

- **Buy meat from producers who don't use antibiotics.**
- **Reduce your intake of fish high in mercury.** The EPA recommends eating up to 12 ounces of fish that are lower in mercury weekly, including shrimp, canned light tuna, salmon, pollock, and catfish and avoiding shark, swordfish, king mackerel, and tilefish.

When to buy organic (and when it's safe not to)

The dirty dozen

Some produce items have **heavier pesticide residue** than others. Be sure to only buy organically grown versions of the following fruits and vegetables:

- Apples
- Celery
- Cherry tomatoes
- Cucumbers
- Grapes
- Hot peppers
- Imported nectarines
- Peaches
- Potatoes
- Strawberries
- Spinach
- Sweet bell peppers

When possible, also try to buy these organic:

- Kale
- Collard greens
- Summer squash

The clean 15

These foods have **low pesticide residue**, making it safe to purchase non-organic version of them:

- Onions
- Sweet corn
- Pineapples
- Avocado
- Cabbage