

## What's In Your Food?

Many of the foods we eat contain additives, preservatives, pesticides, food dyes, heavy metals or other processed materials.

**Fact:** The EPA estimates that pesticide poisonings occur in up to 20,000 agricultural workers each year. <sup>2</sup>

Pesticides, which include herbicides, insecticides and fungicides, are used extensively throughout the world, including billions of pounds sprayed on food crops alone. <sup>2</sup>

The National Institute for Occupational Safety and Health (NIOSH) reported that there are more than 16,000 different pesticide products being marketed and sold every year. <sup>3</sup>



Sadly, the old saying “An apple a day keeps the doctor away,” doesn’t sound as wholesome now that federal testing has found that 98% of non-organic apples contain at least one pesticide. <sup>4</sup>

According to the Pesticide Action Network (PAN), the CDC discovered in 2002 that 93% of tested Americans had detectible levels of chlorpyrifos, a neurotoxic pesticide. <sup>5</sup>

Pesticide exposure affects people of all ages, but is particularly problematic when it comes to children. As is the case with many toxic chemicals, pesticide testing shows that children ages 6-11 have the highest concentrations of insecticide metabolites in their urine. <sup>3</sup>

## Propyl Gallate

A 1982 National Institutes of Health (NIH) report found that feeding lab animals propyl gallate, a common food ingredient, may be associated with multiple health conditions. <sup>29</sup>

For example, rare brain tumors such as glioma and astrocytoma were noted in certain test subjects, along with malignant lymphoma and cancers of the pancreas and adrenal glands. <sup>29</sup>

The NIH study also found that propyl gallate was linked with prostate inflammation and a toxic liver condition called hepatic cytoplasmic vacuolization. <sup>29</sup>

*Found in sausage, chips, mayo, vegetable oils, frozen meals*

## REFERENCES

2. Mercola, Joseph. "Pesticide Poisoning Effects to Farm Workers." *Mercola.com*. Mercola.com, 26 Aug. 2015. Web. 20 Jan. 2017. <<http://articles.mercola.com/sites/articles/archive/2015/08/26/pesticide-poisoning.aspx>>.
3. Calvert, GM. "Health Effects from Pesticide Exposure." *Centers for Disease Control and Prevention*. The National Institute for Occupational Safety and Health (NIOSH), Apr. 2004. Web. 20 Jan. 2017. <<https://www.cdc.gov/niosh/nioshtic-2/20024740.html>>.
4. "Pesticide Residues Taint 98 Percent of Apples." *Fox News*. FOX News Network, 13 June 2011. Web. 20 Jan. 2017. <<http://www.foxnews.com/health/2011/06/13/pesticide-residues-found-in-8-percent-us-apples.html>>.
5. "Food: Field to Fork." *Pesticide Action Network*. Pesticide Action Network, n.d. Web. 20 Jan. 2017. <<http://www.panna.org/food-farming-derailed/food-field-fork>>.
  
29. "Abstract for TR-240 - Propyl Gallate (CASRN 121-79-9) Carcinogenesis Bioassay of Propyl Gallate (CAS No. 121-79-9) in F344/N Rats and B6C3F1 Mice (Feed Study)." *National Institutes of Health*. U.S. Department of Health and Human Services, n.d. Web. 24 Jan. 2017. <<https://ntp.niehs.nih.gov/results/pubs/longterm/reports/longterm/tr200299/abstracts/tr240/index.html>>.