

NOT ALL FOODS  
NEED TO BE

*organic*



Mindful Health

The shift toward organic foods has been a long time coming. These foods are grown without synthetic fertilizers, pesticides, GMOs, sewage, or radiation, which earns them the "organic" seal of approval.

The problem, though, is that organic foods tend to cost quite a bit more. What most people don't know is that this isn't an all-or-nothing scenario. Some many fruits/vegetables are important to purchase organic, and we'll talk about why, and many that are fine to buy conventional.





## *clean fifteen*

However, you can make changes to organic produce without hurting your wallet. The Environmental Working Group (EWG) releases a list each year of the “Clean 15.” These are the foods you can safely consume without the worry of toxins, even though they aren’t organically grown.

The foods for this year include avocado, sweet corn, pineapple, onion, papaya, sweet peas, eggplant, asparagus, cauliflower, cantaloupes, broccoli, mushrooms, cabbage, honeydew melon, and kiwi.

# dirty dozen

Where you want to make the change to your grocery shopping habits is when you pick up:

- strawberries
- spinach
- kale
- nectarines
- apples
- grapes
- peaches
- cherries
- pears
- tomatoes
- celery
- potatoes

The EWG calls these “The Dirty Dozen.”





# *be strategic*

By shopping for organic foods when it counts, you can save money and protect your health at the same time. Look for the logo labeled on organic foods with “USDA Organic” to ensure you’re buying real organic products.

Additionally, don’t be afraid to venture outside your supermarket’s produce section to find fresher fruit and vegetable choices. The local farmer’s market is a great place to get fresh-picked organic foods, plus it’s often more inexpensive. Another benefit of buying from your local growers is that it puts the money back into your community, helping it grow and flourish.



# *eating out*

You can also make organic choices when you go out to eat. Farm-to-table restaurants focus on gathering ethically-sourced and locally-grown seasonal ingredients to bring out the freshness of their dishes. Seek them out in your city over those big manufactured chain restaurants to enjoy culinary delights made with the fresh bounty of produce grown around you.

Some restaurants even grow their own foods in-house, which is another thing to look for. You can grow your own organic foods, too, if you have a green thumb, but if not, you can certainly seek out the foods that you should always eat organic at the store!



Get in touch with me



Email

[info@mindfulhealthwithLORI.com](mailto:info@mindfulhealthwithLORI.com)

Website

[www.mindfulhealthwithLORI.com](http://www.mindfulhealthwithLORI.com)

**Schedule Your Free Coaching Session**

<https://lorikampa.biz/freesession>

*Lori Kampa*

CERTIFIED INTEGRATIVE HEALTH COACH +  
WELLNESS EDUCATOR  
MINDFUL HEALTH