

KEEPING IT CLEAN

When it comes to choosing fresh conventionally-raised produce, aim for the lowest pesticide residues. The Environmental Working Group (ewg.org) has provided these guidelines to help you avoid the worst offenders:

The "Dirty Dozen"

Peaches
Apples
Sweet bell peppers
Celery
Nectarines
Strawberries
Cherries
Lettuce
Grapes (imported)
Pears
Spinach
Potatoes

The "Consistently Clean"

Onions
Avocados
Sweet corn (frozen)
Pineapples
Mangoes
Sweet peas (frozen)
Asparagus
Kiwi
Bananas
Cabbage
Broccoli
Eggplant

ORGANIC BONUS

Numerous studies confirm that organic plant-based foods can be 25 percent more nutrient-dense than conventionally raised foods. Organics contained more antioxidants, higher levels of vitamins C and E and important flavonoids. Milk from organic cattle contained 50-80 percent higher levels of antioxidants than regular milk. Yes, the price will be higher but so will the health benefits.

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