



How to Be a Budget Organic

What's worth the extra cost, what's not, and how to save in other ways

By Cynthia Sass MPH, RD

[Introduction](#)

[Organics 101](#)

[Top Produce Picks](#)

[In-Season Savings](#)

[Be Label Savvy](#)

[Milk: Worth the Splurge?](#)

[Smart Way to Save](#)

[Is There More to Your Meat?](#)

[Get Picky about Portion Size](#)

[Organics to Skip](#)

[Generic vs. Brand Name](#)

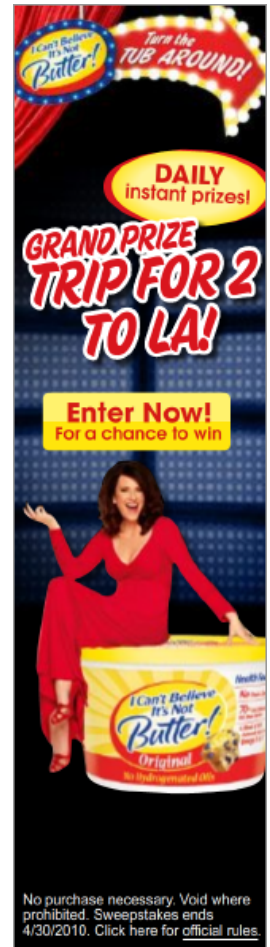
[Buy in Bulk](#)



Is There More to Your Meat?

When it comes to meat and poultry, it's better to choose organic

A study in the journal Meat Science compared the nutritional content of organic and nonorganic chicken meat. The researchers found that the organic samples contained 28% more omega-3s, essential fatty acids that are linked to reduced rates of heart disease, depression, type 2 diabetes, high blood pressure, inflammation, and Alzheimer's disease. Animals raised organically can't be given antibiotics, growth hormones, or feed made from animal by-products (which can transmit mad cow disease).



Sponsored Links

LATISSE® Official Site

(bimatoprost ophthalmic solution). 0.03% Find a Doctor Near You
www.Latisse.com

"New Smokeless Cigarette"

Smoke where you want, when you want. No second hand smoke or ashtrays.
National-Dental-Society.org

Natural Family Planning

Birth Control Blues? Go 100% Natural With Lady-Comp.
www.NaturallyForHer.com

The information presented on this website is not intended as specific medical advice and is not a substitute for professional medical treatment or diagnosis. Read our [Medical Advice Notice](#).

SECTIONS: [Home](#) | [Health](#) | [Weight Loss](#) | [Fitness](#) | [Nutrition](#) | [Cook!](#) | [Beauty](#) | [News & Voices](#) | [Community](#) | [My Health Trackers](#)

SERVICES: [Videos](#) [Blogs](#) [Discussions](#) [Shop](#) [Subscribe](#) [Give a Gift](#) [Free Newsletters](#) [Preview the Current Issue](#)

HELP: [Customer Service](#) [Contact Us](#) [Manage Your Subscription](#) [Site Index](#)

CORPORATE: [Media Kit](#) [Retail Program](#) [Editorial Policies](#) [Medical Advice Notice](#) [Community Guidelines](#) [Your Privacy Rights](#)

OTHER RODALE SITES: [Rodale](#) [Women's Health](#) [Organic Gardening](#) [RunnersWorld](#) [Bicycling](#) [Mountain Bike](#) [Men's Health](#) [buzz.prevention.com](#)

Copyright© 2010 Rodale Inc. "Prevention" and "Prevention.com" are registered trademarks of Rodale Inc. All rights reserved. No reproduction, transmission or display is permitted without the written permissions of Rodale Inc.