

## December 2018 News Letter.



Following the last tip on eating oats for breakfast, I suggest adding fruit. Organic Bananas are great but if organic are not on the shelf, you can use non organic from time to time. Bananas have thick skins and therefore do not need much pesticide or absorb pesticides like strawberries and other thin skinned fruits. They are also very good for you as this video shows.

### **What Will Happen if You Eat 2 Bananas a Day. 5 mins.**

<https://www.youtube.com/watch?v=2URbOQM8G8>

You can usually bet on grapefruit, kiwi, cantaloupe and mango being free from pesticides. So now your porridge is super yummy and super nutritious!

If you are looking specifically to avoid pesticide residue, there are several conventionally-grown fruits and vegetables that have little to none. In general, you are going to be safe from pesticide residue by purchasing non-organic versions of the following 18 fruits and vegetables:

[https://www.salon.com/2015/06/23/18\\_foods\\_you\\_dont\\_need\\_to\\_buy\\_or\\_organic\\_partner/](https://www.salon.com/2015/06/23/18_foods_you_dont_need_to_buy_or_organic_partner/)

I only have oats up to three times week (Monday, Wednesday and Friday) because there can be traces of gluten. Moderation is key. In my next email I will suggest other breakfast options to make up the week.