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WINDSOR ESSEX ASSOCIATION FOR VOLUNTEER ADMINISTRATION

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Healthy food choices can be safe and affordable

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SoapBox
 Apr 26, 2013 - 2:56 PM EDT
 Last Updated: Apr 26, 2013 - 2:59 PM EDT

Re: Healthy foods your wallet will love, Drs. Oz and Roizen, April 25.

Dr. Oz can't seem to make up his mind about what message he wants to send to consumers at the grocery store.

One thing's for sure, it would be extremely unfortunate if consumers avoided certain fruits and vegetables due to unfounded fears about pesticide residues when the health benefits of these foods are so clearly evident.

Whether the food you eat is grown conventionally or organically, the most important thing is that you get the daily intake of fruits and vegetables that's recommended by Health Canada.

Canadians concerned about the potential for exposure to pesticide residues should know that both Health Canada and the Canadian Food



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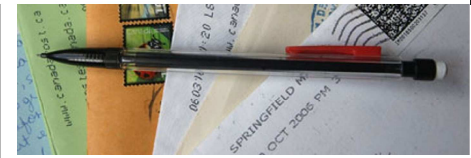
According to a report released in 2012 by the CFIA, 99 per cent of the fruits and vegetables it tested complied with Health Canada's standards for pesticide residues on Canadian food products. In fact, most had no detectable levels whatsoever.

Dr. Oz's cavalier insinuation that pesticide residues in food are an actual concern is irresponsible and not supported by scientific evidence. Better advice would be to encourage consumers to wash their fruits and vegetables before consuming them — bacterial contamination is an actual and significant health threat.

Canadians have access to one of the safest food supplies in the world and consumers should feel good knowing that healthy food choices can be both safe and affordable.

LORNE HEPWORTH, President, CropLife Canada, Ottawa

Tags: [Canadian Food Inspection Agency](#), [CFIA](#), [Dr. Oz](#), [Dr. Roizen](#)



Poll Questions

Are you winning more Roll Up The Rim prizes this year or fewer?



Are you winning more or fewer Tim Hortons Roll Up The Rims this year than

other years?

Poll Question: Do you think tap water will taste better without fluoride?



After 51 years, the addition of fluoride to drinking water came to a halt today in

Windsor, LaSalle and Tecumseh.

@thewindsorstar



WinStarSports

Lions draft cornerback, offensive guard on second day of draft
<http://t.co/ROXfxrtmK4>

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martybeneteau

RT @DavidMady1970:

Congratulations to Mario Duri...you did it! Job well done my friend.

<http://t.co/vtUX4tHww0>

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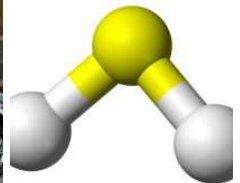
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5