

GUIDE TO PESTICIDES IN PRODUCE

The easiest way to avoid pesticides and other chemicals in one's produce is to buy certified organic produce. This is not always possible and therefore it is important to know which crops are contaminated with the highest amounts of pesticides. The Environmental Working Group (www.ewg.org) has found that of the 42 fruits and vegetables with the highest amounts of pesticides, more than half of the total dietary risk from pesticides in these foods was concentrated in just 12 crops. The pesticides found in these foods are classified by the Environmental Protection Agency (EPA) as probable human carcinogens, neurotoxins, and endocrine system disrupters. It is advisable that less of these foods be purchased and consumed. Avoiding the most contaminated produce will substantially reduce dietary pesticide risks.

The 12 most contaminated fruits and vegetables are:

- peaches
- strawberries
- apples
- nectarines
- pears
- cherries
- red raspberries
- imported grapes
- spinach
- celery
- potatoes
- sweet bell peppers

Commercial vegetables that appear to have the least amount of pesticides are sweet corn, avocado, cauliflower, asparagus, onions, peas, and broccoli. The fruits least likely to have pesticide residues on them are pineapples, mangoes, bananas, kiwi, and papaya.

Sources: Environmental Working Group, compiled from FDA and EPA data.



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This information is not intended to provide medical advice or to take the place of medical advice and treatment from your personal physician. Readers are advised to consult their own doctors or other qualified health professional regarding the treatment of their medical problems. Those taking prescription medications should consult with their physicians and not take themselves off of medicines to start supplementation without the proper supervision of a physician familiar with nutritional supplementation.

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