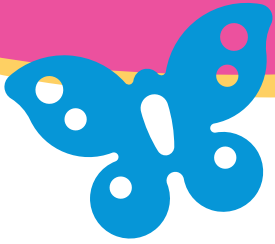


APRIL

Children's Health Tips

brought to you by Sutter Roseville Medical Center



Sutter Roseville Medical Center provides women and children in Placer County advanced medical care in a family-centered environment. Sutter Roseville's renowned Family Birthing Center, which was recently updated and expanded, is the only one in the Sacramento region to receive a five-star rating from the national consumer group HealthGrades. In October 2008, it became the first hospital in Placer County to open a Neonatal Intensive Care Unit for preemies and other babies that need specialized care.

12 fruits and vegetables with the highest pesticide levels:

Peaches	Apples
Bell peppers	Celery
Nectarines	Strawberries
Cherries	Lettuce
Imported grapes	Pears
Spinach	Potatoes

Should You Go Organic?

When food has been labeled organic, it has been grown or raised without chemical fertilizer, pesticides, weed killer or drugs. Some countries, including the United States, have rules that govern when a farmer or rancher may use the organic label. Before a grower can use that label, a government inspector goes to the farm to make sure that the rules are being followed.

Nonorganic foods are grown with pesticides, and often there are still small amounts of pesticide left on the food when it gets to the store. Studies have shown that being exposed to large amounts of pesticides can cause harm. But they have not shown that the amounts of pesticides left on nonorganic foods are enough to cause harm.

Children may be more sensitive to pesticides because they are still growing. And, they eat more food for their weight than adults do.

Worried about pesticides in your foods but aren't ready to switch to an all-organic diet? Try switching just five key foods to make a big impact on your family's diet and give you peace of mind.

Five easy ways to go organic

Milk – Organic milk reduces the risk of antibiotics, artificial hormones and pesticides that are commonly used in commercial dairy farms.

Potatoes – Commercially farmed potatoes are some of the most pesticide-contaminated vegetables and the most commonly eaten vegetables of children.

Peanut Butter – More than 99 percent of peanut farms use conventional farming practices, including the use of fungicide to treat mold that is a common problem in peanut crops.

Ketchup – Research has shown that organic ketchup has about double the antioxidants of conventional ketchup.

Apples – The second most common fresh fruit and juice, but they are also some of the most pesticide-contaminated fruits.

If you don't want to buy organic food, there are other steps you can take to lower the amount of pesticides on your food:

Always wash fresh fruits and vegetables with detergent, such as liquid dishwashing soap. This will remove some of the pesticides. Use a scrub brush when you can. And always rinse well to get the soap off.

Peel apples, pears and peaches, especially before you give them to children.

Remember that eating nonorganic fruits and vegetables, even those with higher pesticide levels, is better than not eating fruits and vegetables at all.



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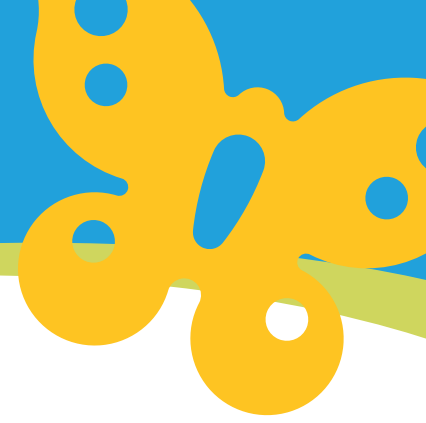
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The Hidden Danger in Plastic Containers

Bisphenol A (BPA), a chemical in hard plastics and the lining of food and beverage cans has received a lot of attention lately in the news. Research suggests that BPA, when leached from plastics into food, leads to physiological changes in people when ingested.

BPA mimics the hormone estrogen and may disrupt the body's endocrine system. Public health advocates say it poses a particular danger to fetuses, infants and children because BPA can interfere with cell function at a point when their bodies are still developing.

Studies have shown that people exposed to high levels of BPA have a greater risk of developing uterine fibroids, breast cancer, decreased sperm counts, diabetes and heart disease.

BPA is commonly found in reusable food and drink containers, the lining of canned foods and drink containers, digital media products such as CDs and DVDs, and many other products.

Easy ways to reducing your intake of BPA

- Avoid heating foods and liquids in containers that contain the compound. The amount of BPA that leaches out may depend more on the temperature of the liquid, food or container itself than on the age of the plastic bottle or dish.
- Buy your tomato sauce in glass jars. Canned tomato sauce is likely to have higher levels of BPA because the high acidity of the tomatoes causes more of the chemical to leach from the lining of the can. Think beyond plain tomato sauce to any canned pasta—like ravioli and those fun-looking kids' meals.
- Consume frozen or fresh fruits and vegetables instead of canned. In addition to their BPA-free benefit, fresh and frozen produce usually have more nutrients, which often get lost in the process of canning.
- Purchase beverages in plastic or glass bottles. Canned soda and juice often contain some BPA. You don't need to worry, though, about disposable plastic water bottles. Most don't contain bisphenol A, and those that do are usually marked on the bottom with a number 7 recycling code.



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