

# 10

things

you might not know  
about



what  
you eat

1.

The average fruit or vegetable we eat has traveled 1,500 miles to reach the table.

2.

About 40% of our fruit is imported from outside the United States.

3.

The vast majority—approximately 80%—of the energy used by the food industry goes to processing, packaging, transporting, storing, and preparing food.

4.

Domestic food transport creates 120 million tons of CO2 emissions annually.

5.

Fresh peas can be produced with only 40% of the energy required for frozen peas.

6.

Children who eat conventional diets are shown to have six times the amount of pesticides in their bodies as children who eat organic diets.

7.

The world's fish species, more than 70% of which are overfished, could be replenished through sustainable seafood management.

8.

Many farms offer weekly or monthly subscription baskets of fresh produce, flowers, fruits, eggs, meat, milk and other locally-grown and organic products.

9.

New York City's venerable Greenmarket helps preserve over 30,000 acres of working farmland.

10.

Organic crops contain significantly higher levels of vitamin C, iron, magnesium and phosphorous than conventional fruits and vegetables.