



## EWG Releases Its Dirty Dozen List

The Environmental Working Group (EWG) reports that 75% of all conventional fresh produce sampled this year had residue of potentially harmful pesticides. The "[Dirty Dozen](#)" items contain 95% of samples with pesticides. Each year, the EWG releases its Dirty Dozen report ranking pesticide residue levels based on samples taken by federal agencies. The EWG also compiles a "[Clean Fifteen](#)" list, with avocados and sweet corn leading the list.

Whether organic or not, all properly handled fresh produce is considered safe to eat, so don't let the Dirty Dozen scare you away. Do your best to get your daily dose of healthy fruits and vegetables while still being an informed shopper. If you're still uneasy about pesticides after scrubbing your produce, frozen or canned versions can be a great alternative. Ultimately, it comes down to finding what works best for your household and budget.

### Ingredients

½ cup corn (fresh or frozen)  
15 oz. can low-sodium black beans  
(drained and rinsed)  
1 cup tomatoes (diced)  
½ cup yellow or red onion (diced)  
½

## Study Finds That Women Get More Benefits From Exercise Than Men

New study findings from the Centers for Disease Control and Prevention confirm that regular physical activity can prolong life and lower the risk of death. However, they also revealed that women experience greater benefits from exercise than men at lower amounts.

Researchers found that while men were more likely to engage in physical activity than women, women who did so had a 24% lower risk of dying from any cause compared to inactive women. Physically active men had only a 15% lower risk than their inactive counterparts. Furthermore, the most beneficial amount of moderate-to-vigorous physical activity (e.g., brisk walking and cycling) was around five hours per week, though there were also benefits for women starting at just half that weekly amount. Women also saw a more significant reduction in mortality risk when incorporating muscle-strengthening activities (e.g., weightlifting) than men did.

Always talk to your doctor before starting an exercise regimen.