Advice for Providers, Patients, and Consumers

1. Encourage patients and their families to wash their conventionally farmed produce (see Advice for Consumers below for Washing Guidelines). This will reduce some pesticide residues.
2. Encourage patients and families to consume a health-promoting diet, and when approached by a family interested in consuming organic foods, use this article as a guide to consider information relevant to them. Key facts may include nutrition, human health, environmental considerations, and cost issues. Be clear about which areas show strong evidence and which areas lack evidential support.
3. When conducting research, combine nutrient profiling with food price analysis to allow for researchers to evaluate both nutrients per calorie as well as nutrients per unit cost. In other words, this allows for "energy cost" comparisons that can show which foods offer higher nutrient densities at lower costs to patients.
4. Understand that there are many determinants in a patient's willingness to pay, including:
   - Age, employment, status, income, education, number of children, taste, no chemical residual, high nutritional value, freshness, color, case of product size, shape

   Instead of making assumptions, it is important to talk with the patient to better understand which factors may potentially motivate their decisions
5. Understand that especially those on food assistance programs struggle to find access to fruits and vegetables while trying to stretch a small amount of resources a long way.
6. Wash your produce and other food properly (printable guide included as a reference below).
7. The EWG's Label Decoder (linked below) can be helpful in evaluating foods based on other standards you value and help to see what would be worth purchasing while pinching pennies.
8. Follow the tips in the section following this one on how to budget while shopping for organic, grass-fed, and free-range food options.

EWG Label Decoder Link: https://www.ewg.org/research/labeldecoder/