

Benefits of Conventional vs. Organic Fruits and Vegetables

1. Conventional and organic produce have the same nutrient value.



2. Conventional produce is less expensive than organic produce.

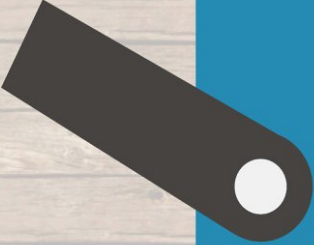


3. Conventional produce is just as safe as organic produce and the pesticide levels do not exceed the limits set by the EPA.

Tip: If you are still worried about pesticides, "According to the FDA, washing produce under running tap water can reduce and often eliminate pesticide residues, if they are present at all."



Sources: <https://www.bestfoodfacts.org/nutritional-difference-organic/>
<https://www.health.harvard.edu/blog/organic-food-no-more-nutritious-than-conventionally-grown-food-201209055264>
<https://fruitsandveggies.org/expert-advice/should-i-be-afraid-of-the-dirty-dozen/>



It is always best to eat fruits and vegetables that are locally grown, in-season, including those that you grow yourself, but the next best option when grocery shopping on a budget is choosing conventional fruits and vegetables.

Conventional fruits and vegetables are those that are not USDA certified organic. Organic foods usually have this sticker or symbol on them.



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