



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.**

The following foods consistently have **HIGH** levels of pesticide residues — choose organic or other low-pesticide options when possible.

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.

Vegetables

Asparagus, Avocados,
Broccoli, Cauliflower,
Corn, Onions, Peas
(sweet)

<http://cbc.amnh.org>

**HEALTHY EATING FOR
YOU AND THE PLANET:
AVOIDING PESTICIDES IN PRODUCE**

**AMERICAN MUSEUM OF NATURAL HISTORY
Center for Biodiversity and Conservation**

Resources

Food News. Environmental Working Group.
<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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