SHOPPING GUIDE

FOR CLEAN FRUITS & VEGETABLES



**Dirty dozen + Clean 15**

*BUY THESE ORGANIC Lowest in Pesticides*

1. Apples 1 Sweet Corn
2. Strawberries 2 Onions
3. Grapes 3 Pineapples
4. Celery 4 Avocados
5. Peaches 5 Cabbage
6. Sweet Bell Peppers 6 Frozen Sweet Peas
7. Imported Nectarines 7 Papayas
8. Cucumbers 8 Mangoes
9. Potatoes 9 Asparagus
10. Cherry tomatoes 10 Eggplant
11. Hot Peppers 11 Kiwi
12. Kale & Collards 12 Grapefruit
13. Spinach 13 Cantaloupe
14. Summer Squash 14 Sweet Potatoes 15 Mushrooms