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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