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**Americans turn to home cooking, organic foods for healthfulness**

A national survey from the Food Marketing Institute and Prevention magazine revealed that Americans connect healthy eating habits to home cooked meals and organic foods.

Of those surveyed, 71 percent believe that food consumed in the home is healthier than food consumed while dining out. Nine out of 10 of these consumers also cook at least one meal at home per week.

More Americans also believe that buying organic foods will increase the healthfulness of their diets. This year, 24 percent of those surveyed bought organic meat and poultry, versus 17 percent last year.

Nearly 80 percent of consumers feel that the primary factor for buying organic meats is healthfulness, with nearly two-thirds believing that choosing organic will have an effect on long-term health.