

ORGANIC PRODUCE

Fruits and veggies are a great source of nutrients but it's important to know about some of their risks. Unhealthy chemical pesticides are routinely used on produce and unfortunately, washing them doesn't mean you are risk free. While it does help reduce pesticide levels, it often doesn't remove them completely. The best way to reap the health benefits of fruit and vegetables without exposing yourself to potentially harmful pesticides is to choose organic produce whenever possible. The nonprofit Environmental Working group has developed the following list to help you choose.



MOST CONTAMINATED

- *Apples
- *Celery
- *Strawberries
- *Peaches
- *Spinach
- *Nectarines(imported)
- *Grapes(imported)
- *Sweet bell peppers
- *Potatoes
- *Blueberries(domestic)
- *Lettuce
- *Kale/collard greens

LEAST CONTAMINATED

- *Onions
- *Sweet corn
- *Pineapples
- *Avocado
- *Asparagus
- *Sweet peas
- *Mangoes
- *Cantaloupe
- *Kiwi
- *Cabbage
- *Watermelon
- *Sweet potatoes
- *Grapefruit
- *Mushrooms