

How to choose the best produce

Would you prefer to have your food with industrial chemicals, or without? Unfortunately, most food we consume has been exposed to chemicals before it arrives at your door. Studies show these chemicals can have a highly significant impact on your health. Ask your practitioner for more information on how they might be affecting you.

Going organic, or in the case of animal products, going wild, is a wise investment for your health, albeit an expensive one. The good news is that some fresh produce has minimal exposure to chemicals, so buying organic isn't always essential. This guide is designed to bring you clarity on how to shop so you can spend your dollars wisely.

Meat

Most toxins are stored in fat, so farmed animals exposed to chemicals in their food and environment will accumulate and store these in their fat. When buying eggs, butter, dairy or fatty meat, choose organic, grass fed, free roaming sources. Try alternatives like wild game meats like kangaroo or venison, which are better than organic.

Seafood

Eat fish that have lived a wild life with minimal exposure to chemicals. In particular, heavy metals like mercury are a big problem with fish. They tend to bioaccumulate as you go up the food chain, so bigger fish tend to have more heavy metals. Farmed fish and large fish are off the menu. Opt for wild caught fish and small fish. Choose wild caught salmon, trout, herring, sardines, anchovies, whiting and other small fish.

Vegetables & Fruit*

Pesticides are regularly sprayed on crops most vulnerable to consumption by birds and insects, and herbicides to kill weeds. Therefore, choose organic for more delicate fruits and vegetables.

The following produce are HIGH in pesticides:

Berries	Tomatos	Stone fruit	Kiwi
Pears	Grapes	Leafy greens	Apple
Mushrooms	Sultanas	Potatoes	Celery

The following produce are LOW in pesticides, so are relatively safe when conventionally grown:

Cabbage	Avocado	Banana	Cauliflower
Melon	Mango	Onion	Brussel sprouts
Asparagus	Pineapple	Broccoli	

*The Australian Total Diet Study (ATDS) 2019 is the most comprehensive analytical food survey conducted in Australia to determine the level of chemicals in food. FSANZ conducts food surveys, gathering data and estimating the dietary exposure of the Australian population to these chemicals, including agricultural and veterinary chemicals, and metal contaminants arsenic, cadmium, lead and mercury. Find out more at: <https://www.foodstandards.gov.au/publications/Pages/25th-Australian-Total-Diet-Study.aspx>