

Growing Concerns

Know the possible dangers

The mission of our non-profit is to educate parents about the real and possible dangers of exposing children to the chemicals being added to our food.

Along with the risks already shown in past studies, there is a growing belief that chemical exposure may be linked to Autism / Spectrum Disorders. A recent study from the University of Davis showed children born from mothers located within a close proximity of industrial (pesticide) farming showed a two-thirds increased risk of having a child with autism. The rate of autism in South Korea is now at 1 in 38. There is a growing concern it might be linked to the increase in industrial farming in that country. Argentina has seen an increase in birth defects, learning delays and cancer since the adoption of industrial agriculture in their soybean fields.

More research needs to be done, but eating organic may reduce serious health risks to your child.



Eat Organic

Exposure begins in the womb

For a pregnant woman, an organic diet is important because toxins can cross the placental barrier and reach the baby.

Studies have shown that a fetus exposed to certain chemicals during key windows of development, could result in birth defects, learning disabilities, cancer, lower IQ and more.



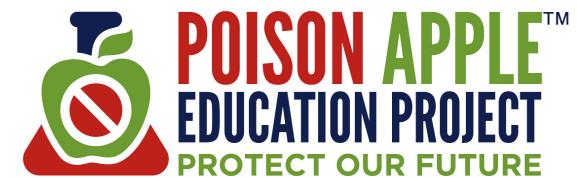
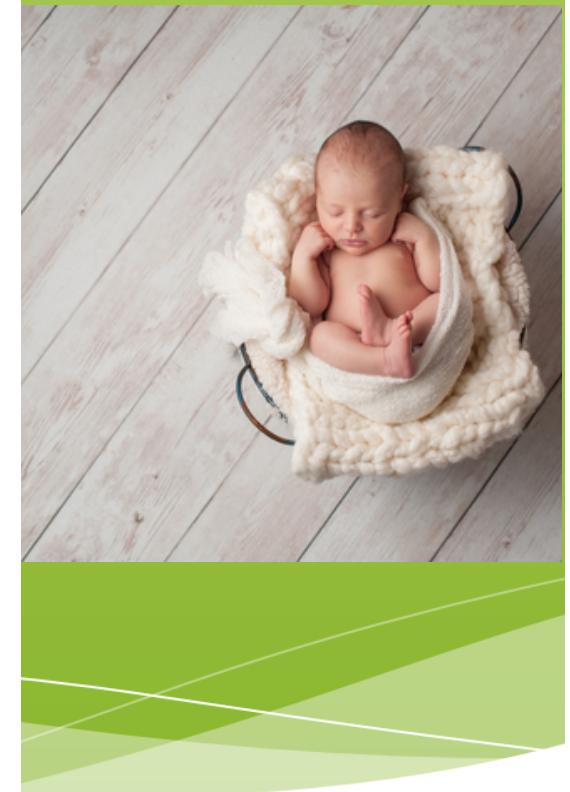
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What To Eat For Your Developing Child



What To Eat While Pregnant

Consuming a healthy diet during pregnancy can ensure that your baby develops properly and that you experience fewer complications. Recent studies have shown it's not possible to wash all the pesticides off some fruits and vegetables — the pesticides and herbicides are soaked up into the plant. Not only that, the plant itself can have fewer nutrients than an organically grown one.

So even if you're not pregnant now, but planning to be pregnant in the future, please consider organic choices from the pesticides form the fruits and vegetables below:

- Folate: Is a B vitamin that helps prevent neural tube defects, serious abnormalities of the brain, and spinal cord.
- Calcium: Helps strengthen the bones and teeth of mother and baby. It is also important for the nervous system.
- Iron: During pregnancy your blood volume expands doubling your need for iron.
- Potassium: Helps regulate your blood pressure and helps maintain proper fluid balance.
- Milk: Navy Beans — Yogurt
- Baked Potato (with peel)
- Cod — Cottage Cheese — Cow's Milk
- Vitamin D: Is important to help your baby's body to use calcium to build bones and teeth.
- Iodine: Helps with brain and nervous system development in your baby. It is important for preventing stunted growth, severe mental disability and deafness. It has also been shown to help prevent miscarriage and stillbirth.

Registred Dietician Christi Salem M.S., R.D.
Nutritional Information provided by:
christisalemnutrition.com



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Choline: Is important for neurological development.

Fortified Juice — Milk
— Eggs — Fortified Cereal —

Vitamin D: Is important to help your baby's body to use calcium to build bones and teeth.

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— Cod — Cottage Cheese — Cow's Milk

Baked Potato (with peel)
— Eggs — Fortified Cereal —

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Mental disability and deafness. It prevents stunted growth, severe

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1. AVOCADOS	9. MANGOES	1. EGGS	15. BROCCOLI
2. SWEET CORN	10. EGGPLANTS	14. CAULIFLOWER	8. ASPARAGUS
3. PINEAPPLES	11. HONEYDEWS	13. CANTALOUPES	7. PAPAYAS
4. CABBAGES	12. KIWIS	12. RUMINANTS	6. SWEET PEAS
5. ONIONS	13. CANTALOUPES	14. CAULIFLOWER	1. CABBAGES
6. SWEET PEAS	15. BROCCOLI	15. BROCCOLI	2. SWEET CORN
7. CHERRIES			3. PINEAPPLES
6. PEACHES			4. CABBAGES
5. GRAPES			5. ONIONS
4. APPLES			6. SWEET PEAS
3. NECTARINES			7. CHERRIES
2. SPINACH			8. PEARS
1. STRAWBERRIES			9. TOMATOES
3. PEARS			10. CELERY
4. APPLES			11. POTATOES
5. GRAPES			12. SWEET BELL PEPPERS
6. PEACHES			13. CANTALOUPES
7. CHERRIES			14. CAULIFLOWER
8. PEARS			15. BROCCOLI
9. TOMATOES			
10. CELERY			
11. POTATOES			
12. SWEET BELL PEPPERS			
13. CANTALOUPES			
14. CAULIFLOWER			
15. BROCCOLI			