

# ASK THE NUTE GURU

THE NUTE (NUTRITION) GURU IMPARTS WISDOM ABOUT THE IMPORTANCE OF NATURAL, WHOLE-FOODS NUTRITION FOR MIND/BODY WELLNESS.

Q

Hey Nute Guru, I've been on a crusade to improve my diet and eating habits and one of the things that I'm trying to focus on is organic produce. The challenge for me right now is that I have limited financial resources and organic stuff is a lot pricier than conventional. Do you have any tips on which fruits and veggies I should always seek organic and which may be ok to buy conventional?

A

I'm glad you asked this question. Sometimes I can get a little caught up in my "Guruness" and I don't always take into account the challenges (read: finances) that lots of people have to deal with. Although I would always strongly suggest that you buy everything organic, I understand why sometimes you need a little leeway. Here is a fairly recent list of the produce most affected by pesticides called the "Dirty Dozen". Safe shopping and eat well!

## The Dirty Dozen

Apples  
Celery  
Cherry tomatoes  
Cucumbers  
Grapes  
Hot peppers  
Nectarines (imported)  
Peaches  
Potatoes  
Spinach  
Strawberries  
Sweet bell peppers

VS.

## The Clean Fifteen

Asparagus  
Avocados  
Cabbage  
Cantaloupe  
Sweet corn  
Eggplant  
Grapefruit  
Kiwi  
Mangoes  
Mushrooms  
Onions  
Papayas  
Pineapples  
Sweet peas (frozen)  
Sweet potatoes

### Dirty Dozen Plus:

Kale/collard greens & Summer squash

<http://www.mindbodygreen.com/0-9160/12-fruits-veggies-with-the-most-pesticides-2013-dirty-dozen.html>

# PROJECT: PFC