



ORGANIC ESSENTIALS

A comprehensive guide for identifying safe and nutritious food

THE SHOPPER'S GUIDE

Shown below are the fruits and vegetables that pose the highest pesticide risk per serving when grown conventionally in the United States:

BE SAFE...CHOOSE ORGANIC!

FRUIT

- 1. Cranberries
- 2. Strawberries
- 3. Apples



- 4. Peaches



- 7. Tomatoes



VEGETABLES

- 1. Green Beans
- 2. Sweet Bell Peppers
- 3. Kale



- 4. Sweet Potatoes



- 5. Collard Greens



- 7. Potatoes



- 8. Spinach

- 9. Mushrooms



Imported produce, on average, poses pesticide risks over three times higher than produce grown in the United States.

DAIRY AND MEAT

Dairy cows raised on grass-based organic farms produce milk with much higher levels of heart-healthy omega-3 fats and much lower levels of heart-unhealthy omega-6 fats. This is why organic whole milk and other organic dairy products offer a cost-effective way for families to consume a healthier mix of essential fatty acids.

Livestock on organic farms are raised more humanely—with greater access to fresh air, sunlight and organic pastureland. They consume organic feed without GMOs, and are raised without antibiotics and growth hormones.



GRAINS

Insecticides used to protect conventional wheat from pests during storage often lead to chemical residues in flour and baked goods. Based on recent U.S. Department of Agriculture (USDA) residue data, wheat grain ranks 5th and wheat flour 16th in pesticide risk per serving.

DO YOU KNOW...

According to recent studies, consuming certain synthetic pesticides while pregnant may increase the unborn child's risk of autism, ADHD, allergies, obesity, diabetes, reproductive problems, and some forms of cancer. Exposures during childhood can further increase these risks.



ACT NOW

Look for the USDA organic seal to be certain the foods you are buying are certified organic.

Download our scientific studies and other materials for free: www.organic-center.org.

For organic 101, tips, recipes, news, research and more, visit: www.generationsoforganic.org.

Sign up for our free e-newsletter, The Organic Scoop.

For more details and sources: www.generationsoforganic.org

MAXIMIZE HEALTH

Minimize Risky Exposures

Maximize your intake of health-promoting foods while minimizing your exposure to toxic synthetic pesticides by referring to this guide.

Our pesticide ranking is based on Environmental Protection Agency risk assessment methods and U.S. Department of Agriculture data on the frequency, average levels of residues, and the toxicity of different pesticides in domestically grown and imported foods.

Nutritional information is based on The Organic Center's "Nutritional Quality Index," which encompasses 27 nutrients vital to promoting good health.



SUPER FOODS

Choose These Organic Foods with the Highest Nutrients Per Serving for Optimal Health:

FRUIT

Raspberries, Strawberries, Blueberries, Pumpkins, Mangoes, and Papayas

VEGETABLES

Kale, Collard Greens, Artichokes, Turnips, Brussels Sprouts, Broccoli, Asparagus, and Avocados

DO YOU KNOW...

Organic produce contains, on average, 25% higher levels of 11 key nutrients compared to conventionally grown produce.

NO GMOs!

The Nine Genetically Modified Crops on the Market Today:

- Corn (used in oil, high fructose corn syrup, animal feed, etc.)
- Alfalfa (used for livestock feed)
- Canola
- Soy Beans
- Cotton
- Hawaiian Papaya
- Sugar Beets (source of granulated sugar)
- Yellow Crookneck Squash
- Zucchini



The Organic Center is a 501(c)(3) non-profit organization whose mission is to conduct evidence-based science on the health and environmental benefits of organic food and farming and communicate them to the public.

Support our work with a tax deductible donation: www.organic-center.org