

Dirty Dozen and Clean Fifteen Wallet Card

Cut out on the dashed line for a quick reference guide you can keep in your wallet.
You may want to laminate or tape for lasting use.



THE "DIRTY DOZEN"
And More Foods To **ALWAYS BUY ORGANIC**

The Dirty Dozen: Produce most likely to be contaminated with pesticide*:

Strawberries	Peaches	Celery
Spinach	Pears	Tomatoes
Nectarines	Cherries	Sweet Bell Peppers
Apples	Grapes	Potatoes

Leafy Greens: Lettuce, Kale, Collard Greens

Eggs: Conventional eggs are too high in Omega 6's, and too low in Omega 3's.

Meats: Organic livestock are raised without antibiotics and hormones, and have access to the outdoors.

Dairy: Look for organic, grass-fed dairy.

Coffee: Conventional coffee is among the world's most chemically treated foods.

*Source: Environmental Working Group

THE "CLEAN FIFTEEN"
And More Foods You **DON'T** Need To Buy Organic

The "Clean Fifteen": Produce items least likely to be contaminated with pesticide*:

Sweet Corn <small>(non-GMO)</small>	Sweet Peas	Kiwi
Avocados	Papayas	Cantaloupe
Pineapples	Asparagus	Cauliflower
Cabbage	Mangos	Grapefruit
Onions	Eggplant	
	Honeydew Melon	

Other foods with thick skins or rinds, which can be removed:

Watermelon	Oranges
Bananas	Pumpkins

Quinoa: The coating is nearly impermeable to pests, so growers don't spray

Maple Syrup: It is usually forest-harvested from untreated trees.

*Source: Environmental Working Group



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