

Viewpoint: Eat 1,500 strawberries in one sitting—and pesticides still won't harm you

Can you identify which of the following is NOT true about pesticides?

A: Pesticides are extremely dangerous to humans.

B: Organic produce is grown using pesticides.

C: Your child would have to eat 1,500 strawberries to reach the EPA's allowable limit of pesticide residue on fruit.

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Both organic and conventionally grown food (which are nutritionally equal) are produced using pesticides, but this doesn't mean you or your children are in danger. Under the Food Quality Protection Act (FQPA), EPA must ensure that all pesticides used on food in the United States meet strict safety standards.

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Just how [minuscule] are those pesticide residues? A child would have to eat 1,500 servings of strawberries to reach the safe level of exposure. Of course, a child's stomach can't hold that many strawberries so three or four conventionally grown (and cheaper) strawberries is not a health risk. In fact, eating a strawberry—organic or conventional—is good for children!

Read full, original article: [Two Truths and a Lie: Pesticides](#)