



EWG

2020 Dirty Dozen

Dirty Dozen

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|-----------------|-------------|--------------|
| 1. Strawberries | 5. Apples | 9. Pears |
| 2. Spinach | 6. Grapes | 10. Tomatoes |
| 3. Kale | 7. Peaches | 11. Celery |
| 4. Nectarines | 8. Cherries | 12. Potatoes |

Clean 15

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|---------------|------------------------|---------------|
| 1. Avocados | 6. Sweet Peas (frozen) | 11. Broccoli |
| 2. Sweet Corn | 7. Eggplant | 12. Mushrooms |
| 3. Pineapple | 8. Asparagus | 13. Cabbage |
| 4. Onions | 9. Cauliflower | 14. Honey Dew |
| 5. Papaya | 10. Cantaloupe | 15. Kiwi |

Want to know how toxic the “clean” non-organic foods are in the US?

Visit whatsinmyfood.org to see the cancer causing, reproductive toxic, neurotoxic and hormone disruptive pesticides that are left on your food by the time you get them at the grocery store, it's very shocking!