

Living Well Tip of the Week

Organic Produce: When Should I Eat Organic?

•Organic produce is required by the USDA to be grown without chemical fertilizers, pesticides, and herbicides.

Lists of the fruits and vegetables with highest and lowest levels of pesticides:

“Dirty Dozen”

(Try to buy these organic)

Celery

Peaches

Strawberries

Apples

Blueberries

Nectarines

Sweet Bell Pepper

Spinach

Kale/Collard Greens

Cherries

Potatoes

Grapes (Imported)



“Clean 15”

(Less need to buy organic)

Onions

Avocado

Sweet Corn (Frozen)

Pineapples

Mango

Sweet Peas (Frozen)

Asparagus

Kiwi Fruit

Cabbage

Eggplant

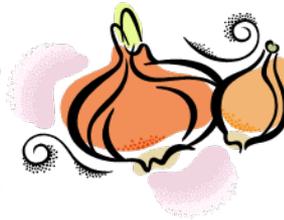
Cantaloupe (Domestic)

Watermelon

Grapefruit

Sweet Potatoes

Honeydew Melon



Our April “Living Well Tip of the Week” series is focused on adding color to your diet with fruits and veggies. Look out for more to come on canned/frozen/fresh and how to fit them into your daily meal plans.

Browse your Living Well Health Manager powered by WebMD for specific advice on all these tips: go to www.webmdhealth.com/ut and select “Living Healthy” on the top banner.

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