

Advocacy Alert

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Organic Foods: A Healthy Choice

Scientists from the Center for Disease Control, University of Washington, and Emory University observed the levels of 2 organophosphate pesticides, Malathion and Chloropyrifos, in the urine of 23 children. On days 1-3 and 9-15 the children ate conventional foods. Organic foods were eaten on days 4-8.

On days when the children ate the organic diet, levels of Malathion decreased from an average of 1.6ppb (one child had 263ppb) to undetectable. Levels of Chloropyrifos were less than 1ppb on the organic diet and five times higher on the conventional diet.

The study tells us that the organic foods diet immediately lowered the level of 2 common pesticides in the urine of children. **This suggests that organic foods are a good Healthy Choice. If organic foods are unavailable or too expensive, washing and peeling the skins of conventional produce can minimize pesticide exposure to children.**

High Pesticide Produce: apples, peaches, pears, grapes, green beans, spinach, potatoes, strawberries, red raspberries and celery

Low Pesticide Produce: corn, cauliflower, sweet peas, asparagus, broccoli, pineapple, onions, bananas, watermelon

Advocate for Healthy Choices in produce for all children!