

The Dirty Dozen

(These foods should only be consumed if organic, as the pesticides get deep into the flesh and cannot be washed off)

1. Apples
2. Celery
3. Cherry tomatoes
4. Cucumbers
5. Grapes
6. Hot peppers
7. Nectarines (imported)
8. Peaches
9. Potatoes
10. Spinach
11. Strawberries
12. Capsicum

Dirty Dozen Plus:
Kale and Summer squash



The Clean Fifteen

Although it is safer to eat non organic varieties of these foods it is still advisable to wash these in a vinegar and water solution or vegetable wash to help to remove any chemicals and pesticides.

1. Asparagus
2. Avocados
3. Cabbage
4. Cantaloupe
5. Sweet corn
6. Eggplant
7. Grapefruit
8. Kiwi
9. Mangoes
10. Mushrooms
11. Onions
12. Papayas
13. Pineapples
14. Sweet peas (frozen)
15. Cauliflower

