



Dirty Dozen + Clean Fifteen



We know that finding clean organic foods isn't always easy, so we have listed the most important foods to choose organic (The Dirty Dozen). These foods should either be eaten organic or refrained from eating due to their high pesticide content. The Clean Fifteen can be eaten conventionally grown if no organic option is viable.

DIRTY DOZEN



Strawberries



Spinach



Kale, Collard
& Mustard Greens



Nectarines



Apples



Grapes



Bell & Hot
Peppers



Cherries



Peaches



Pears



Celery



Tomatoes

CLEAN FIFTEEN



Avocados



Sweet Corn



Pineapple



Onion



Papaya



Sweet Peas
(frozen)



Asparagus



Honeydew



Kiwi



Cabbage



Mushrooms



Cantaloupe



Mangoes



Watermelon



Sweet Potatoes

We felt this topic important enough to address in a handout as research shows time and time again that repeated exposure and ingestion of toxins may induce adverse health effects including cancer, effects on reproduction, immune, endocrine and nervous systems. Our goal is to help you repair your metabolism (among other things) and making small shifts over time including the cleanliness of the foods you are choosing can have a profound impact!

List resources from [ewg.org](https://www.ewg.org) - for more information visit: <https://www.ewg.org/foodnews/dirty-dozen.php>

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LOOK GOOD
DO GOOD