

FRUITS, VEGGIES, AND PESTICIDES

SECONDARY FOODS | TIPS & ADVICE

It's common knowledge that a healthy diet requires a lot of fresh fruit and vegetables, but these seemingly healthy choices may instead be full of pesticides!

The United States uses 1.2 billion pounds of pesticides a year, but only a mere .01 percent actually reach the intended target – the bugs. The rest ends up contaminating our food, air, and water.

Read on to find out what else you're consuming when biting into a commercial apple.



THE REAL HEALTH RISKS ASSOCIATED WITH PESTICIDES

Pesticides have been linked to the following health problems:



SKIN, EYE, AND
LUNG IRRITATION



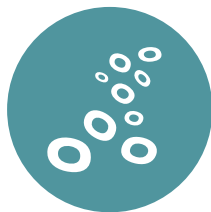
HORMONE DISRUPTION



BRAIN AND NERVOUS
SYSTEM TOXICITY



CANCER



BLOOD DISORDERS*



NERVE DISORDERS*



BIRTH DEFECTS*



REPRODUCTION
EFFECTS*

*Categorized as a possible chronic effect from repeated exposure to pesticides.

WHO IS MOST AT RISK?

Those who regularly eat food grown with pesticides are at the highest risk of developing health problems, as well as farmers, those who live downwind or downstream of sprayed croplands, and infants and young children (because their bodies are still developing).

According to a 1998 study by the National Resource Defense Council, children living in areas with heavy pesticide

use had strikingly impaired hand-eye coordination, decreased physical stamina, short-term memory impairment, and trouble drawing.

THE NAKED TRUTH

According to a study conducted by the Environmental Working Group (EWG), at least one pesticide remains on 63% of commonly purchased produce, even after it was properly washed.

FRUITS AND VEGGIES TREATED WITH THE MOST PESTICIDES



HOT PEPPERS



CUCUMBERS



LEAFY GREENS



PEACHES



APPLES



RASPBERRIES

HIGHEST NUMBER OF PESTICIDES STILL PRESENT ON A SINGLE SAMPLE



APPLES



IMPORTED PLUMS



CELERY



CILANTRO



POTATOES

NUMBER OF DIFFERENT PESTICIDES STILL PRESENT ON A SINGLE SAMPLE



IMPORTED GRAPES



DOMESTIC GRAPES



STRAWBERRIES



SWEET BELL PEPPERS



LEAFY GREENS

Data is based on analysis by the U.S. Department of Agriculture as well as the Food and Drug Administration, which tested these foods for pesticides presence 51,000 times from 2000 to 2009.

THE GOOD NEWS

The lists below feature fruit and vegetables that contain the least amount of pesticides.

VEGETABLES

ASPARAGUS
AVOCADO
CABBAGE
SWEET CORN
EGGPLANT

MUSHROOMS
ONIONS
SWEET PEAS (FROZEN)
SWEET POTATO

FRUIT

CANTALOUPE
KIWI
PAPAYA

GRAPEFRUIT
MANGO
PINEAPPLE

LIVING ORGANIC

Eating organic produce is the best way to eliminate the harmful effects of pesticides. Food grown without chemicals is the healthiest option for physical and mental health.

Or-gan-ic,

Adjective/Ôr'ganik

of, relating to, yielding, or involving the use of food produced with the use of feed or fertilizer of plant or animal origin without employment of chemically formulated fertilizers, growth stimulants, antibiotics, or pesticides.

SHOP LOCALLY – EXAMPLES OF BEST PRACTICES OF YOUR NEIGHBORHOOD FARMER



ORGANIC

The crops are raised au natural



BALANCED SOIL

Using crop rotation to improve fertility, instead of chemicals



SUSTAINABLE FARMING

Using manure as an organic fertilizer

NEXT TIME A FARMERS' MARKET HITS YOUR NEIGHBORHOOD, CHECK IT OUT TO FIND HEALTHIER CHOICES FOR YOU AND YOUR FAMILY!



SOURCES: www.NDRC.org, www.EWG.org, www.worldwatch.org, www.care2.com, www.raw-wisdom.com