

Produce Buying Guide

WHAT YOU SHOULD BUY ORGANIC

The Clean Fifteen

These are less likely to be contaminated with pesticides and/or have skins that are removed before eating. These fruits and vegetables are those you don't need to buy organic.

CORN
AVOCADO
PINEAPPLE
CABBAGE
ONION
PEAS (FROZEN)
PAPAYA
ASPARAGUS

MANGO
EGGPLANT
HONEYDEW MELON
ROCKMELON
KIWI FRUIT
CAULIFLOWER
GRAPEFRUIT

The Dirty Dozen

These are most likely to be contaminated with pesticides so it's best to buy these fruits and vegetables organic - or carefully wash them in a bowl with four parts water, one part vinegar.

STRAWBERRIES
SPINACH
NECTARINES
APPLES
PEACHES
PEARS

CHERRIES
GRAPES
CELERY
TOMATOES
CAPSICUM
POTATOES



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