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Special Report

Facts, information and updates on food safety issues.

Pesticide Residues and ADHD

Media coverage surrounding a single ADHD study published in the April 2010 issue of *Pediatrics* suggested that parents might reconsider serving certain fruits and vegetables to their children. This study found a possible correlation between metabolites of a pesticide and Attention-Deficit/Hyperactive Disorder in children. Regarding the media outlets that went so far as to suggest altering a child's diet, one of the study's co-authors has clarified his advice to consumers. Below is a statement from study co-author Dr. Marc Weisskopf of the Harvard School of Public Health.

"Regarding our study that suggested a possible correlation between pesticides and ADHD in children, we want to re-emphasize that this is preliminary work and more research needs to be done. There are well-established health benefits to both adults and children from eating fresh fruits and vegetables. We do not want to discourage parents from feeding their children fresh fruits and vegetables and we're pleased that consumers have so many choices with the availability of both healthy and wholesome conventional and organic produce. Parents who may be concerned about pesticides residues should follow the advice of FDA, which states that you can reduce and often eliminate residues if they are present by washing under cold or warm tap water, or consider organic produce. But, we would remind parents that they should wash all produce whether it is grown organically or conventionally."

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