

Be Mindful of What's in Your Food

Many foods are grown using pesticides. And what many people do not know is that pesticides can be very harmful, even deadly. Pesticides can cause health problems like birth defects, nerve damage and even cancer. There are other effects that may happen over a longer period of time. That would depend on how bad the pesticide is and how much of it gets into your body.

Children can be affected by pesticides the most. That is because their bodies do not have a fully developed immune system, liver or kidneys to protect them. They are also more at risk because they are closer to the ground where pesticides are located.

The following lists show the foods with the highest and lowest amounts of pesticides:

Dirty Dozen (Foods with Most Pesticides):

- Peaches
- Apples
- Sweet bell peppers
- Celery
- Nectarines
- Strawberries
- Cherries
- Pears
- Imported grapes
- Spinach
- Lettuce
- Potatoes

12 Cleanest Foods (Foods with Least Pesticides)

- Onions
- Avocados
- Frozen sweet corn
- Pineapples
- Mangos
- Asparagus
- Frozen sweet peas
- Kiwi
- Bananas
- Cabbage
- Broccoli
- Papaya

Courtesy of Environmental Working Group

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