

CORE HEALTH

NATUROPATHIC WELLNESS CENTER

Brandy Strelec, B.Sc.(Hons),N.D.
Board Certified Naturopathic Doctor | Bowen Practitioner

7 STEPS TO PROTECT YOUR FAMILY FROM PESTICIDES IN FOOD

1. Feed your family plenty of fruits and vegetables - and whenever you can, buy food grown without pesticides or with fewer pesticides. Look for labels indicating that food is certified organic or transitional organic, grown using Integrated Pest Management, or certified to contain no detected residues.
2. Buy locally grown produce whenever possible. Because it isn't shipped long distances, it is less likely to have been treated with post-harvest pesticides. Farmers' markets or farmstands are good sources of locally grown food.
3. Try to avoid imported produce. Out-of-season produce is more likely to have been imported, possibly from a country with less stringent pesticide regulations than in Canada.
4. Wash all produce well. Use a vegetable scrub brush when appropriate. Adding a few drips of a mild dishwashing soap to the water can help remove surface pesticides on conventionally grown produce, but be sure to rinse thoroughly.
5. Peel non-organic fruits and vegetables that are obviously waxed, to remove any surface pesticides that may be sealed in with the waxes. Be sure you are getting plenty of fibre from other sources in your diet.
6. Grow some of your own food if you can - without chemicals. Avoid using pesticides in your home or on your lawn. It is important to reduce your family's exposure to these chemicals as much as possible.
7. Speak out for a safer food production system. Ask your supermarket manager to stock sustainably grown food. Write to your M.P. to urge him/her to pass better pesticide controls and make sustainable farming our nation's top agricultural priority.

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PESTICIDE RATING FOR CONSUMER INFORMATION

PRODUCTS WITH HIGHEST LEVELS OF PESTICIDES	PRODUCTS WITH LOWEST LEVELS OF PESTICIDES
<ol style="list-style-type: none"> 1. Strawberries 2. Bell peppers (green, red) 3. Spinach 4. Cherries (US) 5. Peaches 6. Cantaloupe (Mexico) 7. Celery 8. Apples 9. Apricots 10. Green Beans 11. Grapes (Chile) 12. Cucumbers 13. Pears 14. Winter Squash (US) 15. Potatoes 	<ol style="list-style-type: none"> 1. Avocados 2. Corn 3. Onions 4. Sweet Potatoes 5. Cauliflower 6. Brussels Sprouts

- Try buying only organic for those foods with highest levels of pesticides, and non-organic for those with the lowest levels.
- US exports 100-150 million tons of banned pesticides, and then imports foods grown using these pesticides
- Commercial vegetable & fruit washes are available to remove chemical residues (ex. Environment & Vitamet)
- Swirl foods in a dilute solution of dish detergent & water at room temperature for 5-10 seconds, then rinse with slightly warm water (grapes, strawberries, green beans, leafy vegetables)
- For other foods use a soft brush to scrub food with solution for 5-10 seconds then rinse with slightly warm water
- Peeling fruits will help remove residues (but also the most healthy part unfortunately)
- Apple juice ranks low in pesticides despite the high rating of grapes
- Residue levels in canned peaches are drastically lower than fresh due to vigorous washing
- Cherries from the US are 3 times more contaminated than their imported counterparts

Visit us Online: corehealthmuskoka.com - Email: info@corehealthmuskoka.com
 165 Main St W, Huntsville, ON P1H 1X8 - Phone: 705.789.8998 - Fax: 705.789.6225
 89 Bowes St. Parry Sound, ON P2A 2L8 - Phone: 705.774.4887 - Fax: 705.789.6225