

Clean Food, Clear Mind

DIRTY DOZEN

Fruits and vegetables with the highest levels of pesticide residues

Best to buy organic where possible



APPLE



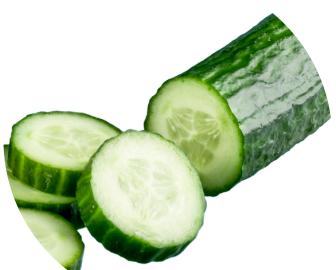
SPINACH



CELERY



CHERRY
TOMATOES



CUCUMBER



GRAPES



HOT PEPPERS



NECTARINE



PEACH



POTATO



STRAWBERRIES



CAPSICUM

CLEAN FIFTEEN

Considered 'Safer' than the dirty dozen in their non-organic form



SWEET CORN



PINEAPPLE



CABBAGE



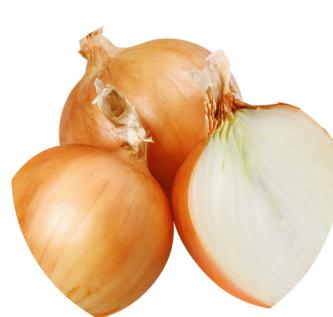
AVOCADO



SWEET POTATO



SWEET PEAS
(FROZEN)



ONIONS



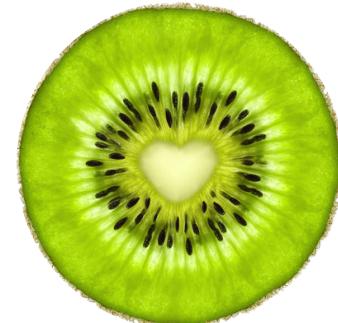
ASPARAGUS



MANGO



PAPAYA



KIWI FRUIT



EGG PLANT



GRAPE FRUIT



ROCK MELON



CAULIFLOWER