

Foods to Buy Organic

Many people can't afford to buy all organic all the time. But you don't have to buy all organic produce to reduce your risk for chemical contamination. This list from the Environmental Working Group tells you which fruits and vegetables contain the most chemicals and which ones are least contaminated. Use it when shopping to help make the best choices for you and your family – even if you can't buy entirely organic foods.

12 Most Contaminated

- Peaches
- Apples
- Sweet Bell Peppers
- Celery
- Nectarines
- Strawberries
- Cherries
- Pears
- Grapes (Imported)
- Spinach
- Lettuce
- Potatoes

12 Least Contaminated

- Onions
- Avocado
- Sweet Corn (Frozen)
- Pineapples
- Mango
- Asparagus
- Sweet Peas (Frozen)
- Kiwi Fruit
- Bananas
- Cabbage
- Broccoli
- Papaya

Source: Environmental Working Group, www.ewg.org