



Environmental Working Groups 2023

Clean Fifteen

1. Avocados
2. Sweet Corn
3. Pineapple
4. Onions
5. Papaya
6. Sweet peas (frozen)
7. Asparagus
8. Honeydew Melon
9. Kiwi
10. Cabbage
11. Mushrooms
12. Mangoes
13. Sweet Potatoes
14. Watermelon
15. Carrots

Dirty Dozen

1. Strawberries
2. Spinach
3. Kale, CollardS, & Mustard Greens
4. Peaches
5. Pears
6. Nectarines
7. Apples
8. Grapes
9. Bell & Hot Peppers
10. Cherries
11. Blueberries
12. Green Beans

Buying organic ensures that you're not getting GMO.



INTEGRATIVE WELLNESS
NUTRITION CONSULTANTS