

ORGANIC FOOD

From The Environmental Working Group (EWG) uses data on tests done on produce from the U.S. Department of Agriculture (USDA) to produce the following lists each year. For more information, see the website for EWG. <http://www.ewg.org/foodnews/summary.php>

Organic food is NOT any healthier. What I mean is that there are the same amount of vitamins and minerals in an organic strawberry vs a conventionally grown strawberry. The difference is the method by which the strawberry is grown. Organic produce is grown with no pesticides. This may be a benefit since most pesticides are not healthy for humans. The USDA tests produce to make sure the amount of pesticide is not at a dangerously high level. However, there are some that feel the USDA "acceptable" level is still too high.

Organic produce is more expensive. So, if you want to reduce you or your child's exposure to pesticides, concentrate on the "Dirty Dozen" which has the greatest pesticide residue.

Eating a diet high in fruits and vegetables is very healthy. Do not cut back on fruits & vegetables if you can not afford organic. Washing and peeling (as appropriate) can reduce the pesticide residue. Also, consider shopping at local farmers markets where you can ask about how the produce was grown.

DIRTY DOZEN (+2)

- 1 Apples
- 2 Peaches
- 3 Nectarines
- 4 Strawberries
- 5 Grapes
- 6 Celery
- 7 Spinach
- 8 Sweet bell peppers
- 9 Cucumbers
- 10 Cherry tomatoes
- 11 Snap peas - imported
- 12 Potatoes
- + Hot Peppers
- + Kale / Collard greens

Clean 15

- 1 Avocados
- 2 Sweet Corn
- 3 Pineapples
- 4 Cabbage
- 5 Sweet peas frozen
- 6 Onions
- 7 Asparagus
- 8 Mangos
- 9 Papayas
- 10 Kiwi
- 11 Eggplant
- 12 Grapefruit
- 13 Cantaloupe
- 14 Cauliflower
- 15 Sweet Potatoes