

PESTICIDES - WHY SHOULD YOU CARE?

The growing consensus among scientists is that small doses of pesticides and other chemicals can cause lasting damage to human health, especially during fetal development and early childhood. Scientists now know enough about the long-term consequences of ingesting these powerful chemicals to advise that we minimize our consumption of pesticides.

The "Dirty Dozen": a shopper's guide to pesticides

Below is a list of the 12 most contaminated and 15 least contaminated fruits and vegetables. Note that the 12 most contaminated, the "Dirty Dozen," include some of our most nutritious fruits and vegetables! It is important to eat these foods regularly, however make an extra effort to buy them organic. If you want to enjoy foods from the "Clean 15," it is less essential that they are organic.

"Dirty Dozen" – buy these organic

Apples	Grapes (imported)
Celery	Bell peppers
Strawberries	Potatoes
Peaches	Blueberries
Spinach	Lettuce
Nectarines (imported)	Kale/Collard greens

"Clean 15" – lowest in pesticides

Onions	Cantaloupe
Corn	Kiwi
Pineapple	Cabbage
Avocado	Watermelon
Asparagus	Sweet Potato
Sweet peas	Grapefruit
Mango	Mushrooms
Eggplant	

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