

## Why Organic?

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- Many foods have several pesticide residues on them: for example, the average Canadian peach has 31 pesticide residues, while a strawberry may have 40.
- The Environmental Health Committee of the Ontario College of Family Physicians warns that there is an increased risk of leukemia, brain cancer and soft tissue sarcomas to children who have been exposed to herbicides and pesticides.
- Developmental problems such as poor co-ordination are occurring in children, along with smaller head size.
- Women with the highest concentration of specific organochlorine pesticides in their bodies have a risk of breast cancer 4-10 times higher than women with lower levels.
- These pesticides are one of the greatest known risk factors linked with breast cancer. The breast cancer incidence in women under 55 years of age who lived on farms was 9 times higher than the average.
- To find out more about what pesticides and herbicides are in your foods and which foods are safest, view the website [www.foodnews.org](http://www.foodnews.org) or [www.ewg.org](http://www.ewg.org)

### MOST CONTAMINATED FOODS

### LEAST CONTAMINATED FOODS

FRUITS	VEGETABLES	FRUITS	VEGETABLES
Peaches	Spinach	Avocado	Cauliflower
Apples	Bell peppers	Pineapple	Brussels Sprouts
Strawberries	Celery	Plantains	Asparagus
Nectarines	Potatoes	Mangoes	Radishes
Pears	Hot peppers	Watermelon	Broccoli
Cherries	Green beans	Plums	Onions
Red raspberries	Lettuce	Kiwi	Okra
Imported grapes	Cucumbers	Papaya	Cabbage
Blueberries	Carrots	Grapefruit	Eggplant