

Eating Healthy with Vegan Chef Sandi Morais and Co-Host Louis Witter

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Dirty Dozen & Clean 15

A new report issued by the President's Cancer Panel recommends eating produce without pesticides to reduce your risk of getting cancer and other diseases. And according to the Environmental Working Group (an organization of scientists, researchers and policymakers), certain types of organic produce can reduce the amount of toxins you consume on a daily basis by as much as 80 percent. The group put together two lists, "The Dirty Dozen" and "The Clean 15," to help consumers know when they should buy organic and when it is unnecessary. These lists were compiled using data from the United States Department of Agriculture on the amount of pesticide residue found in non-organic fruits and vegetables after they had been washed. The fruits and vegetables on "The Dirty Dozen" list, when conventionally grown, tested positive for at least 47 different chemicals, with some testing positive for as many as 67. For produce on the "dirty" list, you should definitely go organic — unless you relish the idea of consuming a chemical cocktail.



Why are some types of produce more prone to sucking up pesticides than others? Richard Wiles, senior vice president of policy for the Environmental Working Group says, "If you eat something like a pineapple or sweet corn, they have a protection defense because of the outer layer of skin. Not the same for strawberries and berries." The President's Cancer Panel recommends washing conventionally grown produce to remove residues. Wiles adds, "You should do what you can do, but the idea you are going to wash pesticides off is a fantasy. But you should still wash it because you will reduce pesticide exposure." Remember, the lists of dirty and clean produce were compiled after the USDA washed the produce using high-power pressure water systems that many of us could only dream of having in our kitchens. The full list contains 49 types of produce, rated on a scale of least to most pesticide residue. You can check out the full list from on the Environmental Working Group's website at www.foodnews.news.

This article was published in KUOMagazine, December 2014. This is the information for the numbers on the Fruits & Veggies for your website.

Conventional Fruit Labels: Produce stickers that have numbers beginning with a 3 or a 4, and the number being four digits long only, indicate that it is a conventionally grown product. Yes, that means it was sprayed with all those pesticides and chemicals that you are trying to wean away from your food.

Organic Fruit Labels: Now for the sticker that you WANT to see on your produce; this one starts with a number 9 and is five digits long. It tells you that the fruit or produce is grown and raised organically without being treated with any chemicals.

Genetically Modified Fruits: If you are wondering whether your produce is genetically engineered or not, look for the labels that have a number starting with an 8 and is five digits long. Not only has this kind of produce been genetically modified, but it might also have further been treated with harmful chemicals too! Needless to say, I wouldn't be recommending buying this one if you truly care for your health.

Stop Eating Pesticides Foods

<https://www.consumerreports.org/pesticides-in-food/stop-eating-pesticides/#pick>

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My **Vegan Recipe For Life Cookbook** is available online for purchase for \$24.95 (Includes S&H), please visit it online at www.vegantuneupcafe.com.



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1516 E. Colonial Drive, Suite 305, Orlando, FL 32803

Contact Us On Our Social Media Links & Online at:

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Instagram: @menofkulture365 / @womenofkulture365

Office: (407) 906-3305 * Cell: (407) 486-5001