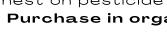


## The Dirty Dozen

These fruits and vegetables rank highest on pesticide residue.

Purchase in organic!





1.Strawberries



4. Nectarines



7. Cherries



2. Spinach



5. Apples



8. Peaches



11. Celery

3. Kale, Mustard and **Collard Greens** 



6. Grapes



9. Pears



NUTRITION CONSULTING

Keep this list with you on your next trip to the market!