

# Do you Use Baking Soda to Clean your Fruits and Veggies

## Some say use baking soda as a natural produce scrub, but is this a Great Health Hack?

Food Scientists at the University of Massachusetts found that a 15-minute soak in a 1 percent baking soda solution removed 20 percent of one common pesticide from apples and 4.4 percent of another. **This sounds like an easy solution.** According to Cooks Illustrated exposing fruit or vegetables to a baking soda solution is not a silver bullet for removing all pesticides. But it still removes some common types, and because the method is fast and easy, we're still inclined to use it. Here's how: Swirl produce in a solution of 2 teaspoons baking soda per 1 quart water for 30 seconds (the produce should be submerged in at least 1 inch of water), and then rinse under cold running water ( [Article](#) ).

DO YOU/CAN YOU  
DO THIS?

Short Wellness Self-Checks

### Pesticides 101:

Pesticides are made up of inert and active ingredients, which help to mitigate, prevent, destroy, or repel pests, insect infestation, diseases, and also control weeds. Pesticides used in agriculture include fungicides, insecticides, herbicides, antimicrobials, algaecides, and more.

When farmers use these pesticides on fruits and vegetables, residues are left, and they contaminate the farm produce. The contamination is what makes most of the fruits and veggies unhealthy to consume without getting rid of the pesticides residue on them.

Please see article at [healthline.com](http://healthline.com)

### Don't Let a Fear of Pesticides Stop You from Eating Fruits and Veggies

- In a recent survey, 94 percent of dietitians said fear-based messaging around pesticides on produce can be a barrier to eating enough fruits and vegetables.
- Pesticide residue on conventional and organic produce is found in tiny, low-risk amounts that are not linked to any negative health effects.
- Consumers should focus on eating the variety of fruits and vegetables available to them, as most Americans don't eat the recommended amount.

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# Dirty 12™

1. STRAWBERRIES
2. SPINACH
3. NECTARINES
4. APPLES
5. PEACHES
6. PEARS
7. CHERRIES
8. GRAPES
9. CELERY
10. TOMATOES
11. SWEET BELL PEPPERS
12. POTATOES

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# Clean 15™

1. SWEET CORN
2. AVOCADOS
3. PINEAPPLES
4. CABBAGE
5. ONIONS
6. SWEET PEAS
7. PAPAYAS
8. ASPARAGUS
9. MANGOES
10. EGGPLANT
11. HONEYDEW
12. KIWI
13. CANTALOUPE
14. CAULIFLOWER
15. GRAPEFRUIT