

What Foods Are Most Important to buy Organically?

This chart came from a study that was developed by the Environmental Working Group which is a non-profit research organization dedicated to improving public health and protecting the environment by reducing pollution. Here is a list of the foods with the most pesticides starting with the worst that you should avoid or buy organic. I suggest that you buy all of your green leafy vegetables organic. Also here is a list with the foods with the least pesticides starting with the best, most fruits and vegetables with hard shells are ok to eat without being organic. Organic is always better than conventional, but this is a guide to assist you if you had to make a choice of what to buy organic.

Top 12 Foods with Most Pesticides		Top 12 Foods with Least Pesticides	
(worst)		(best)	
	Peaches	Onions	
	Apples	Avocado	
	Sweet Bell Peppers	Sweet Corn	
	Celery	Pineapples	
	Nectarines	Mangoes	
	Strawberries	Asparagus	
	Cherries	Sweet Peas	
	Kale	Kiwi	
	Lettuce	Cabbage	
	Grapes (imported)	Eggplant	
	Carrots	Papaya	
	Pears	Watermelon	