Highlights and Recommendations
6.0. Highlights and Recommendations

**Highlights**

- Organically grown foods were found to contain higher amounts of ascorbic acid, β-carotene, calcium, iron and fat.

- Organically grown foods showed higher total phenolic content, flavonoid content and total antioxidant capacity.

- Organically grown foods were not contaminated with pesticide residues and conventionally grown foods were contaminated with certain pesticide residues in traces (below MRL).

- Organically foods are equally acceptable as conventional food pertaining to sensory attributes.

- Organic foods are available in organic food stores and selected other stores in metro cities and least available in towns and villages of Gujarat.

- Majority of the organic farmers have no certified organic farms although practicing farming without any agro-chemicals.

- Majority of consumer respondents were aware of organic foods. Quality, trust, health and environmental consciousness, cost and acceptability concerns were the main attitudes for purchasing behaviour of organic foods.

**Recommendations**

From the present study it is recommended that the organically grown foods can be consumed as a part of daily diet to achieve nutrition security. Organically grown foods are safer for consumption however; conventionally grown plant foods grown in the study area are comparatively safer as they contain pesticide residues below MRL. These points can be used for spreading awareness about organic foods. Policy makers could also use the finding of the present study to increase the organic farming in Gujarat, to simplify the organic certification process for the committed organic farmers. Also proper channelization can be done to compensate demand and supply cycle of organic food to increase the market and for their easy availability of organic foods.