

Organic vs. Conventional: Does It Matter?

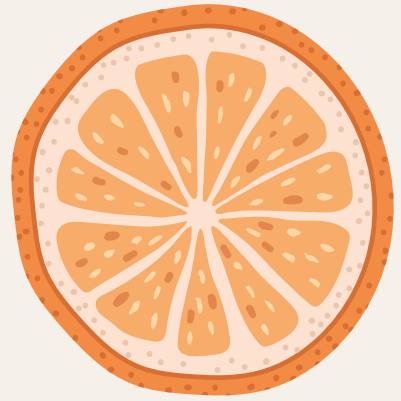
Tips to reduce pesticide exposure no matter what you buy!

Both organic and conventional foods can be part of a healthy diet. Organic produce is grown using natural methods, without most synthetic pesticides or fertilizers, and focuses on soil health and sustainable farming practices. Conventional produce may use pesticides, but within strict safety regulations.

Nutritionally, they are very similar and both provide important vitamins, minerals, and fiber. The most important thing is to eat a variety of fruits and vegetables, no matter how they're grown.

Scrub & Wash

Wash all produce under running water to help remove dirt, bacteria, and surface residues. For firmer fruits and vegetables like potatoes, carrots, or cucumbers, use a clean produce brush to gently scrub the surface, which can help remove additional residue from the skin.



Peel

Peeling fruits like apples can reduce pesticide residues since most are found on the outer skin. However, the peel is also rich in fiber and antioxidants that support digestion and overall health. If you keep the skin, washing thoroughly under running water can help lower residue while preserving these nutrients.



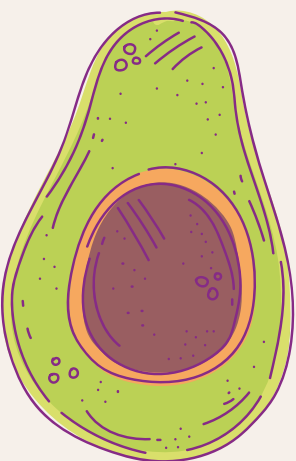
Add Variety

Varying your food choices helps reduce repeated exposure to the same pesticides, since different crops are treated differently. It also supports a more balanced intake of nutrients by adding variety to your diet.



Grow Your Own Food

Growing your own food helps reduce pesticide exposure by giving you control over how it's grown. You can avoid synthetic pesticides and use simple, natural methods instead. Easy options to start with include herbs like basil and mint, leafy greens, cherry tomatoes, green onions, and peppers, many of which grow well in small spaces or containers.



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