



CHOOSING ORGANIC PRODUCE

The following is list of produce with the **HIGHEST** level of pesticide contamination, based on information and studies by the United States Department of Agriculture ([USDA](#)), [Consumer Reports](#), and the [Environmental Working Group](#)

- Pears
- Peaches
- Cherries
- Strawberries
- Nectarines
- Imported Grapes
- Spinach
- Potatoes
- Bell Peppers
- Apples
- Lettuce
- Blueberries
- Kale
- Carrots

The following is a list of fruits and vegetables found to contain the least amount of pesticides. Notice that many of these have thick, inedible skins which protect the fruit.

- Asparagus
- Avocados
- Bananas
- Broccoli
- Cabbage
- Corn (However, almost all corn is genetically modified)
- Kiwi
- Mangoes
- Onions
- Papaya
- Pineapples
- Sweet Peas
- Eggplant

Other foods to buy Organic: Meat, poultry and eggs, and dairy.

Why: You greatly reduce the risk of exposure to the agent believed to cause mad cow disease and minimize exposure to other potential toxins in nonorganic feed. You also avoid the results of production methods that use daily supplemental hormones and antibiotics, which have been linked to increased antibacterial resistance in humans and endocrine disorders.