

THE 12 FOODS YOU SHOULD ALWAYS BUY *organic*

Since 2004, the Environmental Working Group (EWG) has released their yearly "EWG's Shopper's Guide to Pesticides in Produce" which ranks pesticide contamination on 48 popular fruits and vegetables. Along with this guide, they put together a list of the "dirtiest" produce in terms of pesticide contamination- called the Dirty Dozen. These are the produce that you should always buy organic.

Why?

Pesticides have been linked to a variety of health problems including brain and nervous system toxicity, cancer, hormone disruption and lung irritation. The EWG describes pesticides best as "...toxic by design. They are created expressly to kill living organisms -- insects, plants and fungi that are considered "pests." Many pesticides pose health dangers to people. These risks have been confirmed by independent research scientists and physicians across the world".

Here is the updated list of the "dirtiest" produce for 2016:



Apples



Bell Pepper



Celery



Cherries



Cherry Tomatoes



Cucumbers



Grapes



Nectarines



Peaches



Spinach



Strawberries



Tomatoes



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