

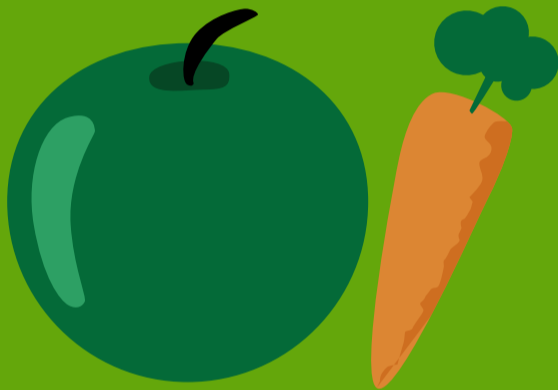
Benefits of Eating Produce Far Outweigh Any Risks

PESTICIDE
• FACTS •

Pesticide residues are not a primary barrier to produce consumption, nor should be, but **misunderstanding** of them is widespread.



The health benefits of eating produce **far outweigh** any perceived risks or barriers.



In fact, eating **4-5 servings** of fruits and vegetables daily is linked to lower mortality from cardiovascular disease, type 2 diabetes, digestive diseases, cancer and stroke.

Increased intake of fruit alone could lower the number of annual deaths worldwide by **2 million**.



Yet, **78 countries** reported that only about **half** of adults consume the recommended intake. And **only 18%** in 28 low- and middle-income countries do.

Why? Taste, time constraints, cost and appeal of fast foods.

