

# 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 pesticides and herbicides used on our food.

Along with the risks already shown in past studies, there is a growing belief that these exposures 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 health risks to your child.



# Eat Organic

## Exposure begins in the womb

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

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



## Help spread the word!

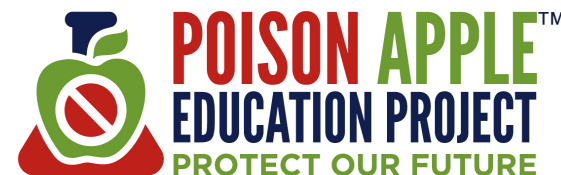
- \* Find a location near you that will display our brochures. Send us their address and contact name.
- \* Post a picture with the unfolded front panel of this brochure then tag us on Instagram and Twitter @poisonappleedu
- \* Donations are tax deductible and sincerely appreciated to help print more brochures.



Non-Profit Organization  
11684 Ventura Blvd. #254  
Studio City, CA 91604

[Contact@PoisonAppleProject.org](mailto:Contact@PoisonAppleProject.org)  
[poisonappleproject.org](http://poisonappleproject.org)

# 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.



EWG'S 2023

## DIRTY DOZEN™

1. Strawberries	7. Apples
2. Spinach	8. Grapes
3. Kale, Collard & Mustard Greens	9. Bell & Hot Peppers
4. Peaches	10. Cherries
5. Pears	11. Blueberries
6. Nectarines	12. Green Beans



EWG'S 2023

## CLEAN 15™

1. Avocados	9. Kiwi
2. Sweet Corn	10. Cabbage
3. Pineapples	11. Mushrooms
4. Onions	12. Mangoes
5. Papayas	13. Sweet Potatoes
6. Sweet Peas	14. Watermelon
7. Asparagus	15. Carrots
8. Honeydew Melons	



Please find information links on our website

So even if you're not pregnant now, but planning to be pregnant in the near future, please consider organic choices from the information below: Folic Acid, Omega-3 fatty acids, high quality proteins, calcium rich foods, fruits and vegetables.

**Folate:** Is a B vitamin that helps prevent neural tube defects, serious abnormalities of the brain, and spinal cord.

– Asparagus – Beans – Black Eyed Peas – Broccoli – Fortified Cereals – Leafy Greens – Citrus Fruits – Peanuts

**Protein:** Pregnant woman need an additional 10 grams of protein a day for a total of 60 grams.

– Beans – Chicken Breast – Eggs, Fish – Lentils – Nut Butters – Turkey Breast

**Omega 3-Fatty Acids/DHA:** Are important for brain development and vision.

– Chia Seeds – Flax Seeds – Fortified Egg – Hemp Seed – Tuna – Wild Salmon

\*The FDA recommends no more than 12 oz. of fish a week to avoid ingesting too much mercury

**Calcium:** Helps strengthen the bones and teeth of mother and baby. It is also important for the mother's circulatory, muscular and nervous system.

– Broccoli – Cheese – Kale – Milk – Salmon – Spinach – Yogurt

**Iron:** During pregnancy your blood volume expands doubling your need for iron.

– Cereal – Beans – Meat – Poultry – Spinach

**Potassium:** Helps regulate your blood pressure and helps maintain proper fluid balance.

– Banana – Broccoli – Cantaloupe – Orange Juice – Lentils – Spinach – Sweet Potato – White Beans – Winter Squash

\* It is recommended to eat Hormone-free and antibiotic-free meats.

Nutritional information provided by:  
Registered Dietician Christi Salem M.S., R.D.  
[christisalemnutrition.com](http://christisalemnutrition.com)

**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.

– Baked Potato (with peel)  
– Cod – Cottage Cheese – Cow's Milk – Navy Beans – Yogurt

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

– Eggs – Fortified Cereal – Fortified Juice – Milk

**Choline:** Is important for neurological development.

– Eggs