

# FRUITS, VEGGIES, AND PESTICIDES

SECONDARY FOODS | TIPS & ADVICE

It's common knowledge 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 an apple.



## THE REAL HEALTH RISKS ASSOCIATED WITH PESTICIDES

Because pesticides end up virtually everywhere instead of staying where they're supposed to, their existence in our environment has been linked to the following health problems:



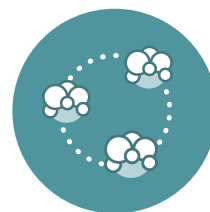
**SKIN, EYE, AND LUNG IRRITATION**



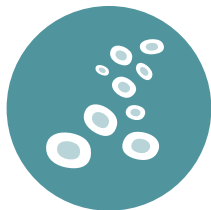
**HORMONE DISRUPTION**  
which can lead to early onset puberty  
as well as other health concerns



**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 the 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.

# FRUIT AND VEGGIES TREATED WITH THE MOST PESTICIDES



# HIGHEST NUMBER OF PESTICIDES STILL PRESENT ON A SINGLE SAMPLE



# NUMBER OF DIFFERENT PESTICIDES STILL PRESENT ON A SINGLE SAMPLE



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 recieve 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 on your health. Food that is grown without chemicals is the healthiest diet you can feed your body, and doing so nourishes your health and mind.

## 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 for productivity as an organic fertilizer

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



**SOURCES:** [www.NDRC.org](http://www.NDRC.org), [www.EWG.org](http://www.EWG.org), [www.worldwatch.org](http://www.worldwatch.org), [www.care2.com](http://www.care2.com), [www.raw-wisdom.com](http://www.raw-wisdom.com)