



Potentially Toxic Foods

Many foods contain PCB's, mercury, organo-phosphate pesticides, dioxins, chlorinated contaminants, antibiotics and hormones as a result of these chemicals being dumped into the environment.

The consumption of "toxic" foods results in physiological changes in the body and is associated with many common symptoms and diseases. A high environmental toxic burden is also associated with cancer and certain forms of cancer are associated specifically with many of the persistent toxins.

It is difficult to know for sure what foods are "clean" but there have been studies documenting which foods are more contaminated than others. Here is a list of foods with documented toxicities to avoid:

Seafood to avoid due to toxicity concerns	
<ul style="list-style-type: none"> • Bluefin tuna, Torro, Albacore tuna, Skipjack tuna • Halibut • Chilean Sea Bass • Grouper • Orange Roughy • Shark/Dogfish • Skate • Atlantic Sole 	<ul style="list-style-type: none"> • Catfish • Ling Cod • Mahi Mahi • Marlin • Farmed Salmon • Farmed Shrimp • Striped Bass • Swordfish • Asian derived Tilapia • Tilefish
Seafood that were not found to be contaminated with toxic chemicals but are to be avoided due to sustainability issues	
<ul style="list-style-type: none"> • Atlantic Cod • Monk Fish • Abalone (wild) • Anchovy • Clams • King Crab from Russia 	<ul style="list-style-type: none"> • Octopus • Rockfish • Giant Scallops • Red Snapper • Spiny and Rock Lobster from Central America
Seafood that is safe to eat and does not harm the environment if consumed	
<ul style="list-style-type: none"> • Arctic Char • Pacific Halibut • Herring • Jelly Fish • Mackerel • Mullet 	<ul style="list-style-type: none"> • Pollock • Sablefish • Sardines • Squid • Blue Whiting • Alaskan Sockeye Salmon



Foods that are heavily sprayed with Organo Phosphate Pesticides

- | | |
|--|---|
| <ul style="list-style-type: none">• Peaches• Apples• Sweet Bell Peppers• Celery• Nectarines• Strawberries | <ul style="list-style-type: none">• Grapes (imported)• Pears• Spinach• Potatoes• Cherries• Lettuce |
|--|---|

Produce with the lowest pesticide residue. These products contain lower amounts of pesticide and are less important to purchase as organic variety unless you are immune compromised.

- | | |
|---|--|
| <ul style="list-style-type: none">• Onions• Avocados• Sweet Corn (frozen)• Pineapple• Mango• Sweet Peas (frozen) | <ul style="list-style-type: none">• Asparagus• Kiwi• Bananas• Cabbage• Broccoli• Eggplant |
|---|--|

Meats and Poultry and Dairy

- Most meat in North America has added hormones as these encourage rapid development and growth of the animal. The European Commission has banned the use of hormones in meat due to their potential effects on human health. Excessive hormones have been implicated in a variety of cancers.
- Most meat and poultry in North America contain large doses of antibiotics to prevent infection which results from poor raising conditions and cramped living quarters. The overuse of antibiotics can lead to antibiotic resistance in humans from excessive consumption.
- Butter has been used as a sampling agent to assess the regional and global distribution of PCBs and other persistent organic pollutants around the globe. When butter was sampled for these compounds from around the world, the highest levels of PCBs were found in butter from Europe and North America.

Recommendations

- Choose local, organic produce.
- Choose free-range, hormone-free meats, poultry, fish and dairy.
- Ensure that you know the source of the food that you eat.