



concerned about pesticides, peel your fruits and vegetables and trim outer leaves of leafy vegetables in addition to washing them thoroughly. Keep in mind that peeling your fruits and vegetables may also reduce the amount of nutrients and fiber. Some pesticide residue also collects in fat, so remove fat from meat and the skin from poultry and fish. &nbsp;

## About the Author

Mayo Clinic

Source: <http://www.eatsee.com>