



Swachh Khana Sehat Ka Khajana

Wash fruits and vegetables before eating them

Fruits and vegetables used for eating-cooking in everyday life may have Pesticide residue hidden on their surface, which are not visible from the naked eye. The toxic chemicals present in these pesticides may cause harm to your health.

Ways and means to minimize pesticide residue from fruits and vegetables before eating-cooking

General Methods :

- Wash in clean running or drinking water and dry with a clean cloth or paper towel.
- Scrub carrots, potatoes, turnips, etc. with a soft brush or cloth towel for 5 to 10 seconds and rinse with slightly warm water.
- Discard outer layer of leafy vegetables like cabbage, etc. before washing.
- Peel fruits like mangoes, pears, kiwis, and vegetables like gourds, loofah, cucumber before chopping them.
- Vegetables and some fruits which are consumed along with peel should be soaked in water for ½ hour to 1 hour and rinsed thoroughly before use.

Specialized Methods :

- Soak fruits and vegetables for 5 to 10 minutes in water diluted with vinegar followed by thorough rinsing.
- Wash vegetables like cauliflower, spinach, broccoli, cabbage, etc. with hot water containing 2 per cent common salt.
- Wash vegetables like carrot, brinjal, etc. with 1 per cent tamarind solution.
- Dipping in ozonated water helps in reduction of pesticide residues.
- Prepare any one of the following solutions and spray on fruit and vegetables, leave it for 5 to 10 minutes and then wash well with fresh water.
 - i.) 1 Tbsp. lemon juice, 2 Tbsp. baking soda, 1 cup of water
 - ii.) 1 Tbsp. lemon juice, 2 Tbsp. white vinegar, 1 cup of water
 - iii.) 1/4th cup vinegar, 2 Tbsp. salt.
- Soak vegetables and fruits for 30 minutes in a large bowl of water and any one of above solutions then wash in fresh water.
- For particularly waxy fruits and vegetables spray a mixture of 1 cup water, ½ a cup vinegar, 1 Tbsp. baking soda and a dash of grapefruit seed extract and leave for an hour, rinse them, then consume them.

Make it a Habit



**Wash fruits-vegetables
before use**



Mail your Complaints at
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Issued in Public Interest

DEPARTMENT OF FOOD SAFETY

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As per the Food Safety and Standard Act, Registration/Licensing is mandatory for every Food Business Operator.
For details login on the website www.foodlicensing.fssai.gov.in