

<b>Subj:</b>	<b>[Foodconcern] Pesticides in Food: Latest Total Diet Study results, Sept 2000</b>
<b>Date:</b>	<b>3/1/2001 11:11:26 PM Central Standard Time</b>
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**"The data I've seen are so incriminating, there is possibly no better evidence of the need for reducing our pesticide dependency and for consumers, more than ever, to turn to organically grown foods."Attack of the Killer Pesticides  
Eco-War Dispatches from The Doctors' Prescription for Healthy Living,  
February 2001Volume-5, Number-2  
<http://www.freedompressonline.com>  
by David W. Steinman, Publisher.**

**I've been reviewing the latest Total Diet Study results for September 2000 compiled by the Food and Drug Administration. The total Diet Study is the government's own**

monitoring data for pesticide and industrial chemical residues detected in foods as found on grocers' shelves and on dinner tables. The data I've seen are so incriminating, there is possibly no better evidence of the need for reducing our pesticide dependency and for consumers, more than ever, to turn to organically grown foods.

I've been a consumer cop for a long time. Nothing about these results lends me any hope that things are getting better when it comes to curtailing use of cancer-causing pesticides or those that may pose risks for damage to the nervous, immune and reproductive systems. I'm looking at the results for non-organic apples. There were 26 samples of apples taken. In these samples, 244 pesticide and industrial chemical residues were found. That means, on average, each bite of an apple contains more than nine different pesticide or industrial chemical residues. These include carcinogens such as azinphos-methyl, benomyl, benzene, captan, dicofol, dimethoate, methy1-parathion, and propargite.

The 26 samples of raw peaches contained 195 pesticide and industrial chemical residues. Meanwhile, the same number of samples of fresh or frozen boiled spinach contained 196 pesticide and industrial chemical residues, including cancer-causing pesticides such as acephate, chlordane, DDE, dieldrin, dimethoate, nonachlor, permethrin and toxaphene. Fresh or frozen boiled collard greens contained 198 such residues with

**especially high levels of DDE, dieldrin and endosulfan (an endocrine disrupting chemical).Raw celery (same number of samples) contained 179 residues with particularly high levels of the cancer-causing pesticides acephate and permethrin.**

**Peanut butter was the king of pesticide contamination, however, with 259 pesticide and industrial chemical residues detected, including benzene hexachloride, dieldrin, and hexachlorobenzene.**

**The Organic Alternative We don't live in the Garden of Eden and organically grown crops are likely to occasionally have minor pesticide contamination, especially in cases where residues of persistent pesticides contaminate the soil. But much of the contamination in the food supply today is the result of current applications. Based on my review of data on organic foods, they are significantly lower in pesticide contamination.**

**In my book, "Diet for a Poisoned Planet," and "The Safe Shopper's Bible" and in past issues of "The Doctors' Prescription for Healthy Living," I have documented the many experimental and human studies that incriminate everyday pesticide and industrial chemical exposures as a cause of childhood and adult cancer.**

**Anyone who tells you that the pesticides in the food supply to which consumers are exposed are trivial doesn't know the medical and scientific literature.**

**What I am telling you is this: organic foods should be your first choice, especially when they are easily affordable. For example, organically grown apples, celery, spinach and peanut butter are extremely competitively priced. It's your body, your health - and your right to care.**

**David W. Steinman, Publisher and Editor, <http://www.freedompressonline.com>**