’Dirty Dozen’ Report Lists Most Pesticide-Laden Produce for 2014

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Trying to avoid contaminants in your fresh foods? Then check out the Environmental Working Group’s (EWG) list of the 12 most chemically compromised fruits and vegetables being sold on store shelves today, as reported in the Huffington Post.

According to the data, the dirtiest dozen produce, from those containing the least number of pesticides to the most, include: snap peas, potatoes, cherry tomatoes, cucumbers, nectarines, sweet bell peppers, spinach, peaches, celery, grapes, strawberries and—topping the list at No. 1—apples.

“For decades, various toxic pesticides were claimed to be ‘safe’— until they weren’t and either banned or phased out because they posed risks to people,” said Sonya Lunder, a senior analyst at EWG and author of the report. That study showed a whopping 65 percent of produce in the United States still tests positive for these same verboten chemicals.

Through the years, a number of studies have linked pesticides to a myriad of health concerns, including developmental problems in children, endocrine system issues and even cancer.

Thankfully, options such as organic produce and farmers’ markets offer consumers more choices. What’s more, the EWG also compiled a list of pesticide-free produce, called the Clean 15, to consult along with its Dirty Dozen list. You can check it out here.

Pesticides may also be killing off the world’s honeybee population, and that could end up being a huge threat to our food supply in the future. Click here for more information.

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http://beta.docker.realhealthmag.com/article/dirty-dozen-ranks-pesticides-in-produce-25557-4794