

2015

Clean Shopping
Guide

Dirty DOZEN

APPLES
PEACHES
NECTARINES
STRAWBERRIES
GRAPES
CELERY
SPINACH
SWEET BELL PEPPERS
CUCUMBERS
CHERRY TOMATOES
SNAP PEAS (IMPORTED)
POTATOES
⊕ HOT PEPPERS
KALE / COLLARD GREENS

Clean FIFTEEN

AVOCADOS
SWEET CORN
PINEAPPLES
CABBAGE
SWEET PEAS (FROZEN)
ONIONS
ASPARAGUS
MANGOS
PAPAYAS
KIWI
EGGPLANT
GRAPEFRUIT
CANTALOUPE
CAULIFLOWER
SWEET POTATO

BUY THESE ORGANIC

OK TO BUY CONVENTIONAL

SOURCE: EWG.ORG

for more awesomeness

Organics

visit www.organics.org