



M.S. Acupuncture Clinic

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Foods Best Eaten Organically Grown

Ranked from most to least contaminated

Food	Description
1. Apple	→ Of every 10 apples, 9 have traces of the fungicide thiabendazole, a carcinogen: 8 also have diphenylamine (DPA), linked to bladder tumors; workers applying it are required to wear long sleeves and gloves. Apples carry 40 other pesticides – carcinogens, hormone disruptors, neurotoxins, developmental toxins. Pesticides aside, apples supply vitamin C and the soluble fiber pectin, which, with apple’s many phytonutrients, curbs heart disease.
2. Celery	→ The USDA counts 64 pesticides on celery. Every celery stick you chew has traces of chlorantraniliprole, used to kill moths, caterpillars, and beetles by over-stimulating their muscles to contract. Spinosad, a similar insecticide, is also ever-present in celery. About 50 percent of celery samples carry methoxyfenozide, toxic if swallowed in large doses. But don’t cut celery from your diet. It’s mineral-rich and excellent source of fiber and Vitamin K.
3. Strawberries	→ Of every two strawberries you enjoy, one probably contains the fungicide captan, a probable carcinogen. It is usually accompanied by fellow fungicide pyraclostrobin, a known skin and eye irritant. Still, strawberries are a great fruit to enjoy fresh. They are packed with vitamin C, antioxidant, folate, and fiber. Recent research suggests they help regulate blood sugar levels.
4. Peaches	→ Not all is peachy with peaches. They carry residues of 62 pesticides. Almost every other peach has fludioxonil, which targets the liver and kidneys. Some 30 percent of samples contain traces of iprodione, a possible carcinogen, and phosmet, which targets the nervous system of insects-and humans, along with our reproductive system. There’s nothing fuzzy about the virtues of peaches. They’re rich in potassium and vitamin A and C.

<p>5. Spinach</p>	<p>→ Popeye may love spinach, but he probably fell in love with it before he knew it harbors 48 pesticides. Close to every other leaf has permethrin and imidacloprid, which disrupt nerve signals. Spinach is still good for you. It's rich in vitamins A and C, several B vitamins, many minerals, including potassium, as well as the antioxidant betacarotene. Spinach also protects against prostate cancer.</p>
<p>6. Nectarines</p>	<p>→ A clean-shaven variety of peach, the nectarine is a little cleaner pesticide-wise but contaminated with the same substances. The USDA counted 33 different residues. At the top of the list is formetanate, a neurotoxin found in every other nectarine you consume. But don't say no to nectarines; like peaches, they make for a low calorie, succulent snack with a good dose of fiber and vitamins A and C.</p>
<p>7. Grapes</p>	<p>→ The USDA found traces of 34 pesticides on Chilean grapes. Of every 10 imported grapes, almost 3 have the fungicide cyprodinil, which can irritate eyes, nose and especially skin. One in 5 has the neurotoxin imidacloprid. But grapes are a great food, low in calories, rich in vitamin C, and loaded with phytonutrients with beneficial effects on almost every body system, including compounds that actually promote weight control and longevity.</p>
<p>8. Bell peppers</p>	<p>→ Behind the colorful coats of bell peppers lurk traces of 49 different pesticides, among them 26 possible hormone disruptors and 13 neurotoxins. More than 80 percent of samples have imidacloprid. The neurotoxin methamidophos, found in 30 percent of samples, is no less harmful. Bell peppers do more than brighten up a dish; they are bursting with vitamins C and B6, over 30 different kinds of carotenoid antioxidants, and boast an array of minerals.</p>
<p>9. Potatoes</p>	<p>→ Versatile and satisfying as potatoes are, they are also pesticide-laden, with 37 contaminants in up to 75 percent of samples. Most prominent is chloroprotham, sprayed postharvest. In high doses, the herbicide can irritate human skin and eyes. The neurotoxin imidacloprid was found in 23 percent of potatoes tested. But spuds have lots of vitamin C, a good amount of vitamin B6, and important minerals including potassium.</p>
<p>10. lettuce</p>	<p>→ This common salad and sandwich component comes with a side of 51 pesticides. At the top of the heap is imiacloprid, in 73 percent of lettuce tested. Traces of the herbicide DCPA were found in 30 percent of samples. The fungicide dimethomorph found on lettuce can damage lungs if inhaled. But don't ban lettuce from your diet. Apart from being a source of fiber, it is rich in vitamins A,</p>

	C, and K. It's a fine source of folate. It even contains omega-3s.
11. Blueberries	<p>→ Open a box of blueberries and 3 in 10 have residues of the fungicides boscalid and pyraclostrobin. Boscalid is toxic to the human liver and thyroid. Pyraclostrobin can irritate skin in high doses. The USDA found traces of 52 pesticides in blueberries. Such chemical cocktails are not all the tiny berries contain. They also hold an abundance of antioxidants, some that boost memory. Organic blueberries typically contain higher levels of important antioxidants.</p>
12. Kales	<p>→ Kale is superfood dujour, a member of the cabbage family, but it also packs a pesticide punch. It shares its top 2 pesticides with lettuce: DCPA, in over 50 percent of samples, and the neurotoxin imidacloprid, in about 30 percent. The USDA found traces of 55 compounds in all. Kale's nutritional clout comes from vitamins A, B, C and K, and minerals including mineral manganese and potassium. It also contains glucosinolates, which detoxify carcinogens.</p>