

## [naturalnews.com](http://www.naturalnews.com) printable article

Originally published December 17 2010

### **Foods you should buy from organic sources**

by Shona Botes

(NaturalNews) Organic foods have started taking root (no pun intended) in the minds of more and more consumers each year as people strive to live healthier lives.

Not only do they taste a lot better (without the help of chemicals and flavour enhancers), but they also provide far more nutrients and benefits than their often irradiated and chemically fertilized counterparts. Admittedly, organic foods are often more expensive, but the benefits of consuming them are well worth the expense.

While growing, some foods absorb a lot more chemical fertilizers and pesticides than others, so they should be bought organically as much as possible. There are still cases where crops are absorbing Dieldrin (a highly carcinogenic insecticide) from soil, even though it was banned way back in 1974!

Some foods absorb a lot more chemicals than others, so even if you truly cannot afford to purchase all organic foods, there are some that you should only ever buy organic:

#### **Apples:**

Apples absorb more pesticides than any other fruit. Around 36 different chemicals have been discovered on them. There were as many as seven different chemicals found on a single apple. Therefore, it makes good sense to only purchase these from an organic source. Alternative options for these would be tangerines, bananas and watermelon.

#### **Strawberries:**

These are also among the most contaminated fruits you can buy. If you cannot buy these organic, rather opt for kiwifruit or pineapple.

#### **Peaches:**

These have also been known to absorb far more chemicals and pesticides than other fruits.

#### **Baby Foods:**

Babies and children have developing immune systems, so it's very important for them to be exposed to as little pesticides and chemicals as possible. Wherever possible, purchase [organic](#) baby foods, or better still, make and puree your own, using organic fruit and vegetables.

#### **Blueberries:**

These may be hailed as a superfood, but this only applies if they are organic. Tests have shown them to be contaminated with as many as 52 different pesticides.

#### **Dairy Products:**

Most cows consume grain that contains chemicals, pesticides and antibiotics. Wherever possible, try to source organic dairy products. Or better still, 100% raw milk and cheese will be 100% healthy and nutritious, unlike the pasteurized versions.

#### **Nectarines:**

These contain as many as 33 different chemicals and pesticides. If they are not available as organic, safer alternatives would be papaya, watermelon and mango.

#### **Cucumbers:**

These have been ranked as one of the most contaminated fresh [foods](#).

### **Bell Peppers:**

Because these have a very thin skin, they absorb pesticides and chemicals very easily. Should they not be available as organic, safer alternatives to these would include peas, cabbage and broccoli.

### **Grapes:**

These can contain as many as 17 different chemicals and pesticides. They are also very high in fructose, so they should be consumed in moderation. Safer alternatives include kiwifruit and raspberries.

### **Spinach and Kale:**

The leaves of these two vegetables are capable of absorbing as many as 48 different pesticides, so it is very important to only use the organic varieties. Safer alternatives would be cabbage, broccoli and asparagus.

### **Potatoes:**

Potatoes have been known to absorb as many as 37 chemicals and pesticides. Safer alternatives to these would be mushrooms, eggplant and cabbage.

### **Winter Squash:**

These have also been known to absorb Dieldrin from soil.

### **Green beans:**

These unfortunately rank high on the contamination list, with as many as 60 different pesticides being used on them.

### **Meat Products:**

Organic meats are always healthier, as they contain no growth hormones and stand little to no chance of containing any [pesticide](#) products.

Sources:

<http://www.thedailygreen.com/healthy-eating/...>

<http://business-ethics.com/2010/07/24/1149-t...>

<http://articles.mercola.com/sites/articles/a...>

## **About the author**

Shona Botes blogs about green living, budgeting, saving money, natural remedies and humour (which is often combined with the abovementioned topics). Her spare time is spent tending to her organic herb garden, cycling and engaging in photography.

Her blog may be viewed [here](#)

Some of her photography work may be viewed [here](#)

Other articles written by her may be viewed [here](#)

---

All content posted on this site is commentary or opinion and is protected under Free Speech. Truth Publishing LLC takes sole responsibility for all content. Truth Publishing sells no hard products and earns no money from the recommendation of products. NaturalNews.com is presented for educational and commentary purposes only and should not be construed as professional advice from any licensed practitioner. Truth Publishing assumes no responsibility for the use or misuse of this material. For the full terms of usage of this material, visit [www.NaturalNews.com/terms.shtml](http://www.NaturalNews.com/terms.shtml)