

## **Ways to Limit the Amount of Pesticides in Your Food**

\*Buy foods that are certified organic, especially apples, bell peppers, celery, cherries, grapes, lettuce, nectarines, peaches, pears, potatoes, spinach and strawberries.

\*Start an organic garden, even a pot garden on your patio will help, and grow your own pesticide-free foods. (There are ways to control pests that don't require chemicals.)

\*Buy produce at a local farmers' market where you can inquire about pesticide use.

\*When you buy produce in the grocery store, select a variety and avoid fruits and vegetables with cuts or holes.

\*Wash fruits and vegetables with a food-grade veggie wash, scrubbing less tender varieties with a vegetable brush. Even if you are going to peel it, wash it first to avoid contamination of the inner flesh.

\*Peel fruits and vegetables when possible, but peel or scrape as thinly as possible to maintain the maximum nutrition you can. The downside of peeling foods with edible skins is that you lose nutrients such as fiber, vitamins and minerals.

\*Discard the outer leaves of lettuce and other leafy vegetables where most of the residue would be found.

\*Trim all of the visible fat from meats, since the residue will be concentrated in the fat of the animal.

\*Avoid or limit consumption of liver, which, although high in nutrients, is also the chemical plant of the body where toxins are stored.

\*Choose low-fat or fat free dairy products, since the fat is where the residue is mostly found.