

# **CLEAN 15**

**Asparagus**  
**Avocados**  
**Cabbage**  
**Cantaloupe**  
**Cauliflower**  
**Eggplant**  
**Grapefruit**  
**Kiwi**  
**Mango**  
**Onion**  
**Papaya**  
**Pineapple**  
**Sweet Corn**  
**Frozen Sweet Peas**  
**Sweet Potatoes**

# **DIRTY DOZEN**

Opt for Organic when possible

**Apple**  
**Celery**  
**Cherry Tomato**  
**Cucumber**  
**Grapes (Imported)**  
**Nectarines**  
**Peaches**  
**Potatoes**  
**Snap Peas**  
**Spinach**  
**Strawberries**  
**Sweet Bell Peppers**  
**Hot Peppers**  
**Kale/Collared Greens**