



Cut out and keep this handy pocket sized guide.

- Print this page and fold in half for the double sided guide; or

- if you can print on both sides print the next page too for 2 double sided guides

<p><b>No or low pesticide residues</b></p> <p><b>THE TOP TWENTY</b></p> <p>All of these popular foods have low or no detectable residues</p> <ul style="list-style-type: none"> <li>✓ Asparagus</li> <li>✓ Baked beans</li> <li>✓ Cauliflower</li> <li>✓ Cheese</li> <li>✓ Chicken</li> <li>✓ Eggs</li> <li>✓ Haddock</li> <li>✓ Honey</li> <li>✓ Milk (cow or goat) and yoghurt</li> <li>✓ Marrow (the vegetable)</li> <li>✓ Orange juice</li> <li>✓ Pork (and pork mince)</li> <li>✓ Shellfish (including prawns)</li> <li>✓ Squash (the vegetable)</li> <li>✓ Sweetcorn (fresh or tinned) and baby corn</li> <li>✓ Swede</li> <li>✓ Tinned tomatoes (not fresh)</li> </ul> <p><i>list continued on next section &gt;</i></p> <p>SHOPPERS POCKET GUIDE TO PESTICIDES</p>	<p><b>No or low pesticide residues</b></p> <p><b>THE TOP TWENTY</b></p> <ul style="list-style-type: none"> <li>✓ Tinned tuna (not fresh)</li> <li>✓ Tinned fruit (peaches, pears, pineapple and grapefruit)</li> <li>✓ Turkey</li> </ul> <p><b>TOP TIP</b> Farmers are under pressure to use "cosmetic" pesticides. Let your supermarket know that you can live with a knobby orange or a scratch on your apple. To e-mail them go to <a href="http://www.pan-uk.org/projects/food/concerns.html">www.pan-uk.org/projects/food/concerns.html</a></p> <p><b>TOP TIP</b> If you regularly eat large amounts of any item consider reducing your intake or try an organic version. Remember, children are more vulnerable to residues (and eat more than we do relative to body weight).</p> <p><b>REMEMBER</b> It's important to eat regular fresh produce as part of a balanced diet.</p> <p>SHOPPERS POCKET GUIDE TO PESTICIDES</p>	<p><b>PESTICIDE ACTION NETWORK UK</b></p> <p><b>THE SHOPPERS POCKET GUIDE TO PESTICIDES</b></p>  <p>For more information please visit our website <a href="http://WWW.PAN-UK.ORG/PROJECTS/FOOD">WWW.PAN-UK.ORG/PROJECTS/FOOD</a></p> <p>SHOPPERS POCKET GUIDE TO PESTICIDES</p>
<p><b>Highest in pesticides</b></p> <p><b>SEVEN MORE SINNERS</b></p> <p>A high percentage of all these popular foods is contaminated with residues. Buy organic where possible</p> <ul style="list-style-type: none"> <li>× Bread and flour</li> <li>× Cereal grains and cereal bars</li> <li>× Chips and crisps</li> <li>× Dried fruit</li> <li>× Herbs</li> <li>× Oily fish</li> <li>× Rice</li> </ul> <p><b>TOP TIP</b> Grow your own herbs on a window sill with organic seeds. It's cheap and easy.</p> <p><b>PLEASE NOTE</b> This guide is based on what is tested but not every food is tested.</p>	<p><b>Highest in pesticides</b></p> <p><b>TEN WORST FRUIT</b></p> <p>A high percentage of all these popular fruit is contaminated with residues. Buy organic where possible.</p> <ul style="list-style-type: none"> <li>× Apples</li> <li>× Apricots</li> <li>× Bananas(*)</li> <li>× Citrus fruits(*)</li> <li>× Cherries</li> <li>× Grapes</li> <li>× Melon(*)</li> <li>× Pears</li> <li>× Raspberries</li> <li>× Strawberries</li> </ul> <p>(*) = Because you remove the thick skins of these fruits before eating you may end up eating less pesticide residues. However, levels on the peel affect pickers, packers, growers and the environment. Some dishes also use orange and lemon peel.</p>	<p><b>Highest in pesticides</b></p> <p><b>TEN WORST VEGETABLES</b></p> <p>A high percentage of all these popular vegetables is contaminated with residues. Buy organic where possible</p> <ul style="list-style-type: none"> <li>× Beans (yard long beans and specialty green beans)</li> <li>× Celery</li> <li>× Cucumber</li> <li>× Lettuce</li> <li>× Peas</li> <li>× Plantain</li> <li>× Potato</li> <li>× Pre-packed salad</li> <li>× Sweet potato</li> <li>× Tomato</li> </ul> <p><b>TOP TIP</b> To find a local organic box scheme go to <a href="http://www.whyorganic.org">www.whyorganic.org</a> and register free to use their directory.</p>

**Highest in pesticides**

**TEN WORST VEGETABLES**

A high percentage of all these popular vegetables is contaminated with residues. Buy organic where possible

- x Beans (yard long beans and speciality green beans)
- x Celery
- x Cucumber
- x Lettuce
- x Peas
- x Plantain
- x Potato
- x Pre-packed salad
- x Sweet potato
- x Tomato



**TOP TIP** To find a local organic box scheme go to [www.whyorganic.org](http://www.whyorganic.org) and register free to use their directory.



**Highest in pesticides**

**TEN WORST FRUIT**

A high percentage of all these popular fruit is contaminated with residues. Buy organic where possible.

- x Apples
- x Apricots
- x Bananas(\*)
- x Citrus fruits(\*)
- x Cherries
- x Grapes
- x Melon(\*)
- x Pears
- x Raspberries
- x Strawberries



(\*) = Because you remove the thick skins of these fruits before eating you may end up eating less pesticide residues. However, levels on the peel affect pickers, packers, growers and the environment. Some dishes also use orange and lemon peel

**Highest in pesticides**

**SEVEN MORE SINNERS**

A high percentage of all these popular foods is contaminated with residues. Buy organic where possible

- x Bread and flour
- x Cereal grains and cereal bars
- x Chips and crisps
- x Dried fruit
- x Herbs
- x Oily fish
- x Rice



**TOP TIP** Grow your own herbs on a window sill with organic seeds. It's cheap and easy.



**PLEASE NOTE** This guide is based on what is tested but not every food is tested.

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**THE SHOPPERS POCKET GUIDE TO PESTICIDES**



**REMEMBER** It's important to eat regular fresh produce as part of a balanced diet.

**TOP TIP** If you regularly eat large amounts of any item consider reducing your intake or try an organic version. Remember, children are more vulnerable to residues (and eat more than we do relative to body weight).

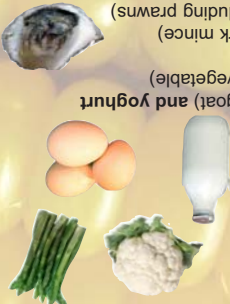
**TOP TIP** Farmers are under pressure to use "cosmetic" pesticides. Let your supermarket know that you can live with a knobly orange or a scratch on your apple. To e-mail them go to [www.pan-uk.org/projects/food/concerns.html](http://www.pan-uk.org/projects/food/concerns.html)

- ^ Turkey
- ^ pineapple and grapefruit
- ^ Tinned fruit (peaches, pears, tinned tuna (not fresh))

**THE TOP TWENTY**  
No or low pesticide residues

list continued on next section >

- ^ Tinned tomatoes (not fresh)
- ^ Swede
- ^ corn
- ^ Sweetcorn (fresh or tinned) and baby
- ^ Squash (the vegetable)
- ^ Shellfish (including prawns)
- ^ Pork (and pork mince)
- ^ Orange juice
- ^ Marrow (the vegetable)
- ^ Milk (cow or goat) and yoghurt
- ^ Honey
- ^ Haddock
- ^ Eggs
- ^ Chicken
- ^ Cheese
- ^ Cauliflower
- ^ Baked beans
- ^ Asparagus



All of these popular foods have low or no detectable residues

**THE TOP TWENTY**  
No or low pesticide residues