

# Confidence in What We Eat



**In Canada, fruits and vegetables are subject to strict limits for pesticide residues.** When crops are treated with pesticides, there can be very small amounts of pesticide residues left on your food.

## Safety of foods treated with pesticides

You can feel good about choosing any type of produce available in Canada. The level of pesticide residues that could be on food in Canada must be low enough to not harm you. For there to be a health concern related to pesticide residues, you would need to eat a tremendous amount of a single food every day for your whole life.

**For example, for every day for your whole life, you would have to eat about:**

**280 apples**



almost fills a shopping cart

**6,000 blueberries**



almost fills a cooler

**300 grapes**



almost fills three bags

These numbers are based on the highest amount of a single pesticide residue detected on these foods in Canada.

Every day, you eat a variety of different foods, not just apples, blueberries or grapes. So, when Health Canada scientists decide how pesticides can be safely used on food, they look at your entire diet. They review the different types and amounts of food that people eat based on things like their age and gender.



Health Canada pays special attention to protect vulnerable people who may be at higher risk of harm from pesticides, like pregnant people, infants, children and older adults.

For information on the entire pesticide assessment process in Canada please visit: [Pesticide assessments in Canada](#)