



Health Fact Sheet

Pesticide Guide – Best & Worst Foods

In an ideal world we would all be able to afford to eat organically, and thereby avoid the potential harm of exposure to pesticides, herbicides etc.

For most of us, however, the cost implications of eating organic have to be factored in. To help you make decisions as to where to best spend your money below are the dirtiest and cleanest fruits and vegetables in terms of pesticide residues.

Dirtiest

Apples
Celery
Tomatoes
Cucumbers
Grapes
Chilli peppers
Nectarines
Peaches
Potatoes
Spinach
Strawberries
Sweet peppers
Collard Greens and Kale
Courgettes

Cleanest

Asparagus
Avocado
Cabbage
Melons
Corn
Aubergine
Grapefruit
Kiwi
Mangos
Mushrooms
Onions
Papayas
Pineapples
Frozen peas
Sweet potatoes

With regard to meat, please think about buying from the best possible source. Large commercial herds are often raised inside, never seeing a field, and fed on a grain diet – not grass – which affects the overall wellbeing of the animal. They are also regularly injected with hormones and antibiotics. All of this affects the meat. Find a good local butcher and maybe buy less meat, but better quality, that you know has been grass fed and well treated. Organic meat is substantially more expensive due to its much higher welfare standards and if you can't afford this, locally sourced is usually better than supermarket.

Dairy products are another area where you need to think about the quality of what you are buying. Again, large dairy herds are often on grain diets, and again pumped full of antibiotics and hormones etc to increase yield and deal with disease. The milk is then subjected to heat treatment that effectively kills off beneficial enzymes and nutrients, making it virtually indigestible for much of the population. It is NOT a health food, or even a particularly good source of calcium. If you must have animal milk, consider organic, or goats milk. Otherwise, look at nut milks such as almond milk, or hazelnut milk, or even rice milk.