

Top Foods to Choose Organic

Eating organically grown food is a healthier choice for our bodies and for the earth. Although it's getting easier to find organically grown food, the extra cost of eating organic is not always an option. The solution? Focus on those foods that come with the heaviest burden of pesticides, chemicals, additives and hormones.

The U.S. Department of Agriculture found that some fruits and vegetables consistently carry much higher levels of pesticide and chemical residue than others (even after washing and peeling). Researchers at the Environmental Working Group (EWG), a research and advocacy organization based in Washington, D.C., have developed the “dirty dozen” fruits and vegetables that they say you should always buy organic, if possible, because their conventionally grown counterparts tend to be laden with pesticides. They cost about 50 percent more — but are well worth the money. For the most contaminated items, it's suggested substituting organically grown produce when possible. If this isn't an option, choose fruits and vegetables that typically have fewer pesticides.

The Shopper's Guide to Pesticides in Produce lists the 12 popular fresh fruits and vegetables that are consistently the most contaminated with pesticides and those 12 fruits and vegetables that consistently have low levels of pesticides.

“Dirty” and “Cleaner” Dozen

MOST CONTAMINATED (no particular order)	LEAST CONTAMINATED (no particular order)
Peaches	Onions
Apples	Avocados
Sweet Bell Peppers	Sweet Corn
Celery	Pineapples
Nectarines	Mangoes
Strawberries	Sweet Peas
Cherries	Asparagus
Lettuce	Kiwi
Grapes (imported)	Bananas
Pears	Cabbage
Spinach	Broccoli
Potatoes	Eggplant

For more information about buying organic to get a pocket guide you can carry with you visit: <http://www.foodnews.org>.

Other Links:

Food: Is it worth the extra money.

How to protect yourself from “non-organic” pesticides

<http://www.msnbc.msn.com/id/13737389/>