



Organics Cheat Sheet for Conscious Eating

Use this sheet as a guide to prioritize what to buy Organic

Produce Concern: Pesticides & GMOs	Meat & Dairy Concern: Hormones, Antibiotics, Pesticides & GMOs	Grains Concern: Pesticides & GMOs	Vegetable Oils Concern: Pesticides & GMOs
All Berries	All dairy products	Wheat	Canola
Spinach	Eggs	Wheat Flour Products	
Kale	Poultry	Corn	
Nectarines	Beef	Corn Flour Products	
Apples	Butter	Soybean	
Grapes	Pork	Tofu	
Peaches	Farmed fish	Soy Milk	
Cherries		Soy products in general	
Pears		Rice	
Tomatoes		Rice Products	
Celery			
Potatoes			
Raisins			
Grapefruit			
Apple Sauce			
Honey			
Cucumbers			
Cilantro			
Kale Greens			
Sweet Bell Peppers			
Hot Peppers			
Lettuce			
Mangoes			
Green Onions			
Olives			
Sweet Potatoes			
Kiwi Fruit			
Cranberries (Fresh or dried)			
Snap Peas			
Sweet Peas			
Onion			
Plums (Fresh or dried) (Prunes)			
Papaya			
Summer Squash			
Alfalfa			
Sugar Beets			

- This Checklist was put together using data from the United States Department of Agriculture (USDA), the U. S. Food and Drug Administration (FDA) and the Environmental Working Group (EWG), a nonprofit organization that analyzes the results of government pesticide testing in the U.S.

- This list is applicable for products from the U.S. and Canada.

- Produce is listed from highest to lowest pesticide content. That way it can be used to decide what to buy organic within your own budget.

- Want to know more? Check out our **supportive community The Conscious Eating Tribe** at <https://www.facebook.com/groups/consciouseatingtribe>

Sources:
<https://apps.ams.usda.gov/pdp>
<https://www.fda.gov/food/agricultural-biotechnology/gmo-crops-animal-food-and-beyond>
<https://www.ewg.org/foodnews/summary.php>