



Dirty 12

Always buy organic

Strawberries

Spinach

Kale/Mustard/Collard Greens

Nectarines

Apples

Grapes

Cherries

Peaches

Pears

Bell & Hot Peppers

Celery

Tomatoes

Clean 15

OK to buy regular

Avocado

Sweet Corn

Pineapple

Onion

Papaya

Sweet Peas

Eggplant

Asparagus

Broccoli

Cabbage

Kiwi

Cauliflower

Mushroom

Honeydew Melon

Cantaloupe