



# 2017 edition SHOP CLEAN FOOD GUIDE

## CLEAN 15 DIRTY DOZEN

Sweet Corn

Avocados

Pineapples

Cabbage

Onions

Sweet Peas

Papayas

Asparagus

Mangoes

Eggplant

Honeydew

Kiwi

Cantaloupe

Cauliflower

Grapefruit

Strawberries

Spinach

Nectarines

Apples

Peaches

Pears

Cherries

Grapes

Celery

Tomatoes

Sweet Bell Peppers

Potatoes

### EAT CLEAN FOOD

The food we eat everyday plays an integral role in our overall wellbeing. It is important that we nourish our cells with the highest quality food possible with the lowest pesticide residue.

### WHAT ARE "THE DIRTY DOZEN"?

These foods have the highest level of toxic organophosphate insecticides\*. Be sure to buy them organic.

### WHAT ARE "THE CLEAN 15"?

These foods have the lowest level of pesticides and are safe to buy non-organic.

### BUYING ORGANIC

Buying organic is one of the ways we can ensure we are eating clean, non-genetically modified, nutrient-dense food. In fact, we can reduce our pesticide exposure by a whopping 80% by avoiding the "Dirty Dozen".

### JOYOUS TIP

Include fruits and vegetables at every single meal and snack. The benefits of eating fruits and vegetables every single day is endless! They will help you prevent cancer, avoid premature aging and live a joyous life.

\* May contain pesticides

<sup>1</sup> A small amount of sweet corn, papaya and summer squash sold in the United States is produced from GE seedstock. Buy organic varieties of these crops if you want to avoid GE produce.

\* Source: Environmental Working Group 2017

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