

## **Dirty Dozen and Clean 15**

If you're on a budget food wise, and who isn't these days? Then focus on purchasing organic produce where it really matters. The Dirty Dozen is the produce that has been tested to have the most pesticides and chemicals by the EWG, The Environmental Working Group.

### **So buy Organic for these 12 foods, aka "The Dirty Dozen":**

1. Strawberries
2. Spinach
3. Kale, Collard & Mustard Greens
4. Peaches
5. Pears
6. Nectarines
7. Apples
8. Grapes
9. Bell & Hot Peppers
10. Cherries
11. Blueberries
12. Green Beans

The Clean 15 may have some pesticide but in high quantity as the Dirty Dozen.

### **Buy Non Organic (if you're on a food budget) for these 15 foods, aka "The Clean 15":**

1. Avocados
2. Sweet Corn
3. Pineapples
4. Onions
5. Papayas
6. Sweet Peas
7. Asparagus
8. Honeydew Melons
9. Kiwi
10. Cabbage
11. Mushrooms
12. Mangoes
13. Sweet Potatoes
14. Watermelon
15. Carrots

Purchasing Organic produce from reputable organic / regenerative farmers is the best option for all produce, but this Dirty Dozen, Clean Fifteen is a viable option. Do try an purchase produce in season as well.

**An added bonus:**

When purchasing beef, purchase grass fed, grass finished meats with no added steroids, antibiotics or hormones.

Sometimes cattle do need to be grain fed, just make sure this is organic feed.

For poultry and eggs, purchase organic fed, pasture raised with no hormones, steroids or antibiotics.

While it may be more expensive to a degree, the quality and nutrients they have will pay for itself! Organic and pasture raised as listed above is more filling because there are no additives like addicting sugars or pesticides that candysregulate the body in a number of ways.

So Happy, Healthy Eating and EAT CLEAN, DRINK CLEAN too!