

Myth vs. Fact

Myth

Organic food is pesticide-free.

Fact

The FDA prohibits using artificial growth hormones to produce chicken (or pork). So all the chicken or pork you buy was raised without hormones, regardless of the brand.

(source: <https://findourcommonground.com/food-facts/hormones-in-meat-and-milk/>)

Myth

GMOs are dangerous for people to eat.

Fact

Both labels refer to raising hens with some access to the outdoors. "Pasture-raised" generally means that hens also got most of their food from the grass and bugs they found outside.

(source: <https://unitedegg.com/egg-terms/>)

Myth

Beef cattle are a major cause of greenhouse gas emissions.

Misconceptions in Agriculture

There's a lot of conflicting information out there about our food. Dozens of labels, dozens of issues -- it can be hard to know what's true, what's half-true, and what's totally made up. So let's look at some of the most common misconceptions about food and agriculture.