

Reducing Your Dietary Toxic Exposure

- **Pesticides in Fruits and Vegetables**

- **Buy organic** for the “**Dirty Dozen**” Fruits and Vegetables as they contain the highest pesticide residues (from www.ewg.org).

- | | | |
|-----------------|--------------------------|----------------------------|
| 1. Apples | 5. Spinach | 9. Potatoes |
| 2. Celery | 6. Nectarines (imported) | 10. Blueberries (domestic) |
| 3. Strawberries | 7. Grapes (imported) | 11. Lettuce |
| 4. Peaches | 8. Sweet bell peppers | 12. Kale/collard greens |

- Freely eat all of the “**Clean 15**” Fruits and Vegetables as they contain the least pesticide residues.

- | | | |
|---------------|--------------------------|--------------------|
| 1. Onions | 6. Sweet Peas | 11. Cabbage |
| 2. Corn | 7. Mangoes | 12. Watermelon |
| 3. Pineapples | 8. Eggplant | 13. Sweet Potatoes |
| 4. Avocado | 9. Cantaloupe (domestic) | 14. Grapefruit |
| 5. Asparagus | 10. Kiwi | 15. Mushrooms |

- **Fish** – while there are a lot of health benefits from eating fish, there are also a lot of concerns about the sustainability practices used in catching them and the environmental pollutants and heavy metals that are concentrated in them. SeaChoice (www.seachoice.org) has a Canadian database and seafood guide. The following are some general guidelines to choosing healthier fish:

- **Ocean Fish:**

- **Salmon** - Do not eat any FARMED or ATLANTIC salmon. This is the most toxic food you can currently eat. If it just says “Salmon”, it is Atlantic.
 - Freely eat ALASKAN/PACIFIC salmon. It is available fresh only from June until October, but canned and frozen Alaskan Salmon are available year round.
 - Alaskan/Pacific salmon will ALWAYS be labeled as King (Chinook), Red (Sockeye), or Silver (Coho) Salmon. If that distinction is NOT GIVEN, it is farmed salmon being passed off as Alaskan.
- **Mercury** - Avoid the fish with the highest mercury content (shark, swordfish, king mackerel, tuna, orange roughy, marlin, Chilean bass, lobster, halibut, and snapper).
 - Freely eat the fish with the lowest mercury content (Clam, Ocean perch, Alaskan salmon, tilapia, flounder, sole, and catfish).

- **Lake Fish:** The health of the fish from lakes depends on the water quality in that particular lake at that particular time. The 2011/12 Guide to Eating Ontario Sportfish gives information about the health of different fish from different lakes and can be found at: http://www.ene.gov.on.ca/environment/en/resources/STD01_078455.html.

- **Refined Sugar** – sugar reduces the ability of your liver to clear toxic compounds out of the blood stream (in addition to all of the other bad things it does for your body). Use moderate amounts of unrefined sugar such as pure maple syrup, honey, succinat, and stevia.

The following foods help to increase the excretion of fat soluble toxins.

1. Consume broccoli and other members of the brassica family (cabbage, cauliflower, brussel sprouts, kale) daily. Broccoli has the highest amount of compounds in it that enhance your ability to clear toxins from your blood stream. It also has compounds that prevent cancer and can balance estrogen metabolism. Raw or juiced has the highest activity.
2. Consume a minimum of 2-3 cups of organic green tea daily.
3. Increase your levels of green leafy vegetables daily.
4. Consume organic brown rice (1/2 cup), or take an organic brown rice-fiber supplement (1-2 tablespoons) daily. Organic brown rice fiber is available through our office.