

Buying Organic Foods

Most likely contaminated

Buy these organic

Blueberries (domestic)

Cherries

Grapes (imported)

Peaches

Apples

Bell Peppers

Celery

Nectarines

Strawberries

Kale/Collard Greens

Potatoes

Spinach

Less likely to be as contaminated

Do not need to buy organic

Grapefruit

Sweet Potatoes

Honeydew Melon

Eggplant

Cabbage

Cantaloupe (domestic)

Kiwi

Asparagus

Sweet peas

Mango

Pineapple

Sweet corn

Avocado

Onions

Watermelon