



Landman & Associates, Inc.



Increase Fruits & Vegetables with Lower Pesticide Exposure



Increase Fruits & Vegetables-w/ Lower Pesticide Exposure

There are more pesticides in fruits and vegetables than you want to know about. Some are sprayed more than others and warrant purchasing them organically.

An excellent resource at our fingertips that lists the most to least sprayed fruits and vegetables is: www.foodnews.org. This is a non-profit organization that provides very practical and informative guidelines about all things safe!

Included below is a brief list of the safest, least sprayed fruits and vegetables and the most sprayed. To read in more detail on this topic as well as their methodology, please visit their site.

My suggestion with regards to consuming fewer pesticides is to at least attempt to avoid the top 3 most sprayed fruits and vegetables and purchase the organic versions when able. There may be a community organic food co-op near you that you can join. One community organization that I joined

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VITAMIN SALE THRU March

10% off Supplement Sale on all Isonix Supplements from Nutrametrix thru March 31st, 2011.

Isonix vitamins are the most absorbable vitamin products and have been proven to be absorbed in to your tissues within 10 minutes. OPC-3, Multivitamins with and without iron for women and men, Calcium, Aloe, Greens powder, are some of the many products we have available both in the office and online.

We also carry the complete line of the Transitions weight loss supplements, shakes and package foods to augment your exercise and weight loss efforts.

Call the office for more information, or read about it on our website: www.nutrametrix.com/alixlandman Click on the Transitions product line.

Landman & Associates, Inc **954-792-7303**

is the ORGANIC BUYING CLUB OF SOUTH FLORIDA,
www.organicbuyingclubsofla.com. It is excellent.

Safest Vegetables and Fruits (least sprayed)-
Onions, Sweet Corn, Sweet Peas, Asparagus,
Cabbage, Eggplant, Sweet Potatoes, Pineapples,
Mango, Avocado, Kiwi, Domestic Cantaloupe,
Watermelon

Most Sprayed Vegetables and Fruits- (Multiple Pesticides)
Peaches, Strawberries, Apples, Blueberries,
Nectarines, Cherries, Imported Grapes
Celery, Sweet Bell Peppers, Spinach, Kale,
Collards, Potato

Enjoy and until next time,
Alix

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