If your budget balks at organic food prices, here is a guide to the best choices based on pesticide residue levels typically found in fruits and vegetables.

**Your consumer support can make a difference!**
As demand increases for sustainably grown foods, prices will fall.

In addition to buying USDA certified organic foods, look for the Certified Naturally Grown label, which has comparable standards but is more affordable for small, independent farmers. Also, some non-organic growers use integrated pest management (IPM), an approach to pest control that emphasizes preventive measures and the judicious use of the chemical pesticides least harmful to people and the environment.

**Ultimately, the best way to know what is in your food is to talk to your farmer or grocer.**

### Fruits
- Apples
- Cantaloupe
- Cherries
- Grapes
- Nectarines
- Peaches
- Pears
- Raspberries
- Strawberries

### Vegetables
- Bell Peppers
- Celery
- Green Beans
- Potatoes
- Spinach
- Winter Squash

### The following foods consistently have LOW levels of pesticide residues.
- Asparagus
- Avocados
- Broccoli
- Cauliflower
- Corn
- Onions
- Peas
- (sweet)
AVOIDING PESTICIDES IN PRODUCE
YOU AND THE PLANET: HEALTHY EATING FOR
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Resources
http://www.foodnews.org
Food Safety Issues. Consumers Union.
http://www.consumersunion.org/pub/core_food.html
Pesticides. U.S. Environmental Protection Agency.
http://www.epa.gov/pesticides/

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