

TO ORGANIC OR NOT TO ORGANIC...

- Nadine the Naturopath's print out **GUIDE TO THE BEST FOODS TO BUY ORGANIC AND THE ONES NOT TO WORRY ABOUT**

DIRTY DOZEN (14)

These foods have high amounts of pesticide exposure and it is **BEST TO BUY ORGANIC**



Grapes



Spinach



Apples



Hot peppers



Strawberries



Celery



Nectarines (imported)



Sweet Bell Peppers



Cherry Tomatoes



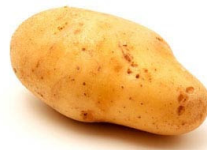
Peaches



Kale / Collard Greens



Cucumbers



Potatoes



Summer squash

CLEAN FIFTEEN

These products have decreased pesticide exposure and are **less important** to buy organic.



Eggplant



Papayas



Asparagus



Grapefruit



Pineapples



Avocados



Kiwi



Sweet Peas
(frozen)



Cabbage



Mangos



Sweet Potatoes



Cantaloupe



Mushrooms



Sweet Corn



Onions