

THE CLEAN FIFTEEN (Don't need to be organic)

1. Avocados
2. Sweet corn
3. Pineapples
4. Cabbage
5. Sweet peas
6. Onions
7. Asparagus
8. Mangoes
9. Papayas
10. Kiwis
11. Eggplant
12. Grapefruit
13. Cantaloupe
14. Cauliflower
15. Sweet potatoes

Organic produce is more nutritious, too! On average, organic fruits and veggies have 29% more magnesium, 27% more vitamin C, 21% more iron, and 14% more phosphorous than their conventional counterparts. This means that individuals who consume five servings of organic vegetables will meet their RDA (recommended daily intake) of vitamins and minerals, while those eating the same amount of conventional produce will not! That's a big difference.

Organic farming methods are also better for the environment. Over the course of human history, almost all farming has been organic. It's only in the last 70 years or so that we've begun to use synthetic pesticides on our food. Organic farming methods don't release toxins into the environment. Conventional methods, on the other hand, release pesticides into the ground, the air, and even our water supplies. These pesticides harm bee populations, other wildlife, and most significantly – humans. Transitioning away from the use and consumption of synthetic pesticides benefits everyone in the long run.

EATING RAW, FRESH PRODUCE

COOKING KILLS NUTRIENTS



Did you know that cooking your vegetables reduces nutrient content by 25% to 75%? Your serving of vitamin-rich broccoli loses half of its nutritional value when you boil it on the stove! Different types of cooking methods cause different nutrient losses. In general, boiling depletes far more nutrients than steaming or lightly sautéing. When you boil vegetables, many of the nutrients leach out into the water and aren't consumed. Unless you want to drink the boiled vegetable water, you should opt for a lighter cooking method. Reheating leftovers can cause further nutrient losses of 10% to 45%! Food is always best when it's fresh.