

ASHBY ADVISOR

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Many of you have wanted to do more organic foods but have been turned off by the costs sometimes associated with going "organic". The Environmental Working group came up with their "clean 15" that contains the least amount of pesticides. These plants do not have to be organically grown to be safer to eat.

They are:

onions	asparagus	cantaloupe	sweet potatoes
corn	peas	kiwi	mushroom
pineapples	mangos	cabbage	grapefruit
avocados	eggplant	watermelon	

The worst (the "dirty dozen") are:

apples	peaches	grapes	blue berries
celery	spinach	bell peppers	lettuce
strawberries	nectarines	potatoes	kale/collard greens

Buy these organic whenever possible.

Eggs are pretty safe since antibiotics and pesticides usually don't pass through.

The USDA tested conventional milk samples and found 99% of these were contaminated with pesticides. 100% of butter samples as well. Other dairy products have not been tested but since yogurt, ice cream, cheese, etc...are made from milk or milk products, they probably have pesticides in them as well.

With the holidays now here, here's a sweet fact to ponder. The average child in the US consumes twice the amount of recommended daily sugar intake. Over 40% of this comes from sugary drinks. So the easiest way to cut down sugar intake - eliminate sodas and juice drinks with the kids, and yourself.

But don't go to the diet drink band wagon. We're still trying to find out the long term effects of high artificial sweetener consumption. Probably the safest low calorie sugar substitute is Stevia.

To see where the world is headed with health issues take a little tidbit to dinner with you - 366 million people worldwide are diabetic, and that number is climbing quickly each year especially as the "western" diet moves into the emerging markets around the world.

Quote of the month " It's difficult to see the picture when you are inside the frame."