

The Top 10 Foods to Eat Organically

Excerpted from *Your Organic Kitchen*, by Jesse Ziff Cool.

Some conventionally grown foods are treated with more pesticides than others. Some retain more of the pesticides. Here is a list of the top 10 foods containing the most pesticides, according to the Environmental Working Group, a nonprofit research group based in Washington, D.C.

Simple Solution:

Since these foods contain the most pesticides it is best to buy these organic. If you cannot find these foods organically, here are some great alternatives that contain the same valuable vitamins and minerals.

High Pesticide Food	Main Nutrient	Healthy Alternative
Strawberries	Vitamin C	Blueberries, raspberries, oranges, grapefruit, kiwi, watermelon
Bell Peppers	Vitamin C	Green peas, broccoli, romaine lettuce
Spinach	Vitamins A and C	Broccoli, Brussels sprouts, asparagus
Cherries	Vitamin C	Oranges, blueberries, raspberries, kiwi, blackberries, grapefruit
Peaches	Vitamins A and C	Nectarines, watermelon, tangerines, oranges, grapefruit
Mexican cantaloupe	Vitamins A and C; potassium	U.S. cantaloupe grown from May to December, watermelon
Celery	Carotenoids	Carrots, broccoli, radishes, romaine lettuce
Apples	Vitamin C	Watermelon, nectarines, bananas, tangerines
Apricots	Vitamins A and C; potassium	Nectarines, watermelon, oranges, tangerines
Green beans	Potassium	Green peas, broccoli, cauliflower, Brussels sprouts, potatoes, asparagus