



What & When to Choose Organic: Fruits & Vegetables 2014

We all do our best to try to improve our nutrition choices. One way is by choosing organic produce, in order to reduce our levels of pesticide intake and some studies show organic produce may have higher levels of healthy phytonutrients. With organic prices as high as they can be, how do we know what to choose and when it is ok to choose non-organic produce? Use the list below, from the *Environmental Working Group*, to learn which produce may have the most and least pesticide levels. www.ewg.org/foodnews

For the fruits and vegetables shown on the “higher pesticide level” list, it is wise to buy organic. And, if organic choices are not available, you may want to substitute with produce that tends to contain the least amount of pesticides.

Choose Organic: Higher pesticide levels	Non-Organic May be Okay: Less pesticide levels
Apples	Avocados
Strawberries	Sweet Corn
Grapes	Pineapple
Celery	Cabbage
Peaches	Sweet Peas
Spinach	Onion
Sweet Bell Peppers	Asparagus
Nectarines- imported	Mangoes
Cucumbers	Papaya
Cherry Tomatoes	Kiwi
Snap Peas—imported	Eggplant
Potatoes	Grapefruit
Hot Peppers	Cantaloupe
Lettuce/Kale/Greens	Cauliflower
Blueberries/Raspberries	Sweet Potatoes

Remember that you are better off eating fruits and vegetables rather than not. *5-9 servings per day = goal*
 ½ cup fruit or vegetable, 1 cup raw leafy greens, ¼ cup dried fruit or vegetable, 6 fluid ounces of fruit or vegetable juice