

Published based on [Does Natural on Food Packaging Naturally Mean Natural?](#)

Does Natural on Food Packaging Naturally Mean Natural?

A few words that would make people sit up and take notice today – green, eco-friendly, natural and organic – because they're supposed to be in. We as a race have done everything possible to rape our planet of all its natural resources and are only now realizing that we are hastening our doom if we continue to lead this hedonistic lifestyle that we've become accustomed to. And so we're now trying to mitigate our past actions and work towards a cleaner earth.

The same can be said for our bodies as well – we've effectively ruined them by eating all kinds of junk and are now looking to repair the damage we've done and save ourselves from illness and disease. This is why most people want to return to their roots and go organic and natural. They're willing to spend more on products that are labeled with these words, but then, are they really getting what they're paying for?

Are foods that are labeled natural or organic actually so, or are we being scammed by some very clever marketing? Did you know that products that are labeled "natural" are required by law to contain only natural ingredients? And did you know that natural food is not necessarily healthy food? Well, if you're out shopping for foods that are good for you, you need to remember the following:

- **Sometimes, natural is bad too:** Salt is completely natural; yet too much of it is bad for you. So when you buy salted goods that are labeled natural, you're actually paying for ill health, especially if you already have high blood pressure and other related ailments.
- **Products labeled natural may not be completely natural:** The FDA allows the use of the word natural on meat, poultry and other products that have been minimally processed, so don't assume that the word natural means what it says on the label.
- **Organic and natural do not mean the same:** Organic food is good for you in that the vegetables and fruits have not been treated with pesticides and the animals (from whom the milk, eggs and meat are obtained) have been allowed to graze naturally (free range) instead of being stuffed with hormone-laden food that makes them grow unnaturally fast. It's generally hard to ensure that your food is completely organic unless you grow it yourself or buy it from local farms where you know that organic methods are followed. Natural does not imply organic, so unless your package states that the product is organic, it is not.

It's up to you to be wise about the food choices you make – don't get taken in by the labels, cook your own food instead of eating out or buying pre-processed, ready-to-eat meals, and know where to draw the line in your quest for natural foods.

About the Author:

This guest post is contributed by **Amy S. Cook**, who writes on the topic of [LVN to RN](#) . Amy welcomes your comments at her email id: amy11s.cook@gmail.com .

You can also find this article published on [Does Natural on Food Packaging Naturally Mean Natural?](#)