
THE DIRTY DOZEN FOODS YOU SHOULD BUY *organic*

Apples

Celery

Cherry

Tomatoes

Cucumbers

Grapes

Nectarines

Peaches

Potatoes

Snap Peas

Spinach

Strawberries

Sweet Bell

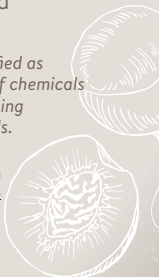
Peppers

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.

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Helping to Empower & Restore

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THE *clean* 15
FOODS YOU DON'T
HAVE TO BUY ORGANIC

Asparagus

Avocados

Cabbage

Cantaloupe

Cauliflower

Eggplant

Grapefruit

Kiwi

Mangoes

Onions

Papayas

Pineapples

Sweet Corn

Sweet Peas
(frozen)

Sweet
Potatoes

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

SOURCE: Environmental
Working Group, 2014
(www.ewg.org/foodnews/)

