



Are your
FOODS FIT

By Susie Beiler

Eating well is important. If you feel it's too expensive or too much of a hassle to eat organically, consider your health and the health of the Earth. You vote with your dollar. If you spend money on processed junk foods, you vote to perpetuate the systems of government and food industry that subsidize non-nutritive "food". If you spend your money on locally farmed and organic produce, you invest in your health and create a demand for a more sustainable way of living.

I understand that it is not always feasible to eat organic due to budget restraints or availability. If you are ready to transition to more nutritive food, the following is a list of most contaminated foods that you definitely want to buy organic, especially if you eat a lot of them:

- APPLES
- BELL PEPPERS
- PEARS
- PEACHES
- NECTARINES
- STRAWBERRIES
- CHERRIES
- IMPORTED GRAPES
- SPINACH
- RED RASPBERRIES
- POTATOES
- CELERY

THE FOLLOWING FOODS CONTAIN THE LEAST AMOUNT OF CONTAMINATION:

- ASPARAGUS
- AVOCADOS
- BANANAS
- BROCCOLI
- CAULIFLOWER
- CORN
- KIWI
- MANGOES
- ONIONS
- PAPAYAS
- PINEAPPLES
- PEAS



A significant part of being fit is maintaining a healthy body. Since our bodies are built upon the food we ingest, it is critical to eat the purest food possible. When choosing your food, consider the cost. Pay more for organic food now or pay more in health care expenses later. It is always your choice as the consumer.

Information from <http://www.organicconsumers.org/foodsafety/ewg102203.cfm>



Susie Beiler is a Certified Holistic Health Counselor, specializing in empowering her clients to lead healthier, happier lives. Using gentle coaching, Susie collaborates with her clients to incorporate manageable food and lifestyle changes one step at a time to reach self-determined goals. Contact Susie at sbeiler@phillyfitmagazine.com.