

# EWG'S TIPS FOR AVOIDING PESTICIDES



## WHAT'S A PESTICIDE?

Pesticides are chemicals designed to kill living organisms that are considered pests, including insects, weeds and mold.

## WHY SHOULD I CARE?

Pesticides are applied directly to foods you eat and remain there even after food is washed, cooked and, in some cases, peeled. EWG's analysis of U.S. Department of Agriculture data found that two-thirds of conventionally grown produce has detectable pesticide residues.



## RESEARCH SHOWS DIFFERENT PESTICIDES ARE LINKED TO:

CANCER

HORMONE  
DISRUPTION

COGNITIVE  
PROBLEMS

BEHAVIORAL  
PROBLEMS

## WHO IS AT RISK?

**Young children and pregnant women are especially at risk from pesticides in food.** In 2012, the American Academy of Pediatrics issued an important report that said children have "unique susceptibilities to [pesticides'] potential toxicity." It advised its members to urge parents to consult "reliable resources that provide information on the relative pesticide content of various fruits and vegetables," including EWG's Shopper's Guide to Pesticides in Produce™.

**People living near and working on farms are also at risk.** In addition to direct contact, pesticides can contaminate drinking water, drift from farm fields, and be tracked into homes.

**Adults who eat produce with higher pesticide residues can have sperm damage and more difficulty conceiving.** And while there are not many studies on the long-term effects of pesticide residues on healthy adults, it is best to minimize your exposures when possible.



## HOW TO AVOID PESTICIDES ON YOUR FOOD



**Buy organic when you can.** Organic diets can significantly lower exposures to pesticides.



**When you can't buy organic, buy less-contaminated conventional produce.** EWG's Guide to Pesticides in Produce™ ranks produce based on the amount of pesticide residue found on them. Use EWG's Dirty Dozen™ list to know when to go organic and our Clean Fifteen™ list to know when you can feel OK buying conventional produce. Go to [EWG.ORG/FOODNEWS](http://EWG.ORG/FOODNEWS) to get the full lists.



**Don't use pesticides to grow your own food.** Use ecofriendly and pollinator-safe pest control techniques – not pesticides – to protect your crops.

## EAT YOUR FRUITS AND VEGGIES!

Fresh fruits and vegetables are a key to any healthy diet. EWG encourages everyone to eat plenty of nutrient-rich produce – organic or conventional. And, as often as you can, try to offer your children organic produce – it's a smart choice for children's health.



## USE THESE EWG RESOURCES

**EWG's Shopper's Guide to Pesticides in Produce™**  
[EWG.ORG/FOODNEWS](http://EWG.ORG/FOODNEWS)

**EWG's Organic Within Reach**  
[EWG.ORG/RESEARCH/ORGANIC-WITHIN-REACH](http://EWG.ORG/RESEARCH/ORGANIC-WITHIN-REACH)

**EWG's Food Scores**  
[EWG.ORG/FOODSCORES](http://EWG.ORG/FOODSCORES)

**EWG's Dietary Guidelines**  
[EWG.ORG/RESEARCH/EWGS-DIETARY-GUIDELINES](http://EWG.ORG/RESEARCH/EWGS-DIETARY-GUIDELINES)

