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WHEN TO CHOOSE ORGANIC PRODUCE, WHEN IT'S OKAY NOT TO (if you are on a budget)

*From the 2016 EWG Report

DIRTY DOZEN – Produce with the highest levels of pesticides/chemicals

Apples	Nectarines – imported
Celery	Peaches
Cherries	Spinach
Cherry Tomatoes	Strawberries
Cucumbers	Sweet bell peppers
Grapes	Tomatoes

***Plus – Collards, kale, hot peppers (listed as pesticides with special concern)

CLEAN FIFTEEN – Produce with the lowest levels of pesticides/chemicals *I personally mostly buy organic in these too

Asparagus	Kiwi
Avocado	Mangoes
Cabbage	Onions
Cantaloupe	Papayas
Cauliflower	Pineapples
Eggplant	Sweet corn
Grapefruit	Sweet peas
Honeydew melon	