

Produce and Pesticides

For your health and for the health of the planet, it is best to eat organic food. Eating organic meats and dairy are particularly important as they are the most heavily contaminated with hormones, pesticides and herbicides. Produce can be quite variable. If you are going to eat non-organic produce, it is wise to trend to those products that are the least contaminated with pesticides. The following lists may be a helpful guide.

Highest in Pesticides: These 12 popular fruits and vegetables are consistently the most contaminated with pesticides

Apples	Peaches
Bell Peppers	Pears
Celery	Potatoes
Cherries	Raspberries
Grapes (imported)	Spinach
Nectarines	Strawberries

Lowest in Pesticides: These 12 popular fruits and vegetables consistently have the lowest levels pesticides

Asparagus	Kiwi
Avocados	Mangos
Bananas	Onions
Broccoli	Papaya
Cauliflower	Pineapples
Corn	Sweet Peas