

## The Dirty Dozen

### Twelve Foods to Buy Organic



NATURAL MARKET

#### Health Desk

It looks like an apple a day may not keep the doctor away, according to the Environmental Working Group's "Dirty Dozen" list for 2011.

Every year, the EWG compiles a ranking of 53 popular fruits and vegetables based on the USDA's pesticide testing. The Dirty Dozen are the twelve foods with the highest concentration of pesticide residue, and the Clean Fifteen contain the lowest traces of chemicals.

These lists only apply to non-organic produce, since organic farms are not allowed to use chemical pesticides. During the summer months when produce is so plentiful, it is especially important to know which non-organic foods are safer to buy.

The list in the center of the page tells us that non-organic apples have the most pesticide residue and onions have the least. Specifically, 98% of apples tested had some sort of pesticide on them, and of those, 92% contained more than one type of chemical.

Some of the foods tested even contained traces of pesticides not approved by the USDA. According to Rodale.com, cilantro (which ranked just behind kale) contained 33 illegal pesticides in only 44% of the samples.

It's also important to note that the USDA tested the samples of produce after they were already rinsed or peeled. That means that the pesticides aren't just in the skin or rind of the fruit, and rinsing the vegetables won't get rid of the residue.

According to the EWG, choosing five servings of fruits and vegetables from the Clean Fifteen rather than the Dirty Dozen would reduce the amount of pesticides consumed by 92%, and you would also take in fewer types of pesticides.

<u>Dirty Dozen</u>	<u>Clean Fifteen</u>
Apples	Onions
Celery	Sweet Corn
Strawberries	Pineapples
Peaches	Avocado
Spinach	Asparagus
Nectarines	Sweet Peas
Grapes	Mangoes
Bell Peppers	Eggplant
Potatoes	Cantaloupe
Blueberries	Kiwi
Lettuce	Cabbage
Kale	Watermelon
	Sweet Potatoes
	Grapefruit
	Mushrooms

Eating five servings of the Dirty Dozen would average out to about 14 types of pesticides, while the Clean Fifteen would only give you one or two.

Despite the intimidating statistics, the EWG makes it clear in several places on their website that eating conventionally raised fruits and vegetables is still healthier than eating heavily processed foods

and snacks. The Dirty Dozen list is meant only as a guide for consumers to limit their consumption of harmful pesticides.

Of course eating organic produce is the best way to avoid pesticides, and according to Rodale.com, there are many other advantages to eating organic. For example, properly treated soil retains more carbon dioxide, which means less gets into the atmosphere to worsen global warming.

Also, pesticides don't just end up in the food. They get into the ground, the water supply and even the air.

If you're interested in growing your own organic vegetables, Rodale.com has tips on their website for starting an organic garden.

When organic produce isn't available or cost effective, use the lists provided by the EWG as a guide.

You can find the full list of 53 fruits and vegetables, as well as more information on pesticides and health, on their website at [www.ewg.org](http://www.ewg.org).



**Buddy A. Touchinsky, D.C.**

### Possible Solution for Headaches Found in Pain and Injury Care

I was just thinking back to some of the first patients I saw after I opened up my office here in Schuylkill County. One was a 30ish year old female with chronic headaches that she had almost daily for 15 years. It was a case that I felt I could not help, but turns out she responded very very well. Since, I've realized that headaches is one of the conditions that responds best and most consistently to chiropractic care.

Headaches can occur for a variety of reasons.

Continued at [drtouchinsky.com](http://drtouchinsky.com)



**Event Info**  
 To request a special event or program, contact:  
 Beth Fligge  
 570-366-2620  
 bethfligge@yahoo.com

**Store Information**  
 Healthy Habits Natural Market  
 1120 Centre Turnpike  
 Orwigsburg, PA 17961  
 Phone: 570-366-2620  
[www.healthyhabitsnaturalmarket.com](http://www.healthyhabitsnaturalmarket.com)

**Hours**  
 Mon-Fri..... 9 a.m.-7p.m.  
 Sat ..... 9 a.m.-5 p.m.

Healthy Habits Natural Market is a locally owned, independent health food and products store located in Orwigsburg, Schuylkill County, Pennsylvania. We are located near Pottsville, Reading, Tamaqua, Pine Grove, and Hamburg. We carry local organically grown produce, meats, dairy, and eggs. We also carry many natural and organic products, including pet foods and treats.



## Quick ~ Healthy ~ Delicious



### Apple Oat Muffins

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| <ul style="list-style-type: none"> <li>• 1 cup buttermilk</li> <li>• 1/2 cup raisins</li> <li>• 1/4 cup honey</li> <li>• 1 1/2 teaspoons baking powder</li> <li>• 1/2 teaspoon salt</li> </ul> | <ul style="list-style-type: none"> <li>1 cup rolled oats</li> <li>2 egg whites</li> <li>1 cup whole wheat flour</li> <li>1 1/2 teaspoons cinnamon</li> <li>1 grated apple</li> </ul> |
|--|--|

Preheat oven to 350°. Mix buttermilk, oats and raisins together in a large bowl. Add egg whites and honey, blending thoroughly. In a separate large bowl, whisk together flour, baking powder, cinnamon and salt. Add to oat mixture. Fold in grated apple. Fill mixture in muffin tins <sup>3</sup>/<sub>4</sub> full. Bake 20 to 25 minutes. Cool in tins 10 minutes, then remove and cool completely.

Source: [www.applerecipes.us](http://www.applerecipes.us)

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