



# SHOPPING FOR PRODUCE

organic vs. non organic

**Voithofer Chiropractic**  
& Accident Rehabilitation

# Do I have to buy Organic?

Most of the time! There are 12 types of produce that are priority to buy organic.

The Environmental Working Group released it's 2019 Dirty Dozen. This year, the annual report found that almost 70 percent of 48 non-organic samples tested positive for at least one pesticide. For example, a single strawberry sample harbored **20 different** pesticide residues.

Spinach nutrition is loaded with calcium and vitamins, there's one reason to always try to choose organic. **Researchers found DDT, a neurotoxic insecticide banned in the U.S., in an alarming number of samples.**

A "Clean 15" list is also included in the report, identifying the non-organic produce least likely to be contaminated with pesticide levels. I advise choosing and growing organic as often as possible, but if you're on a budget or your selection is limited, these lists help you focus your attention on avoiding the most contaminated fruits and veggies.

## Will Washing and Peeling Help?

No! Rinsing reduces but does not eliminate pesticides. Peeling helps, but valuable nutrients often go down the drain with the skin. **The data used to create these lists is based on produce tested as typically eaten, after it has been washed, rinsed, or peeled.**

The best approach is to eat a varied diet, clean all produce and buy organic when possible.

**Visit [www.ewg.org](http://www.ewg.org) for more information!**



# EWG's Shopping Guide

## Dirty Dozen

*Buy These Organic*

- Worst
1. Strawberries
  2. Spinach
  3. Nectarines
  4. Apples
  5. Grapes
  6. Peaches
  7. Cherries
  8. Pears
  9. Tomatoes
  10. Celery
  11. Potatoes
  12. Sweet bell peppers

## Clean 15

*Lowest in Pesticides*

- Best
1. Sweet corn
  2. Avocados
  3. Pineapples
  4. Cabbage
  5. Onions
  6. Frozen Sweet Peas
  7. Papayas
  8. Asparagus
  9. Mangos
  10. Eggplant
  11. Honeydew
  12. Kiwi
  13. Cantaloupe
  14. Cauliflower
  15. Grapefruit

