

Spending Your Organic Food Dollars Wisely

To maximize your organic food dollar, the Environmental Working Group, a nonprofit organization based in Washington, D.C., recommends going organic on the "dirty dozen" -- types of produce that are most susceptible to pesticide residue:

- Peaches
- Apples
- Sweet bell peppers
- Celery
- Nectarines
- Strawberries
- Cherries
- Pears
- Grapes (imported)
- Spinach
- Lettuce
- Potatoes

And which organic produce is probably not worth the added expense? The group lists these 12 items as having the least pesticide residues:

- Papayas
- Broccoli
- Cabbage
- Bananas
- Kiwifruit
- Sweet peas (frozen)
- Asparagus
- Mangoes
- Pineapple
- Sweet corn (frozen)
- Avocados
- Onions

You can help keep costs down by shopping for sale items, comparing prices, and buying locally grown products either at farmers' markets or via a co-op. The sale of organic foods in large grocery store chains is also likely to help keep prices down in the long run.

WebMD Health Tips

SOURCE: WebMD Weight Loss Clinic-Exclusive Feature: "Organic Food -- Is 'Natural' Worth the Extra Cost?" By Kathleen M. Zelman, MPH, RD, LD

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