

[IMAGE]

Twelve Organic Foods You Should be Eating

By Editorial Staff

The advantage to eating organic is that you can reap the health benefits of fruits and vegetables without exposing yourself to potentially harmful chemicals from pesticides or artificial fertilizers. Make sure you purchase only the organic varieties of the produce pictured on this page. According to the nonprofit Environmental Working Group's Shopper's Guide to Pesticides in Produce (www.foodnews.org), common modern growing practices make these produce crops the most likely to contain pesticide residues.

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