CONTENTS

Foreword	iv
Toxins in and around us 1.1 Contamination in food 1.2 Children of endosulfan 1.3 Pesticides in blood 1.4 Pesticides in carbonated beverages	1 2 20 32 41
Antibiotics in food 2.1 Honey	49 50
Toxins at home 3.1 Lead in paints 3.2 Phthalates in toys	63 64 71
Foul food 4.1 Junk food 4.2 How junk is our junk food 4.3 The fat of the matter 4.4 The truth about trans fats 4.5 Caffeine	79 80 96 101 105 111
Annexure: The CSE lab References Resources	118 120 124
	Toxins in and around us 1.1 Contamination in food 1.2 Children of endosulfan 1.3 Pesticides in blood 1.4 Pesticides in carbonated beverages Antibiotics in food 2.1 Honey Toxins at home 3.1 Lead in paints 3.2 Phthalates in toys Foul food 4.1 Junk food 4.2 How junk is our junk food 4.3 The fat of the matter 4.4 The truth about trans fats 4.5 Caffeine Annexure: The CSE lab References Resources