

## **CONSUMER REPORTS ENDORSES ORGANIC PRODUCE**

*Consumer Reports, the consumer advocacy research publication, released their latest findings in a report "Do You Know What You're Eating". The following article summarizes the report and was taken from the Channel 4000 web site posted 2/18/99.*

### The Seven Toxic Fruits and Veggies

Spinach, squash, green beans—the very words can make a three-year-old retch and grimace. According to a Consumer Reports study released today, they might have the right instinct.

Analysis performed on 27,000 produce samples revealed that seven common fruits and vegetables—apples, grapes, green beans, peaches, pears and spinach—contained hundreds of times more toxins than the rest of the foods analyzed.

According to Consumer Reports, a single daily serving of these foods can deliver unsafe levels of toxic residues to young children—even if they meet government standards.

And another surprise: the consumer research group found domestic produce had more residue than imported produce, and processed fruits and vegetables had lower toxicity levels than fresh.

The study was based on data collected by the U.S. Department of Agriculture, and tested between 1994 and 1997.

The results are more pertinent to children than adults, since children eat more produce per pound of body weight and have rapidly developing nervous systems.

But Consumer Reports stresses parents should not feed their children fewer fruits and veggies; instead, they should take steps to avoid toxins:

- Avoid giving children large amounts of the high-toxicity foods listed above.
- Peel foods with high toxicity scores, and wash all raw produce.
- **Consider organic produce**—Consumer Reports found little or no toxins in organic food samples.

