



## The Dirty Dozen



### A practical approach for choosing to buy organic

The USDA has found that even after washing and peeling, certain fruits and vegetables contain much higher levels of pesticide residue than other fresh produce.

Twelve fruits and veggies have been labeled “The Dirty Dozen” because of their high amount of pesticide residue.

By eating these items organically you can lower your exposure to pesticide residues by 90%!

### The Dirty Dozen- Buy These Items Organic

Apples	Peaches
Bell Peppers	Pears
Celery	Potatoes
Cherries	Raspberries
Imported Grapes	Spinach
Nectarines	Strawberries

### Less Contaminated Items- Organic not Necessary

Asparagus	Kiwi
Avocados	Mangos
Bananas	Onions
Broccoli	Papaya
Cauliflower	Pineapples
Corn	Peas