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

- 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.

Become a Friend of The Organic Center, visit www.organic-center.org and make a tax deductible contribution.
Domestically Grown Conventional Fruit

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!

- Cranberries
- Nectarines
- Peaches
- Strawberries
- Pears
- Apples
- Cherries
- Cantaloupe

Domestically Grown Conventional Vegetables

- Green beans
- Sweet bell peppers
- Celery
- Cucumber
- Potatoes
- Tomatoes
- Peas
- Lettuce

Imported Conventional Fruit

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!

- Grapes
- Nectarines
- Peaches
- Pears
- Strawberries
- Cherries
- Apples

Imported Conventional Vegetables

- Sweet bell peppers
- Lettuce
- Cucumbers
- Celery
- Tomatoes
- Green beans
- Peas
- Carrots