



市政署
INSTITUTO PARA OS
ASSUNTOS MUNICIPAIS



Let's Learn About: Pesticide Residues

Pesticide residues may be present in fruits and vegetables as the pesticides are sprayed on them during their cultivation.

So, how can pesticide residues be removed?

The best way is washing them thoroughly before eating.



「食品安全資訊」網頁
www.foodsafety.gov.mo



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食品安全資訊



市政署食品安全資訊

How can we reduce our intake of pesticides?

Bear in mind the method of cleaning fruits and vegetables



Remove the spoiled and inedible outermost layers or leaves



Rinse away dirt on their surface with running water



When washing firm fruits and vegetables under running water, use a clean soft brush designed for the purpose



Clean and wash them thoroughly before cutting to avoid loss of nutrients

Tips for Everyday Life



Water after washing fruits and vegetables is not drinkable but it can be reused for watering plants and flushing toilets.



It is not advisable to use a produce wash agent as its residue can remain on the fruits and vegetables while not thoroughly rinsed.



Water after blanching vegetables should be discarded because it may contain pesticide residues.