

## How to eat organic on a budget

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Tweet !function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0];if(!d.getElementById(id)){js=d.createElement(s);js.id=id;js.src="https://platform.twitter.com/widgets.js";fjs.parentNode.insertBefore(js,fjs);}}(document,"script","twitter-wjs");
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```

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One solution for those keen to make the switch from conventionally produced products is to prioritise and make trade-offs. For example, you might grow some of your own food, splash out on the organic option for foods high in pesticides and shop 'lower down on the food production chain'. Anderson says, "If I'm buying an apple or tomato it will cost a reasonable amount more than if I'm buying tomato sauce or something down the track." Buying your organic produce direct from the farmer or local farmers markets can also be cheaper.

Foods to buy organic - Anderson says that these foods are likely to contain more pesticides.

- ### The safe eight

**The safe eight**  
Foods with thick skins, natural pest resistance or quick growth are least likely to contain pesticides.

- Garlic (avoid Chinese imported products)
- Onions
- Pineapple
- Avocado
- Pumpkin
- Citrus fruit
- Rockmelon
- Eggplant

```
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```