

## FAMILY-FRIENDLY FOOD TIPS

# Do You Really Need to Buy Organic?

**Going organic cuts pesticide exposure—fast.** A peer-reviewed study of U.S. families found that switching to a fully organic diet for just six days reduced urinary glyphosate levels by 71%, and its toxic byproduct AMPA by 77%. Glyphosate—the active ingredient in Roundup®—has been linked to endocrine disruption, oxidative stress, gut dysbiosis, and is labeled a probable human carcinogen by the WHO's International Agency for Research on Cancer (IARC).

These rapid shifts highlight how quickly dietary choices influence internal toxic load. It's one more reason to prioritize organic foods—especially for kids and during critical windows of development.

**But let's be real—going all organic can get pricey.** Want to protect your family from pesticides without blowing your grocery budget? Check out the Dirty Dozen & Clean Fifteen from the Environmental Working Group (EWG)—your cheat sheet for smarter shopping!

EWG analyzes every year dozens of fruits and vegetables to determine which are safest to buy conventionally—due to low pesticide residue—and which are worth the investment to buy organic. Print and cut the table below

EWG'S 2025 DIRTY DOZEN™+		EWG'S 2025 CLEAN FIFTEEN™	
	1. Spinach	8. Pears	
	2. Strawberries	9. Apples	
	3. Kale, collard & mustard greens	10. Blackberries	
	4. Grapes	11. Blueberries	
	5. Peaches	12. Potatoes	
	6. Cherries	+ Bell & hot peppers	
	7. Nectarines	+ Green beans	
		1. Pineapple	
		2. Sweet corn	
		3. Avocado	
		4. Papaya	
		5. Onions	
		6. Sweet peas	
		7. Asparagus	
		8. Cabbage	
		9. Watermelon	
		10. Cauliflower	
		11. Bananas	
		12. Mangoes	
		13. Carrots	
		14. Mushrooms	
		15. Kiwi	

### Reference:

Organic Diet Intervention Significantly Reduces Urinary Glyphosate Levels in U.S. Children and Adults:  
<https://doi.org/10.1016/j.envres.2019.108845>