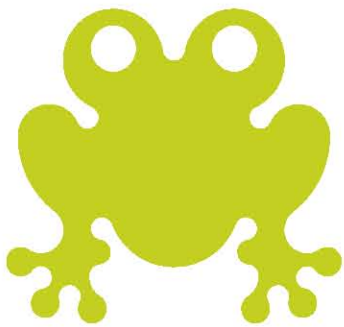


# Children's Health Tips

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 the Maternity Care Excellence Award and a five-star rating from the national consumer group HealthGrades for two consecutive years (2009/2010). In October 2008, it became the first hospital in Placer County to open a Neonatal Intensive Care Unit for preemies and other babies who need specialized care.



**Sutter Roseville  
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## 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.

Non-organic 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 non-organic 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 non-organic fruits and vegetables, even those with higher pesticide levels, is better than not eating fruits and vegetables at all.

