conjugated linoleum acid in milk from organically raised animals. However, the variation in outcomes of comparative studies is very high, depending on plant fertilization, ripening stage and plant age at harvest, and weather

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conditions. Moreover, there appeared no simple relationship between nutritional value and health effects. It is difficult therefore to draw conclusions from analytical data about the health effects of organic foods. Some in vitro studies comparing health-related properties of organic vs conventional foods showed higher ant oxidative and ant mutagenic activity as well as better inhibition of cancer cell proliferation of organically produced food. If 'health effects' are defined as effects on defined diseases in humans, evidence for such effects is presently lacking. Animal studies carried out so far have demonstrated positive effects of an organic diet on weight, growth, fertility indices and immune system. Recent human epidemiological studies associated consumption of organic foods with lower risks of allergies, whereas findings of human intervention studies were still ambiguous. The hypothesis might be that organic food increases the capacity of living organisms towards resilience. To confirm this, effect studies on specific markers for health are necessary.

Keyword: Organic food; Health; Humans.

INTRODUCTION

Organic methods in farming are considered as environment friendly, mainly due to a fundamental principle of harmonious cooperation with nature and the lack of chemization. There is already a lot of evidence that the condition of the environment, soil and groundwater improves as a result of organic farming it is also considered to improve crop quality. The regulations which specify organic plant and animal production are very strict, and adhering to them should result in high product quality. A similar situation concerns organic food processing. Although currently conventional processing allows several hundreds of different types of food additives (colourings, fixing agents, improvers, etc.), organic processing allows only several dozen such additives, mainly natural substances. This creates challenges for organic food processors as they

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have to preserve product durability without the use of chemical agents. However, this is fundamentally important for consumers who are increasingly searching for healthy food.

FEATURES OF ORGANIC AND NON ORGANIC FOODS

ORGANIC FOODS

- Organic produce contains fewer pesticides. t.
- Organic food is often fresher.
- Organic farming is better for the environment..
- Organically raised animals are NOT given antibiotics, growth hormones, or fed animal byproducts..
- Organic food is GMO-free.

NON ORGANIC FOODS

- Cost Savings
- Buying Local
- Farming practices
- Nutrition food and Safety

OBJECTIVES OF THE STUDY

- To Know the Usage of Organic fruits and Vegetables
- To know the Comparison about organic and non organic fruits and vegetables for the purpose of health
- To identify the problems faced by the usage of organic and non organic fruits and vegetables

STATEMENT OF THE PROBLEM

Every Human Being prefer the Hygenic foods to live a long life. Hence in this study it is focused on the usage of organic and Non organic foods and how it is useful to health condition and also how the peoples are facing the problem related to usage of organic and non organic foods.

METHODOLOGY

Research methodology is a way to systematically solving a research problem. Research methodology deals with the research design used and methods used to present the study.

AREA OF THE STUDY

The area of the study refers to Coimbatore city only.

SOURCE OF DATA

Primary data:

Primary data is collected from the public by issuing the questionnaire .Their answer was further looked into, in some detail to add value to this research.

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Secondary data:

The type of research adopted is descriptive in nature and the data collected for this study is the secondary data i.e. from newspaper, magazines, journals, various books, articles and internet.

SAMPLE METHOD

The sampling method chosen is simple convenience sampling which is a type of Convenient sampling.

Tools used for analysis:

- Simple percentage method

ANALYSIS AND INTERPRETATION

Table-1

Contents in Organic Fruits and vegetables

| S.NO | Particulars | No of Respondents | Percentage |
|------|-------------|-------------------|------------|
| 1 | Protein | 15 | 15 |
| 2. | Minerals | 7 | 7 |
| 3. | Fiber | 45 | 45 |
| 4. | Vitamins | 10 | 10 |

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| | | | |
|--------------|------|------------|------------|
| 5. | Iron | 23 | 23 |
| TOTAL | | 100 | 100 |

Source data: Primary data

Table1 states that the majority of the respondents(45%) feel that fiber is healthier in organic foods and (23%) of the respondents feel that iron is healthier related in organic foods.

Exhibit-1

Contents in Organic Fruits and vegetables

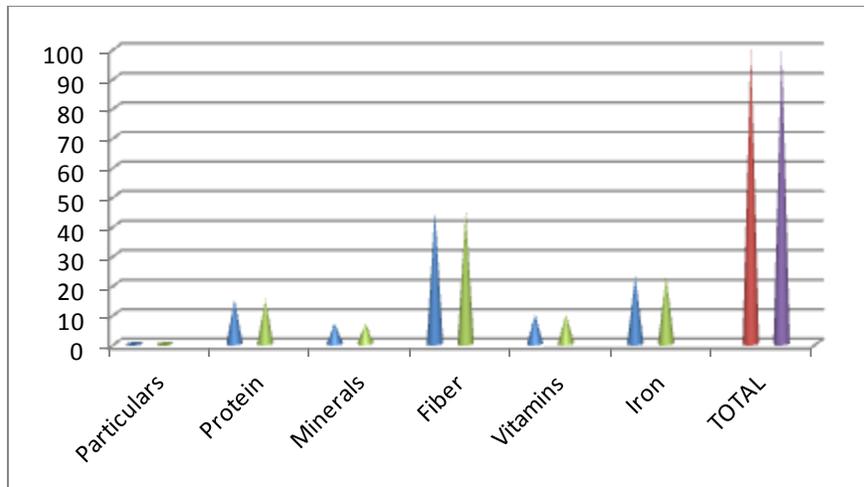


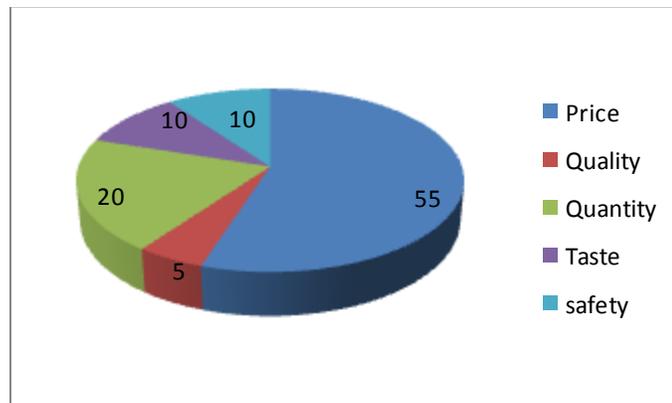
Table-2

Problems in Non - organic fruits and vegetables

| S.NO | Particulars | No of Respondents | Percentage |
|------|-------------|-------------------|------------|
| 1 | Price | 55 | 55 |
| 2. | Quality | 5 | 5 |
| 3. | Quantity | 20 | 20 |
| 4. | Taste | 10 | 10 |
| 5. | safety | 10 | 10 |

Source data: Primary data

Table 2 states that the majority of the respondents(55%) feel that the price is better than the organic foods and the respondents feel that the other contents regarding the Quality(5%), Quantity(20%),Taste(10%) and safety(10%) in non organic foods they faced a problem



CONCLUSION

From this study we have concluded that the organic foods are healthier than non- organic foods. In this survey the price of organic food is high, but then also the customers prefer that the organic food is better than Non- organic foods.

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