

Health and Well-Being

Our focus for June is eating more fruits and vegetables.

Healthy diets rich in fruits and vegetables may reduce risk of cancer and other chronic diseases. Fruits and vegetables also provide essential vitamins and minerals, fiber, and other substances that are important for good health.

When choosing fruits and vegetables it is often wise to choose organic due to the massive amounts of pesticides that are now applied to our food crops.

Nearly three-fourths of the 6,953 produce samples tested by the U.S. Department of Agriculture in 2014 contained pesticide residues. This year's update of the Environmental Shoppers' Guide to Pesticides in Produce reports that USDA tests found a total of 146 different pesticides on thousands of fruit and vegetable samples examined. The pesticides persisted on fruits and vegetables tested by USDA, even when they were washed and, in some cases, peeled.

More than 98% of strawberry samples, peaches, nectarines, and apples tested positive for at least one pesticide residue.

The average potato had more pesticides by weight than any other produce.

A single grape sample and a sweet bell pepper sample contained 15 pesticides.

Single sample of strawberries showed 17 different pesticides.

The Environmental Working Group puts out a yearly guide to help consumers.

Least likely to have pesticide residue: Avocados, Sweet Corn (buy organic to avoid GMO crops), Pineapples, Cabbage, Sweet Peas, (frozen), Onions, Asparagus, Mangos, Papayas (buy organic to avoid GMO crops).

Most likely to have pesticide residue: Strawberries, Apples, Nectarines, Peaches, Celery, Grapes, Cherries, Spinach, Tomatoes, Sweet Bell Peppers, Cherry Tomatoes, Cucumbers.

Healthy Smoothie Recipe:

1 cup frozen fruit/berries
1 banana
1 1/2 cups baby spinach
1 cup almond milk (or milk of your choice)

Healthy additions could be any of the following: chai seeds, flax, oatmeal, non soy protein powder, raw honey, yogurt etc.

Sources:

<https://www.ewg.org/foodnews/summary.php>
<http://www.choosemyplate.gov/vegetables-nutrients-health>

Blessings in good health,
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