

Zoom in now!
Print and laminate and put in your wallet to **USE WHEN SHOPPING!**



The Clean 15 List

- #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 Watermelon
- #12 Mushrooms
- #13 Mangoes
- #14 Sweet Potatoes
- #15 Carrots

Dirty Dozen List

Make these your **must-have organic** items, when shopping!

- #1 Strawberries
- #2 Spinach
- #3 Kale, collard greens, and mustard greens
- #4 Grapes
- #5 Peaches
- #6 Pears
- #7 Nectarines
- #8 Apples
- #9 Bell and hot peppers
- #10 Cherries
- #11 Blueberries
- #12 Green beans