

## Should I buy organic?

Many times I hear that buying organic is too expensive. So I ask patients to imagine if they came to my house and I sprayed round up weed killer on the beautiful looking vegetables and fruit and then rinsed it with water and made a mouthwatering apple cobbler and beautiful salad adorned with strawberries, would they eat it? All of them said NO. So why do we buy foods that are sprayed with the same chemicals people spray their lawns for weeds with?

If you don't think eating organic makes difference think again. Spending a few extra dollars on produce will save hundreds or even thousands of dollars on medical bills and even save you some time in the future lost to sickness. Time is more valuable than money! And your health is priceless!

If you are on a budget here is list of produce absolutely do not buy unless they are organic. This is the dirty dozen list. These fruits and vegetables have the highest pesticide residues. The clean 15 list are fruits and vegetables with the lowest residues and some have a peel to protect the fleshy part from the pesticides, herbicides, and fungicides. You can skimp on the organics on the clean 15 list if you have a tight budget.



**The 2017 Dirty Dozen**

1. Strawberries
2. Spinach
3. Nectarines
4. Apples
5. Peaches
6. Pears
7. Cherries
8. Grapes
9. Celery
10. Tomatoes
11. Sweet capsicum
12. Potatoes

**The Clean Fifteen**

1. Sweet corn
2. Avocados
3. Pineapples
4. Cabbage
5. Onion
6. Sweet peas frozen
7. Papayas
8. Asparagus
9. Mangoes
10. Eggplant
11. Honeydew melon
12. Kiwi
13. Rockmelon
14. Cauliflower
15. Grapefruit

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