



Organic Essentials

pocket guide
for reducing pesticide
dietary exposure

www.organic-center.org

Risk

Don't let the fear of pesticides reduce your consumption of health-promoting fruits and vegetables. You can minimize your family's exposure by referring to this guide. The lists help you determine the most important fruits and vegetables to choose as organic.

Pay special attention during the winter months, when imports account for a larger share of perishable produce on the market. If you can, always choose organic for optimal health for you and the environment.



Educate

- Download all of our published scientific studies at no cost from www.organic-center.org.
- Sign up for our free e-newsletter, *The Scoop*, a monthly digest of the latest organic research from around the world.
- Join *Mission Organic 2010*, our campaign to increase total consumption of organic food to 10% of the food supply by 2010; visit www.mo2010.org.
- Ask your local grocer for organic fruits and vegetables.



Research

The Organic Center generates credible, peer-reviewed scientific information and communicates the human health and environmental benefits of organic food and farming to society. By doing so, it promotes the conversion of more farmland to organic methods, improves public health and works to restore our natural world by promoting greater awareness of the benefits of organic products and production.

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Domestically Grown Conventional Fruit



Domestically Grown Conventional Vegetables



Imported Conventional Fruit



Imported Conventional Vegetables



Listed are the domestic conventionally grown fruits and vegetables that pose the greatest risk for toxic pesticide exposure. Protect your children and yourself—choose organic!

Foods posing the greatest pesticide risk per serving

Cranberries



Nectarines



Peaches



Strawberries



Pears



Apples



Cherries



Cantaloupe



Source:
Simplifying the Pesticide Risk Equation: The Organic Option,
The Organic Center's State of Science Review, March 2008.
Full report available for free download at: www.organic-center.org.

Green beans



Celery



Potatoes



Peas



Sweet bell peppers



Cucumber



Tomatoes



Lettuce



Listed are the imported conventionally grown fruits and vegetables that pose the greatest risk for toxic pesticide exposure. Protect your children and yourself—choose organic!

Foods posing the greatest pesticide risk per serving

Grapes



Peaches



Strawberries



Cantaloupe



Nectarines



Pears



Cherries



Apples



Sweet bell peppers



Cucumbers



Tomatoes



Broccoli



Lettuce



Celery



Green beans



Peas



Carrots

