

Five Fruits that Must Be Organic

Modern food production and protection technologies have enabled the world to have an incredible diversity of fruits and vegetables throughout the year. However, those same techniques have raised numerous health concerns with the public. One of the most pressing concerns is the level of pesticides found on foods, specifically with fresh fruit. A surprising number of fruits and vegetables come in with very high levels, indeed.

In the past, people were content with simply washing their fruit off after bringing it home. However, recent studies have shown that pesticides actually seep through the skin and into the upper layer of flesh on the fruit. There is no way to remove it. The frightening thing about many different pesticides is the wide variety of different health concerns they can cause. Some pesticides are linked directly to cancer, while others cause permanent neurological problems. These pesticides are in wide use throughout the Western world and pose considerable risks, though children seem to be in the highest risk range.

Here are the five fruits ranked highest in pesticides:

Strawberries rank highest of any food for the amount of pesticide found on them. These fruits have a considerable amount of vitamin C within them, and are an important part of a healthful diet. Buying organic strawberries can help you avoid the health concerns related to pesticides.

In second place, you will find cherries. Cherries provide vitamin C, as well as some great taste. Organically grown cherries do not have any pesticides, though, so you can enjoy that fresh taste without worrying about ill effects.

Peaches are ranked third according to a recent study. Peaches have both vitamins A and C. Unless you plan to cut peaches out of your diet altogether, you will need to find a local organic grower, or use a specialty grocery store that carries organic fruit.

Apples come in as the fourth highest fruit in terms of pesticide content. As apples are one of the most popular fruits in the nation, you can sometimes luck out and find organic apples at your regular grocery store. However, organic orchards abound in some areas, and organic grocers can also be found relatively easily.

Finally, in fifth place, you will find apricots. The delightful fruits provide vitamin A, vitamin C and potassium. In order to make them part of your regular diet, organic options should be found.