

EATING ORGANIC



The Dirty Dozen

TOP 12 FOODS TO EAT ORGANIC

Not all of us can afford to go 100% organic. The solution? Focus on just those foods that are laden with the highest amounts of pesticides, chemicals, additives and hormones and deploy your organic spending power on buying organic versions of these whenever possible.

Peaches

Forty-five different pesticides are regularly applied to these delicately skinned fruits in conventional orchards. Can't find organic? Safe alternatives: Watermelon, tangerines, oranges, and grapefruit.

Apples

Scrubbing and peeling a fruit doesn't eliminate chemical residue completely so it's best to buy organic when it comes to apples. Organic apples taste sweeter than conventionally grown, too. Can't find organic? Safe alternatives: Watermelon, bananas, and tangerines.

Lettuces

Leafy greens are frequently contaminated with what are considered the most potent pesticides used on food. Can't find organic? Safe alternatives: Cabbage, cauliflower, and Brussels sprouts.



Celery

Celery has no protective skin, which makes it almost impossible to wash off the twenty-nine different chemicals that are used on conventional crops. Can't find organic? Safe alternatives: Broccoli, radishes, and onions.

Meat

There's the likelihood that chicken, pork, and cow feed is grown with the help of pesticides, antibiotics and chemicals. Similar to milk and milk-based dairy products, many chemical pesticides could end up in the animal, which may end up in you.

It's been widely reported that meat has higher concentrations of pesticides than plants, but the Environmental Protection Agency says that isn't so. Their findings suggest that "meat does not contain higher levels of pesticides than plants" and go on to say that "In general, meat contains much lower concentrations of pesticides than plant products. Moreover, pesticide residues detected in fruits and vegetables are generally at least ten times lower than what is legally allowed under the Federal Food, Drug and Cosmetic Act."

Milk

The fat in dairy products is another haven for pesticides, antibiotics, and bovine growth hormones. These get passed on to you through commercial milk, cheese, and butter. Organic dairies do not use chemicals or growth hormones like rGBH or rbST.

Coffee

Many of the beans you buy are grown in countries that don't regulate the use of chemicals and pesticides. Look for the Fair Trade Certified label on the coffee package or can; it will give you some assurance that chemicals and pesticides were not used on the plants. It will also mean that fair prices were paid for the end product in support of the farm that supplied the coffee, and that the farm workers are treated fairly.

12 foods you should buy organic whenever possible

Sweet Bell Peppers

Peppers have thin skins that don't offer much of a barrier to pesticides. They're one of the most heavily sprayed vegetables out there and may be coated with nearly 40 commonly used pesticides meant to keep them insect-free. Can't find organic? Safe alternatives: Green peas, broccoli, and cabbage.

Strawberries

On average, strawberries receive a dose of up to 500 pounds of pesticides per acre. If you buy strawberries out of season, they're most likely imported from countries that use less-than-stringent regulations for pesticide use. Can't find organic? Safe alternatives: Blueberries, kiwi, and pineapples.

Grapes

Imported grapes run a much greater risk of contamination than those grown domestically. Vineyards can be sprayed with 35 different pesticides during different growth periods during the season and no amount of washing or peeling will eliminate contamination because of the grape's permeable thin skin. Can't find organic? Safe alternatives: Blueberries, kiwi, and raspberries.

Potatoes

America's popular spud ranks highest for pesticide residue. It may also be tainted by fungicides added to the soil for growing. Can't find organic? Safe alternatives: Eggplant, cabbage, and earthy mushrooms.



If the cost of buying all organics isn't within your budget, fear not. Check out The Daily Green's top ten list of fruit and vegetables you don't need to buy organic, with tips for buying, cleaning, storing, and using them in delicious recipes.

<http://www.thedailygreen.com/>

Tomatoes

The standard regimen of pesticides used on conventionally raised tomatoes numbers 30. Their easily punctured skins are no match for chemicals that will eventually permeate the whole tomato. Can't find organic? Safe alternatives: Green peas, broccoli, and asparagus.



Information Compiled from
thedailygreen.com

