



ORGANIC FOOD GUIDE

What does organic mean?

Organic produce such as fruits and vegetables are grown without the use of chemicals like pesticides that can be harmful to our bodies (i.e. digestive system, liver health, and hormone health). Organic animal products like meat and dairy are raised with 100% organic feed, without antibiotics or hormones, and in a more natural and accommodating environment such being able to graze on pasture.

Do I need to eat organic to be healthy?

You do not need to eat organic to be healthy! However, the quality of the foods you eat can make a big difference in your body. Organic foods often have greater nutritional value, reduce toxin exposure, and can be easier to digest, especially for dairy products.

What if organic foods are too expensive?

Since organic foods are often more expensive than non-organic foods, it is important to know what is worth spending a little extra on, and what is not. If organic prices are too high, don't worry! Whole, natural foods like veggies, fruits, beans, nuts, seeds, whole grains, and lean proteins are still a much better option than processed junk foods.

WHAT TO BUY ORGANIC:

ANIMAL MEATS

Chicken
Turkey
Pork
Beef

*beef is even better quality when grass-fed

**fish/seafood are best when wild-caught (not farmed)

FRUITS

Strawberries
Grapes
Apples
Nectarines
Cherries
Peaches
Pears

DAIRY

Milk
Cream
Cheese
Butter
All other dairy

VEGETABLES

Tomatoes
Bell peppers
Spicy Peppers
Celery
Spinach
Kale
All other leafy greens