

## **How to Write a Conclusion for an Essay** **Organic and Non-organic Foods**

“In summary, studies reveal some similarities in the nutrient contents between the organic and non-organic food substances. (Starts with similarities)

However, others have revealed many considerable differences in the amounts of antioxidants as well as other minerals present in organic and non-organic foods. Generally, organic foods have higher levels of antioxidants than non-organic foods and therefore are more important in the prevention of chronic illnesses.

Additionally, the levels of nitrates are lower in organic foods than in non-organic foods and so is the levels of pesticide residues such as cadmium that are harmful to health at high levels. (Stronger differences)

Moreover, the levels of omega-3 fatty acids are higher in organic foods than in non-organic foods resulting to more health benefits. Finally, the two types of foods vary in physical appearance such as shape and size. Whereas the variation is much more in organic food products such as fruits, the levels of similarity are higher in non-organic foods.”