

CHOOSING ORGANIC FOODS AND WHY?

Have you heard of the Dirty Dozen and the Clean Fifteen? The Dirty Dozen reflects the most sprayed fruits and vegetables exposing consumers to the pesticides used to keep produce looking picture perfect. The Clean Fifteen are supposedly a safer less sprayed variety of fruit and vegetables. We need to remember this is American data that Australia doesn't have the resources to complete at this time. BUT!! We can still make better choices using the guide below. Also going organic doesn't have to be super expensive,

TIPS:

- Buy in season
- Check if your grocer has a specials basket/shelf for organic food
- Only buy organic produce that you know has a high chance of being sprayed e.g. strawberries, and buy non-organic pineapple etc.
- Buy a fruit and veg solution that will help remove pesticides and herbicides
- Remember eating fruit and veg is never unhealthy, even if it's not organic!

FUN FACT:

Research conducted in Melbourne showed consumers that ate predominately 80% organic showed less organophosphate exposure compared to a diet with non-organic produce.
<http://researchbank.rmit.edu.au/view/rmit:24443>

So to get you started use this version below as guide to begin your organic journey.

LESS SPRAYED OPTIONS:

Avocado
Pineapple
Onions
Papaya
Eggplants
Asparagus
Kiwi fruit

COMMONLY SPRAYED:

Strawberries
Kale/soft greens
Nectarines
Apples
Grapes
Cherries
Stone fruit
Celery
Tomatoes
Capsicum/Chili

REFERENCE:

Oates, L, Cohen, M, Braun, L, Schembri, A and Taskova, R 2014, 'Reduction in urinary organophosphate pesticide metabolites in adults after a week-long organic diet', *Environmental Research*, vol. 132, pp. 105-111.