

Nutrition Information

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Should I Buy Organic Produce?

The Research: The Environmental Working Group (EWG) has produced a list of the 12 most consistently pesticide contaminated fruits and vegetables. This list was produced based on data collected by the U.S. Department of Agriculture and the U.S. Food and Drug Administration between 1992 and 2001. Despite evidence that pesticides are present in produce there is little research to determine what affect this has on health. There is growing concern that the consistent consumption of pesticides may affect health particularly during fetal development and childhood. Overall the toxic effects of pesticides are not well studied and more research is needed.

The Recommendation: Due to the unknown effects of pesticides it may be wise to reduce exposure as possible. Buying organic options is suggested for the 12 most contaminated fruits and vegetables listed below. If organic options aren't available or prove too costly it is recommended to choose fruits and vegetables from the list of least contaminated fruits and vegetables.

HIGHEST IN PESTICIDES	
Fruits	Vegetables
Peach	Bell Peppers
Apple	Celery
Nectarine	Kale
Strawberries	Lettuce
Cherries	Carrot
Grapes (imported)	
Pear	

LOWEST IN PESTICIDES	
Fruits	Vegetables
Pineapple	Onion
Mango	Avocado
Kiwi	Sweet Corn
Papaya	Asparagus
Watermelon	Sweet Peas
	Cabbage
	Eggplant
	Broccoli
	Tomato
	Sweet Potato