

Clean 15

VERSUS

DIRTY DOZEN

COMPARING WHAT IS SAFEST TO EAT

Clean 15

Foods that are safest to eat that aren't organic

Asparagus

Avocado

Cabbage

Cauliflower

Eggplant

Grapefruit

Honeydew

Kiwi Fruit

Mango

Papaya

Pineapple

Onion

Sweet corn

Sweetpeas (frozen)

Rockmelon

Dirty Dozen

Foods which are best eaten organic to avoid pesticides

Apples

Capsicum

Celery

Cherries

Grapes

Nectarines

Peaches

Pears

Potatoes

Spinach

Strawberries

Tomatoes