



INSPIRED WELLNESS.

..... PESTICIDES IN PRODUCE GUIDE

DIRTY DOZEN
buy these organic

FROM WORST

1. Peach
2. Apple
3. Bell Pepper
4. Celery
5. Nectarine
6. Strawberries
7. Cherries
8. Kale
8. Lettuce
10. Grapes (*Imported*)
11. Carrot
12. Pear

CLEAN 15
lowest in pesticides

FROM BEST

1. Onion
2. Avocado
3. Sweet Corn
4. Pineapple
5. Mango
6. Asparagus
7. Sweet Peas
8. Kiwi
9. Cabbage
10. Eggplant
11. Papaya
12. Watermelon
13. Broccoli
14. Tomato
15. Sweet Potato

*** mention this produce guide when you call for a FREE consultation ***

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