

# Clean Food, Clear Mind

## DIRTY DOZEN

**Fruits and vegetables with the highest levels of pesticide residues**

**Best to buy organic where possible**



APPLE



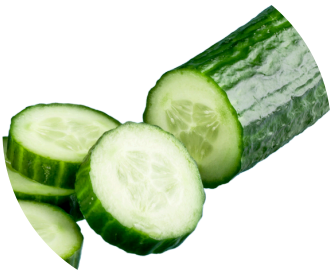
SPINACH



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