

A collage of fresh produce including green beans, cherry tomatoes, potatoes, basil, and apples.

# DIRTY DOZEN & CLEAN 15

*The food we eat everyday plays an integral role in our overall wellbeing. It is important that we nourish our cells with the highest quality food possible with the lowest pesticide residue.*

## **Dirty Dozen:**

Apples  
Celery  
Tomatoes  
Cucumbers  
Grapes  
Nectarines  
Peaches  
Potatoes  
Spinach  
Strawberries  
Blueberries  
Sweet Bell Peppers

*Also: Green beans and kale are moving up on the most sprayed list as well.*

*These foods have the highest level of toxic organophosphate insecticides. Be sure to buy them organic.*

## **Clean 15:**

Onions  
Avocado  
Sweet Corn (watch for GMO)  
Pineapple  
Mango  
Sweet Peas  
Eggplant  
Cauliflower  
Asparagus  
Kiwi  
Cabbage  
Watermelon  
Grapefruit  
Sweet Potatoes  
Honeydew Melon

*These foods have the lowest level of pesticides and are safe to buy non-organic.*