



## EWG's Dietary Guidelines: For Your Health and the Environment

### 1. EAT MORE VEGETABLES & FRUITS. AVOID PESTICIDES WHEN YOU CAN.

The overwhelming majority of Americans don't eat enough vegetables and fruits. People can't always find or afford organic food. EWG's Shopper's Guide to Pesticides in Produce is an easy-to-use list of conventionally grown fruits and vegetables that tend to test low for pesticide residues. EWG's Dirty Dozen list details conventional produce that routinely test high for pesticides. EWG advises shoppers to buy organic versions of those items when possible.



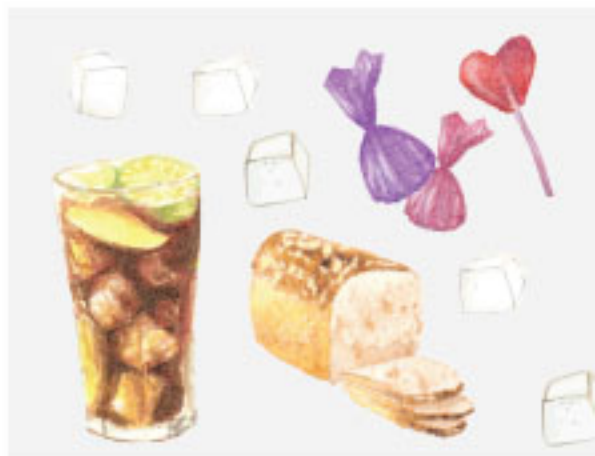
### 2. EAT LESS MEAT, ESPECIALLY RED & PROCESSED MEAT.

Red and processed meats are believed to cause cancer and heart disease, and their production is bad for the environment. The American Institute for Cancer Research recommends eating no more than 18 ounces of red meats weekly – the equivalent of six hamburgers – and avoiding processed meats. Use EWG's Meat Eater's Guide for Climate Change and Health to find healthy, low-carbon protein alternatives.



### 3. SKIP SODAS & SUGARY OR SALTY FOODS.

EWG's interactive Food Scores database and app helps shoppers find foods low in sodium and added sugars. Adults should limit sugar to six to 12 teaspoons a day. Children should consume even less. A single can of soda contains 10 teaspoons of sugar. Drink more water instead, filtered is best. Use EWG's Water Filter Guide to find the right filter for your water and budget. Limit salt, especially if you have high blood pressure.



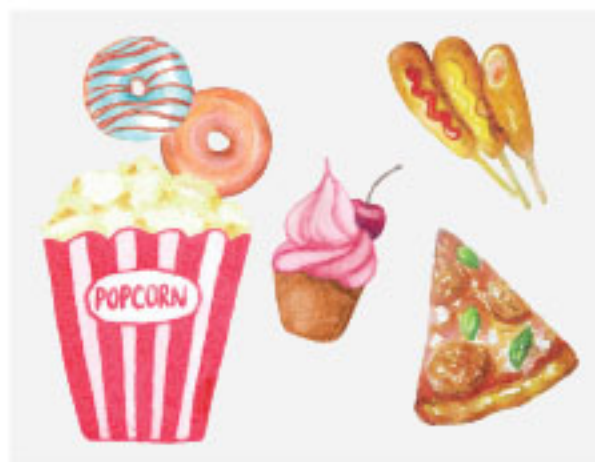
## 4. EAT HEALTHY AND SUSTAINABLE SEAFOOD THAT'S LOW IN MERCURY.

Many Americans would benefit from eating more seafood rich in healthy omega-3 fatty acids, which can lower blood cholesterol levels and reduce the risk of heart disease. Pregnant women and children should steer clear of seafood with high mercury levels and should limit consumption of canned tuna. Use EWG's Good Seafood Guide to find fish and seafood richest in omega-3s, lowest in mercury contamination and sustainably caught.



## 5. BEWARE OF PROCESSED FOODS WITH HARMFUL ADDITIVES.

The federal Food and Drug Administration allows more than 10,000 chemical additives in food. Some of these substances are linked to serious disorders; others haven't been studied adequately. EWG's Dirty Dozen Guide to Food Additives describes some of the most worrisome additives and gives tips on how you can avoid them. EWG's interactive Food Scores database can steer you away from the more than 22,000 foods that contain artery-clogging trans fat, a prime culprit in the nation's epidemic of heart disease.



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