FRUITS & VEGGIES

The Top Five Pesticide Soaked Fruits and Vegetables to Avoid At All Costs

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Even though mainstream media tends to tell a different story when it comes to eating organic foods, more and more people are realizing the importance of following a healthy diet free of the commonly advertised and promoted foods which are filled with synthetic pesticides and numerous other toxins.

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However, despite the awareness of what foods are good for us and which ones are not, there are numerous popular veggies and fruits in the U.S. that remain being filled with dangerous substances such as pesticides. With this in mind, in today's article, we decided to present a list with the five most contaminated produces according to Healthy Holistic Living.

4 fruits and veggies have been discovered to contain more than 45 distinct types of pesticide residues in samples taken by the USDA

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5 Fruits & Veggies with the Highest Amount of Pesticides

1. **Nectarines**

Unfortunately, nectarines are rather soft fruits which absorb pesticides like sponges. Therefore, it is pivotal to ensure that you are purchasing organic ones only and nectarines from trusted sellers or at least minimize their consumption. A 2012 report by the EWG showed that the harmful carcinogens in nectarines can seriously harm your health, especially the liver.

2. **Peaches**

Similarly to nectarines, this produce is also soft and often treated with different types of chemicals that can be bad for your overall health. Namely, back in 2008, a study done by the PDP showed that there were 62 distinct types of pesticide residues in conventional peaches and some of them were cancerous and neurotoxic. Though some of the residue can be removed when you wash the produce, a lot of it will stay in the flesh of the fruit.

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3. **Apples**

An apple a day keeps the doctor away; however, this is not the case with the non-organic apples. Unfortunately, a lot of American apples have been banned in Europe and more than 47 pesticide residues were discovered in apples back in 2010 during the pesticide data program of the USDA.

4. **Strawberries**

Even though we all enjoy our fair share of strawberries, especially during summer days, this commonly-eaten fruit can be filled with toxic pesticides, a EWG research claims. These pesticides can have a disastrous impact on the nervous system and brain and 45 pesticide residues were discovered from strawberry examples back in 2009 during the USDA pesticide data program. This being said, although they tend to be more expensive, organic strawberries are a smart investment that will keep you healthy and nourish the body with its nutrients.

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5. **Celery**

USDA data points out that non-organic celery may have up to 64 different pesticides and 16 of them are toxic to honeybees. Therefore, whenever you are shopping for groceries and are at the green veggie aisle, make sure you go with organic celery only which is not just free of pesticides, but it also tastes much better.

Sources:

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ALT HEALTH WORKS

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