

The DIRTY DOZEN

Organic is always the best - next, buy locally farmed and at the very minimum stateside farmed produce. Other countries do not have the regulations regarding pesticides that we do - so while you may save a few pennies, you may be placing your health at risk. The following is the EWG 2010 Dirty Dozen guide to items that should always be purchased organic to avoid the pesticide residue.

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| 1. Celery | 7. Bell Peppers |
| 2. Peaches | 8. Spinach |
| 3. Strawberries | 9. Kale |
| 4. Apples | 10. Cherries |
| 5. Blueberries | 11. Potatoes |
| 6. Nectarines | 12. Grapes |

The CLEAN FIFTEEN

Here are fifteen foods that are known as the “clean fifteen” as they have very low pesticide and chemical residues so you don’t have to spend the money to buy organic here. These be bought conventionally, but our recommendation is still to go organic on foods with permeable skins (like the tomatoes) and go conventionally with avocados and kiwis for example.

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| 1. Onions | 9. Cabbage |
| 2. Avocado | 10. Eggplant |
| 3. Sweet corn (not GMO) | 11. Papaya |
| 4. Mango | 12. Watermelon |
| 5. Pineapple (not GMO) | 13. Broccoli |
| 6. Asparagus | 14. Tomatoes |
| 7. Sweet peas | 15. Sweet potatoes |
| 8. Kiwi | |
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