



# STOP EATING POISON PRODUCE- USE THIS SHOPPING GUIDE

Discover where toxins are hiding in plain sight so you can make shopping choices that protect you and your family's health.

## These Foods Are Supposed To Be *Healthy!*

When was the last time you ate at a salad bar or grabbed a to-go salad somewhere, thinking you earned a halo for healthy eating? If it wasn't organically grown then the spinach, kale and tomatoes in your healthy salad relocated some nasty pesticides to your belly. And have you encouraged your kids to eat their conventionally-grown leafy greens so they'll grow healthy and strong? Then yeah, they ate pesticides, too. Bad news alert:

- **Strawberries**
- **Spinach**
- **Kale, Collards & Mustard Greens**
- **Nectarines**
- **Apples**
- **Grapes**
- **Cherries**
- **Peaches**
- **Pears**
- **Bell & Hot Peppers**
- **Celery**
- **Tomatoes**



*Packs a Pesticide Punch! #1 on the Dirty Dozen™ list.*

If they aren't organically grown, you're having pesticides with a side of pesticides. But don't feel badly, this isn't common knowledge.

A [2016 USDA analysis](#) of 642 samples of spinach found an average of 7 pesticides on each sample. Think about that – we aren't just talking about one pesticide leaving residue on your favorite leafy green. There was an average of 7 different pesticides. Let that sink in. And 99% of conventionally-grown strawberries tested had pesticide residues. Non-organic raisins are even worse than strawberries, with 99% of samples showing residues from least two different pesticides.

**You're trying to do everything right to feed yourself and your family healthy snacks and meals.**

The very ugly truth about these kid-friendly foods is that they're touted as healthy when in fact, they are toxic unless grown without pesticides.



*Don't let pesticides hide in your food!*

## What do these pesticides do to us?

The pesticides used on crops have been related to learning difficulties, low birth weight, asthma, neurological issues and endocrine disruption. Dacthal, the main pesticide used on kale is recognized by the [EPA](#) (Environmental Protection Agency) as a possible human carcinogen. A [study published in Pediatrics](#), the Official Journal of the American Academy of Pediatrics, points to a connection between chronic pesticide toxicity and conditions such as pediatric cancer, brain tumors and acute lymphocytic leukemia. Other studies, reported in the same article, associate pesticide exposure to lower IQs and behavioral problems relating to ADHD and autism. It's not just what's going into the mouth of babes. [Pre-natal exposure to pesticides](#) has been related to serious cognitive impairment.

**What mom eats matters, too.**

That's a lot of doom and gloom. I applaud you for reading on and being willing to make some shopping changes.

## So, what do I do?

Studies show that the amount of pesticide [residue found in their urine significantly decreases](#) when adults and children switch from conventionally-grown to organically-grown food. Lucky for all of us, the **Environmental Working Group (EWG)** uses USDA testing and analysis to keep track of which produce items have the most (Dirty Dozen™) and least (Clean Fifteen™) pesticide residues. They publish these lists annually.

This download includes the 2021 lists as printable “bag tags” that you can use to guide your produce shopping. It’s easy and fun when you get kids involved.

1. Print the Bag Tags
2. Trim the excess paper
3. Use glue stick to glue the plain sides together
4. Laminate (most Kinko’s have a DIY laminator)
5. Punch a hole at the top
6. Attach to your favorite shopping bag and hit the market!



**Yes, organically grown produce is usually more expensive, but now you can spend the extra money *where it really counts* and save money on safe conventionally grown items.**

**BONUS SHOPPING TIPS:**

- Stock up on organic frozen items when you catch them on sale
- Shop your local farmer's market – local produce is often grown without pesticides
- Buy produce that is in season – it's much less expensive
- Grow the easy stuff like tomatoes. You can grow loads of tomatoes, potatoes and peppers in a container.

## **Congratulations, you can exhale fully.**

You know what's at stake and you know how to move forward. Recall the study mentioned above where pesticide residues were reduced by dietary changes. You can do that for you and your family.

Have fun making your Bag Tags! Make one for each shopping bag you use so you always have the Dirty Dozen™ and Clean Fifteen™ lists with you. For extra fun, listen to [Keep it Clean](#) while you put your Bag Tags together.

*Happy Healthy Shopping!*

## **Dirty Dozen™**

(most pesticides/buy organic)

1. Strawberries
2. Spinach
3. Kale, Collards & Mustard Greens
4. Nectarines
5. Apples
6. Grapes
7. Cherries
8. Peaches
9. Pears
10. Bell/Hot Peppers
11. Celery
12. Tomatoes

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## **Clean 15™**

(least pesticides/buy conventional)

1. Avocados
2. Sweet Corn
3. Pineapple
4. Onions
5. Papaya
6. Sweet Peas (frozen)
7. Eggplant
8. Asparagus
9. Cauliflower
10. Cantaloupe
11. Broccoli
12. Mushrooms
13. Cabbage
14. Honeydew Melon
15. Kiwi

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