

Toxic Fruit and Veggies: 75% of Produce Grown in the US Contains Toxic Pesticide Residue

By [Mac Slavo](#)

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About 75% of non-organic vegetables and fruits grown in the United States contain toxic pesticide residue. Blueberries and green beans contain organophosphates which can damage the human nervous system.

Unless produce is grown cleanly without pesticides and herbicides and is laboratory tested, it can be risky to consume to some degree because it might be chock full of hidden chemical poisons that are unseen to the naked eye, [according to a report by The Daily Mail](#).

The Environmental Working Group looked at 46 different produce staples. Overall, the organization found that 75 percent of freshly grown produce in the U.S. contains some degree of harmful pesticide residue, which is deeply concerning. The worst offenders are among some of the healthiest fruits and vegetables when grown cleanly. These conventionally grown produce items are risky to consume because of the hidden chemicals they contain.

Strawberries, grapes, apples, nectarines, pears, and cherries ranked at the top of the list for being the most dangerous when grown conventionally, the latest EWG findings show. The same is true for antioxidant-rich blueberries and leafy green vegetables like kale, which are heavily sprayed with chemicals when grown conventionally.

More than 90 percent of all samples of strawberries, apples, cherries, spinach, nectarines, and grapes were found to have at least two different chemicals pesticides on them, according to tests. All in all, more than 250 different pesticides were discovered on American produce – pesticides that, in many cases, are illegal to use in other countries. [-Natural News](#)

Over 50 pesticides were detected on every kind of crop on the dirty dozen list, apart from cherries. Kale, collard, and mustard greens, and hot and bell peppers had the most

pesticides of any crop (103 and 101.)

“Despite the abundance of science linking exposure to pesticides with serious health issues, a potentially toxic cocktail of concerning chemicals continues to taint many of the non-organic fruits and vegetables eaten by consumers,” said EWG toxicologist Alexis Temkin.

In some cases, the pesticides identified by EWG on American produce are not even legal here in the U.S. Six percent of green beans, the group found, contain the neurotoxic organophosphate insecticide acephate, which was banned from use on green beans in 2011 for being a “possible” human carcinogen, according to the Environmental Protection Agency (EPA). –[The Daily Mail](#)

Not only is our food supply being systematically destroyed, but the foods that are available are carrying toxins in the form of pesticides. It feels like this is an outright war on humanity considering we all need food to survive.

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