

REDUCING PESTICIDE EXPOSURE

These foods are the least contaminated - don't be afraid to purchase conventionally!

These have the most pesticide residue - it's best to buy these foods organic!

CLEAN 15	DIRTY DOZEN
1. Asparagus	1. Apples
2. Avocados	2. Celery
3. Cabbage	3. Cherry Tomatoes
4. Cantaloupe	4. Cucumbers
5. Cauliflower	5. Grapes (imported)
6. Eggplant	6. Nectarines
7. Grapefruit	7. Peaches
8. Kiwi	8. Potatoes
9. Mangoes	9. Snap Peas
10. Onions	10. Spinach
11. Papayas	11. Strawberries
12. Pineapples	12. Sweet Bell Peppers
13. Sweet Corn	+ Hot Peppers
14. Sweet Peas (frozen)	+ Kale/Collard Greens
15. Sweet Potatoes	