



The Dirty Dozen



These fruits and vegetables rank highest on pesticide residue.

Purchase in organic!



1. Strawberries



4. Nectarines



7. Cherries



10. Bell & Hot Peppers



2. Spinach



5. Apples



8. Peaches



11. Celery

3. Kale, Mustard and Collard Greens



6. Grapes



9. Pears



12. Tomatoes



Renew

NUTRITION CONSULTING

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