

# How Many Bugs Have You Eaten Today?

Many foods we eat have insects or insect parts in them that we don't see. The Department of Health and Human Services has set a standard called the Food Defect Action Levels, which (to quote a publication) "are set on the basis of no hazard to health... These levels are set because it is not possible, and never has been possible, to grow in open fields, harvest and process crops that are totally free of natural defects."

Product	Action Level
Apple Butter	5 insects per 50 grams
Berries	4 larvae per 500 grams or 10 Whole insects in 500 grams
Ground Paparika	75 insect fragments per100 grams
Chocolate	80 microscopic insect fragments per 100 grams
Canned Sweet Corn	Two 3mm- length larvae, exoskeletons or fragments
Cornmeal	1 insect per 50 grams
Canned Mushrooms	20 maggots per 100 grams
Peanut Butter	60 insect fragments per 100 grams or 136 per pound
Tomato Paste or Pizza sauce	30 insect eggs per 100 grams or 2 maggots per 100 grams
Wheat Flour	75 insect fragments per 100 grams