

Pesticide phobia: Everyday foods filled with (unharmful) pesticides

The GLP aggregated and excerpted this blog/article to reflect the diversity of news, opinion and analysis.

While the perilous p-word may conjure visions of skull-and-crossbone emblazoned bottles, the truth is that a glass of orange juice or cup of coffee contain naturally occurring pesticides, as do other foods we consume regularly.

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. . . [T]here is widespread confusion about what a pesticide is, where they come from and what they do.

This confusion fuels two common misconceptions: 1) All pesticides are harmful and 2) All pesticides are man-made. Plants, many of which we consume regularly, produce “natural pesticides” that kill or repel other organisms that might harm them. Whether man-made or natural, these -cides can harm us; it all depends on the dose and route of exposure. . . .

Which naturally occurring pesticides could be in your fridge or pantry? Here are a few you might have already enjoyed today:

Mashed, fried, baked or hashed, potatoes pack pesticides: A member of the nightshade family, which also includes tomatoes and eggplant, potatoes [contain anywhere from](#) a fraction of a gram to a few grams of solanine per spud.

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Peppers get their heat from a natural bee killer: Love the kick or can’t handle the heat, the “ouch” in chili peppers comes from [capsaicin](#), a naturally occurring pest repellent first registered in 1962 for use by the U.S. Environmental Protection Agency. . .

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The best part of waking up is insecticide in your cup: Also known as trimethylxanthine in its pure form, caffeine is an addictive neurotoxin . . . Known to paralyze or kill insects. . .

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Citrus refreshment with flavorful ant killer and flea repellent: Occurring in oranges, lemons and other citrus fruits, [limonene is used](#) as an active ingredient in flea and tick control and home pest control products.

Read full, original post: [5 Pesticides We Consume Every Day](#)