



Your Body Loves Fruits & Vegetables! (but not pesticides)



Fruits and vegetables are good for your body! Eating a variety of fruits and vegetables rich in nutrients and essential vitamins is important for a healthy diet and can improve health and well-being

Here are some tips on removing any small amount of pesticide residue that may be on produce

Facts on Pesticides:

- **Pesticides** are natural or synthetic chemicals that are used to protect crops from being damaged by insects, weeds and mold diseases and are widely used for growing fruits and vegetables in the U.S.
- While the FDA, USDA, and EPA strictly control pesticides and state that any pesticide residue left on a fruit or vegetable should be under the regulations and safe to eat, **it is very important to remove pesticide residue from fruits and vegetables before eating them.**

Pesticides Q&A:

- **How do I remove pesticide residue from my fruits and vegetables?** **Always wash fresh fruits and vegetables** in cool water before peeling, cutting, eating or preparing them. Use the same process for organic fruits and vegetables.
- **Do I need to wash pre-washed produce?** The FDA and USDA state that pre-cut, bagged or packaged produce that is pre-washed **can be used without** further washing.
- **Should I wash my fruits and vegetables with a commercial produce wash, salt water, vinegar or baking soda?** Some people wash their fruits and vegetables in these items. The FDA and USDA recommend washing fruits and vegetables in **cool water**.
- **Should I wash my fruits and vegetables with soap, detergent, disinfecting products or bleach solutions?** **No**, these products or solutions are **not** recommended by the FDA and USDA.

See page 2 for tips on washing fruits and vegetables

** FDA: The Food and Drug Administration; USDA: US Department of Agriculture; EPA: Environmental Protection Agency*





Tips for Washing Your Fruits and Vegetables



Soft Fruits and Vegetables: Rinse and gently rub with hands under cool running water for about 20 - 30 seconds. A colander can be useful.

Examples: Apples, peaches, plums, pears, tomatoes, peppers, mushrooms.

Firm Fruits and Vegetables with Thick Skin: Scrub with a vegetable brush under cool running water for about 20 - 30 seconds.

Examples: Melons, citrus fruit, root vegetables (potatoes, sweet potatoes, carrots, beets, turnips, parsnips, radishes) cucumbers, and winter squash.

Cruciferous Vegetables (Veggies Relating to the Cabbage Family): Soak for 1 - 2 minutes in a bowl of cool water then dump in a colander and rinse under running cool water once more.

Examples: Broccoli, cauliflower, brussel sprouts; cabbage (with the outer leaves removed and cut into quarters).

Leafy Green Vegetables: Remove any torn or bruised leaves. Separate leaves. Soak in a large bowl of cool water for a few minutes. Drain the greens using a strainer or colander and repeat this process.

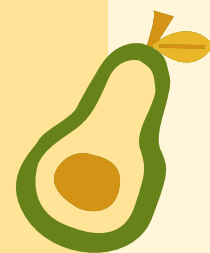
Examples: Lettuce, spinach, kale, collard greens, mustard greens, celery.

Fragile Fruit: Place in a colander and spray with cool running water while turning the fruit. If you don't have a sink sprayer, place the fragile fruit in a colander and quickly lift the basket in and out of a bowl of cool water and repeat.

Examples: Strawberries, blueberries, blackberries, raspberries, grapes.

Herbs: Rinse by dipping and swishing in a bowl of cool water.

Examples: Basil, cilantro, dill, mint, oregano, parsley.



Provided by the Greater Middletown Area Health
Enhancement Community Coalition
Middletown, CT

