



Strawberries Named Dirtiest Produce

Live Well, Work Well

Health and Wellness tips for your work, home and life
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Strawberries Named Dirtiest Produce for Third Year in a Row by EWG

Every year, the Environmental Working Group (EWG) releases a Shopper's Guide to Pesticides in Produce report that details which fruits and veggies are the least - and most - contaminated by pesticides. The guide is designed to help you make healthy and informed choices and reduce your exposure to toxic pesticides.

For the third year in a row, strawberries top the "Dirty Dozen" list of the most pesticide-tainted produce, with one-third of all conventional strawberry samples containing 10 or more pesticides. One sample even contained 22 pesticide residues.

The other fruits and vegetables on the Dirty Dozen list are:

- Spinach
- Nectarines
- Apples
- Grapes
- Peaches
- Cherries
- Pears
- Tomatoes
- Celery
- Potatoes
- Sweet bell peppers

While pesticides boost crop yields, multiple studies have linked pesticides in produce to conditions like asthma, cancer, fertility issues and brain conditions. The Connecticut Agricultural Experiment Station recommends rinsing produce under water for 30 seconds to get rid of pesticide residues. For more information, visit EWG's website: <https://www.ewg.org/foodnews/>. ■

Over 200 Rare Antibiotic-resistant Genes Found in 27 States, Report Shows

A Vital Signs report released by the Centers for Disease Control and Prevention (CDC) revealed that more than 200 rare antibiotic-resistant genes were found in bacteria tested in 2017.

According to CDC principal deputy director, Dr. Anne Schuchat, 2 million Americans get sick from antibiotic resistance, and 23,000 die from such infections each year.

The CDC is now promoting an aggressive containment strategy that includes rapid detection tests and screening for reducing the spread of antibiotic resistance. They also ask that you take simple preventive measures like washing your hands and getting vaccinated. For more information, visit <https://www.cdc.gov/drugresistance/>. ■

Retirement Plan Don'ts

When it comes to saving for retirement, you will find a lot of information about ways to save, the different retirement plans that are available, the kinds of investments you can make and how the market works. But be warned: Once you have put money into retirement savings, it should not be taken out. That money is meant to support you when you no longer work, and the less money in your savings, the less money you have to live on in your old age. Following are ways that people take money out of their retirement savings and what happens when they do.

Don't borrow from your retirement plan before retirement unless absolutely necessary.

Your retirement plan may allow you to borrow from your account, often at very attractive rates. However, borrowing reduces the account's earnings, leaving you with a smaller nest egg. Also, if you fail to pay back the loan, you could end up paying income taxes and penalties. As an alternative, consider budgeting to save the needed money or pursue other affordable loan options.

Avoid withdrawing funds permanently before retirement.

This often happens when people change jobs. According to a study by the Employee Benefits Research Institute and Hewitt Associates, only 47 percent of workers changing jobs rolled over into an IRA or a new employer's retirement plan at least some of the money they received from their former employer's retirement plan.

Pre-retirement withdrawals ultimately reduce the size of your nest egg. In addition, you'll probably pay federal income taxes on the amount you withdraw (ranging from 10 percent to as high as 39.1 percent) and a 10 percent penalty may be tacked on if you're younger than age 59½. You may also have to pay state taxes. If you're in a SIMPLE IRA plan, that early withdrawal penalty climbs to 25 percent if you take out money during the first two years you're in the plan. ■



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Fried Rice

- 2 Tbsp. vegetable oil
- 3 cups brown rice (cooked)
- 1 carrot (cut into ¼-inch slices)
- ½ cup bell pepper (chopped)
- ½ cup onion (chopped)
- ½ cup broccoli (chopped)
- 2 Tbsp. low-sodium soy sauce
- ½ tsp. black pepper
- 1 tsp. garlic powder
- 2 medium eggs (beaten)
- ¾ cup chicken (cooked, chopped)

Directions:

Heat oil in a large skillet over medium heat. Add rice and stir for 5 minutes. Stir in carrot, bell pepper,

onion, broccoli, soy sauce, black pepper and garlic powder. Cook until vegetables are tender. Remove mixture from pan. Pour eggs into pan and scramble. Put vegetable mix and rice back in the pan and mix with scrambled eggs. Add chicken and cook until hot. Serve warm. Makes 6 servings.

Nutritional Information (per serving)

Total Calories	203
Total Fat	7 g
Protein	9 g
Carbohydrates	26 g
Dietary Fiber	3 g
Saturated Fat	1 g
Sodium	269 mg

