

Pesticide residue scores in produce

data from EWG's foodnews.org

Peach 100 (highest pesticide load)	Spinach 58	Cantaloupe 33	Cabbage 17
Apple 93	Potato 56	Cranberries 33	Kiwi 13
Sweet Bell Pepper 83	Green Beans 53	Lemon 31	Asparagus 11
Celery 82	Summer Squash 53	Honeydew Melon 30	Sweet Peas, Frozen 10
Nectarine 81	Hot Pepper 51	Grapefruit 29	Mango 9
Strawberries 80	Cucumber 50	Sweet Potato 29	Pineapple 7
Cherries 73	Raspberries 46	Tomato 29	Sweet Corn, Frozen 2
Kale 69	Grapes Domestic 44	Broccoli 28	Watermelon 26
Lettuce 67	Plum 44	Avocado 1	Onion 1 (lowest pesticide load)
Grapes Imported 66	Orange 44		
Carrot 63	Cauliflower 39		
Pear 63	Tangerine 37		
Collard Greens 60	Mushrooms 36		
	Banana 34		
	Winter Squash 34		

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Cosmetic Ingredients to Avoid

Parabens—Synthetic preservatives, potential toxins/endocrine disruptors; linked to breast cancer
Sulfates (Sodium Lauryl/Laureth Sulfate)—Toxic contaminants/damage the lipid layer of skin
Chemical Sunscreens (enzophenone/benzophenone-3/Parasol 1789/Avobenzone/Padimate-O/homosalate/octy-methoxycinnamate/Octinoxate/Oxbenzone)—Absorbed hormone disruptors/potent source of free radicals/linked to cancer: INSTEAD use 7% + zinc or titanium oxide
Petro Chemicals (Petrolatum/Mineral Oil/Paraffin)—From crude oil/potential toxic impurities
Fragrance and Dyes—linked to allergies, cancer, nervous system problems
Triclosan (and Triclocarban)—thyroid concerns
Toluene—Developmental/reproductive toxicity/linked to cancer

Glycols—Synthetic chemicals that potentially draw other chemicals into the bloodstream
Pthalates—Often listed as “fragrance”/in nail polish, vinyl/linked to underize testicles in infants
PEGs or PPGs—Synthetic ingredients processed with ethylene oxide, a toxic residual impurity
DEA/TEA—Can react with other ingredients to form nitrosamines, a known carcinogen
Formaldehyde Donors (DMDM Hydantoin/Diazolidinyl Urea/Methylchloroisothiazolinone/Methylisothiazolinone)—Potential effect of degrading into formaldehyde, a known carcinogen
Fluoride—thyroid, liver, kidney, pineal, immune toxicity/premature birth/white tooth spots and decay: INSTEAD use dental xylitol
Note: this is a partial list; check ingredient safety at cosmeticsdatabase.com

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Pesticides in Produce

This wallet card can be clipped and kept for easy referral while shopping.

By changing consumption of just the top 12 on the list to organically grown rather than conventionally grown, it is estimated that a person can avoid 90% of the pesticides otherwise consumed on these fruits and veggies.

This pesticide list was made using conventional produce (non-organic), prepared in a normal manner for eating. For example, all fruit was washed, and banana peels and melon rinds discarded before testing for pesticide load.

It has been demonstrated that using a vegetable wash along with scrubbing of produce will remove only about 20% of pesticides.

Washing is an important practice for all produce, organic or conventional, to remove dirt and bacteria.

Imported produce often has a higher pesticide load because of regulations requiring fumigation to discourage importation of pests into US farms.

It is possible for some imported organic produce to be near enough to conventional produce during import to receive some contamination of pesticides, therefore persons highly reactive to pesticides should avoid even organic imported (fresh) produce, and the rest of us should keep this in mind during purchasing and washing.

Toxic Ingredients in Personal Care Products

This wallet card can be clipped and kept for easy referral while shopping.

This is a partial list; check ingredient safety at cosmeticsdatabase.com.

There is no required safety testing for cosmetics, so companies can use virtually any chemical they want regardless of safety.

By switching to a non-toxic product each time you run low on an item, you will be able to make a complete change in about 6 months time without straining the budget.

For a more intense approach, change out the most toxic products first, including deodorant, nail polish and remover, toothpaste or other products which go in the mouth, and any lotions which you rub on and leave to soak into your skin, especially sunscreen.

Real life product recommendations can be found at: cleangreenstart.wordpress.com.

An economical way to purchase non-toxic products is through iherb.com. Most items are 30-50% off retail, and come well packed in a timely manner. Use code RON268 on your first order to get \$5 in free products, and orders over \$40 have free shipping (\$4 flat rate under \$40).

Not all products labeled “organic” or “natural” are free from toxic ingredients. There is no regulation on the use of these terms in personal care products. Read all labels, even at “health food” stores such as Whole Foods or iherb.com.

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