

Dirty Dozen

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

** Buy these organic whenever possible*

Cheryl Giambattista
HEALTH COACH

Clean Fifteen

1. Sweet Corn*
2. Avocados
3. Pineapples
4. Cabbage
5. Onions
6. Sweet peas
7. Papayas*
8. Asparagus
9. Mangos
10. Eggplant
11. Honeydew Melon
12. Kiwi
13. Cantaloupe
14. Cauliflower
15. Grapefruit

** A small amount of sweet corn, papaya and summer squash sold in the United States is produced from genetically modified seeds. Buy organic varieties of these crops if you want to avoid genetically modified produce.*

Cheryl Giambattista
HEALTH COACH

*** Print, cut around outside, fold in half, and place in your wallet.**

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12. Potatoes
- peppers
11. Sweet bell
10. Tomatoes
9. Celery

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