THE DIRTY DOZEN
FOODS YOU SHOULD BUY
organic

Apples  Peaches
Celery  Potatoes
Cherry  Snap Peas
Tomatoes  Spinach
Cucumbers  Strawberries
Grapes  Sweet Bell
Nectarines  Peppers

PLUS! Hot Peppers and Kale/Collards

These foods have been identified as containing the highest level of chemicals and pesticides when grown using conventional farming methods.

uniteforher.org
THE \textbf{clean} 15 FOODS YOU DON’T HAVE TO BUY ORGANIC

Asparagus   Mangoes
Avocados   Onions
Cabbage   Papayas
Cantaloupe   Pineapples
Cauliflower   Sweet Corn
Eggplant   Sweet Peas (frozen)
Grapefruit   Sweet Potatoes
Kiwi

These foods have been found to contain the lowest levels of pesticides.

\textbf{SOURCE:} Environmental Working Group, 2014 (www.ewg.org/foodnews/)