# Live Well, Work Well

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## EWG Releases 2022 Dirty Dozen List

Every year, the Environmental Working Group (EWG) releases a report ranking pesticide residue levels of fruits and vegetables based on samples taken by the U.S. Department of Agriculture (USDA) and the Food and Drug Administration. This report is designed to help consumers make healthy and informed choices and reduce their exposure to toxic pesticides.

**More than 70% of non-organic produce sold in the United States contains potentially harmful pesticide residue, according to the EWG.**

The report includes a list of the most pesticide-tainted produce, known as the "Dirty Dozen." Here's the 2022 list:

1. Strawberries
2. Spinach
3. Kale, collard and mustard greens
4. Nectarines
5. Apples
6. Grapes
7. Bell and hot peppers
8. Cherries
9. Peaches
10. Pears
11. Celery
12. Tomatoes

In addition to the Dirty Dozen, the EWG publishes the "Clean Fifteen," highlighting the "cleanest" produce. Avocados and sweet corn continue to top the list.

**What Does This Mean?**

Most Americans aren't eating enough fruits and vegetables daily, so don't let the Dirty Dozen scare you away. In fact, the Centers for Disease Control and Prevention reports that only 1 in 10 adults eat enough fruits and vegetables each day. All properly handled fresh produce, whether it's organic or not, is believed to be safe to eat. Do your best to get your daily dose of healthy fruits and vegetables while still being an informed shopper.

To attempt to remove pesticide residue from non-organic fruits and vegetables, experts recommend rinsing, rubbing or scrubbing them. If you're still uneasy about pesticides, frozen or canned versions of your favorite produce can be a great alternative. After all, frozen fruits and vegetables are just as nutritious. Ultimately, it's important to find what works best for your household and budget.

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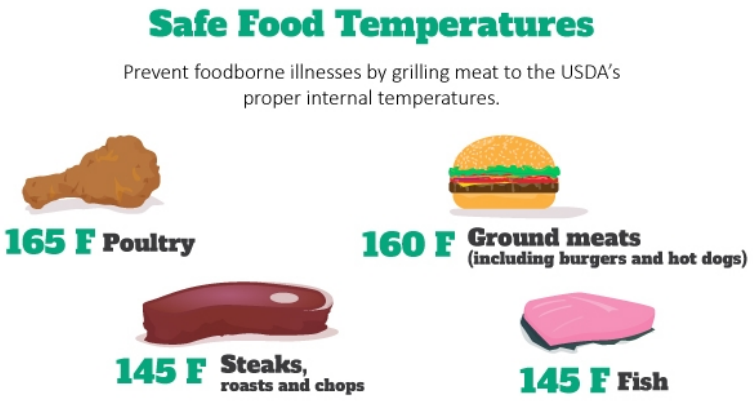
## Grilling Safety Tips For Your Summer Barbecue

Although grilling is a popular way to prepare food in the summer, it can also be dangerous. The National Fire Protection Association reports that May, June, July and August are the most active months for grill fires—with July taking the top spot. Additionally, an average of 8,900 home fires are caused by grilling each year.

Keep the following safety suggestions in mind when grilling:

- Check the gas tank hose before using it for the first time each year.
- Keep your grill at least 10 feet away from other objects, including your house, trees and outdoor seating.
- Grill outside only on a flat surface, and don't bring the grill into an unventilated or enclosed space, such as the garage, carport or porch.
- Only use starter fluid with charcoal grills—never with gas grills.
- Keep children and pets at least 3 feet away from the grilling area.
- Don't leave your grill unattended, as fires can double in size every minute.
- Clean the grill regularly to remove grease and fat buildup.

Overall, practicing vigilance and taking proper precautions can help reduce fires and associated burn injuries caused by grills.




## A Daily Dose of Coffee Could Benefit Your Heart

According to the American College of Cardiology, drinking two or three cups of coffee every day may benefit your heart. Researchers found that the consumption of caffeinated beverages is associated with a 10% to 15% lower risk of coronary heart disease, heart failure and dangerous heart rhythms—as well as a longer lifespan.

Some people may worry that drinking coffee could trigger or worsen certain heart issues; however, recent studies suggest that daily coffee intake may be included as part of a healthy diet for people with and without heart disease. Furthermore, coffee consumption has not been linked to new or worsening cardiovascular disease. Studies found that drinking coffee either had a neutral effect—thus causing no harm—or was associated with heart health benefits. Cheers to that!

## Turkey Burgers

Makes: 4 servings

### Ingredients

**1** pound ground 85% lean turkey
**2** medium onions (chopped)
**3** Tbsp. lemon juice
**¼** tsp. Worcestershire sauce
**¼** tsp. dried or fresh parsley

### Preparations

1) Combine the onions, turkey, lemon juice, Worcestershire sauce and parsley. Mix these ingredients well.
2) Shape the mixture into four patties.
3) Fry the patties in a pan on medium heat or grill them until their internal temperature reaches 165 F.

### Nutritional Information (per serving)

| | |
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| Total calories | 224 |
| Total fat | 14 g |
| Protein | 20 g |
| Sodium | 74 mg |
| Carbohydrate | 6 g |
| Dietary fiber | 1 g |
| Saturated fat | 4 g |
| Total sugars | 3 g |

*Source: MyPlate*