

EWG Shopper's Guide to Buying Foods

- Even small doses of pesticides may have detrimental effects to our bodies, especially for fetal and childhood development.
- While washing will remove some pesticides, it will not completely eliminate them.
- The EWG recommends to buy organic when shopping from the dirtiest list, while buying conventional is acceptable from the cleanest list.

Highest pesticide load (Dirtiest)

- 1 - Peaches
- 2 - Apples
- 3 - Sweet Bell Peppers
- 4 - Celery
- 5 - Nectarines
- 6 - Strawberries
- 7 - Cherries
- 8 - Lettuce
- 9 - Grapes (Imported)
- 10 - Pears
- 11 - Spinach
- 12 - Potatoes

Lowest pesticide load (Cleanest)

- 1 - Onions
- 2 - Avocado
- 3 - Sweet Corn (frozen)
- 4 - Pineapples
- 5 - Mango
- 6 - Sweet Peas (frozen)
- 7 - Asparagus
- 8 - Kiwi
- 9 - Bananas
- 10 - Cabbage
- 11 - Broccoli
- 12 - Eggplant

Pollutants in Glen Ellyn Tap Water

- From 1998-2003 the EWG found 9 total contaminants in the tap water of Glen Ellyn.
- The list of pollutants included the following: Dichloroacetic acid, Trichloroacetic acid, Dibromoacetic acid, Total haloacetic acids, Chloroform, Bromoform, Bromodichloromethane, Dibromochloromethane, Total trihalomethanes (TTHMs).
- While these pollutants do not exceed the legal limits, their presence can still be associated with health concerns.
- These water treatment and distribution byproducts can have numerous health effects, including: Cardiovascular or Blood Toxicity, Cancer, Developmental Toxicity, Endocrine Toxicity, Kidney Toxicity, Gastrointestinal or Liver Toxicity, Neurotoxicity, Reproductive Toxicity, Respiratory Toxicity, and Skin Sensitivity.
- The AP released an article on 3/10/08 about the presence of pharmaceuticals found in tap water across the United States. This article can be found at: <http://www.cnn.com/2008/HEALTH/03/10/pharma.water1/index.html>
- To help reduce the amount of pharmaceuticals found in drinking water; Glen Ellyn Pharmacy offers an unused medication return program.

The Environmental Working Group

In 1993, Ken Cook and Richard Wiles founded the Environmental Working Group. Their mission is to “use the power of public information to protect public health and the environment.” The EWG provides numerous resources to consumers about the toxins in our environment, foods, and personal products. Visit www.ewg.com for more information.

10 Everyday Pollution Solutions

- 1 Use cast iron pans instead of nonstick.** Teflon toxicosis can occur in birds and polymer fume fever can occur in humans when Teflon pans are overheated.
- 2 To avoid chemicals leaching into food, go easy on processed, canned or fast foods and never microwave plastic.** Bisphenol A is a plastic and resin ingredient used to line metal food and drink cans. It has been associated with birth defects of the male and female reproductive systems, breast and prostate cancer, and infertility.
- 3 Buy organic, or eat vegetables and fruit from the "Cleanest 12" list.** See the other side of this page for a complete list of relative pesticide levels.
- 4 Use iodized salt to combat chemical interference of the thyroid function.** The rocket fuel contaminant perchlorate can be found in food and water can cause a significant decline in thyroid hormone. Hypothyroidism has been proven to be a risk factor in fetal development.
- 5 Seal outdoor wooden structures.** Most lumber is treated with a cancer causing agent, arsenic.
- 6 Leave your shoes at the door.** This cuts down on dust-bound pollutants in the home.
- 7 Avoid perfume, cologne and products with added fragrance.** Visit EWG's Skin Deep website for more details – www.cosmeticdatabase.com
- 8 Buy products with natural fibers, like cotton and wool, which are naturally fire resistant.** Visit the EWG website for a list of products and manufacturers to avoid the chemical flame retardant PBDE.
- 9 Eat low-mercury fish like tilapia & pollock, rather than high-mercury choices like tuna & swordfish.**
- 10 Filter your water for drinking and cooking.** To see what is in your tap water, use the EWG website - <http://www.ewg.org/sites/tapwater/yourwater/>