

THE DIRTY DOZEN & THE CLEAN FIFTEEN

Make sure you are eating organic, when possible, especially the items from the Dirty Dozen List!

DIRTY DOZEN

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

PLUS

Green Beans
Kale/Greens

CLEAN FIFTEEN

Asparagus
Avocado
Cabbage
Cantaloupe
Corn
Eggplant
Grapefruit
Kiwi
Mangoes
Mushrooms
Onions
Pineapples
Sweet Peas
Sweet Potatoes
Watermelon