















# Shopping Guide to Pesticides in Your Produce
















## DIRTY DOZEN -2013-

12 most commonly contaminated produce items with highly toxic pesticides. Buy these **ORGANIC** to reduce your exposure.

- |  |                     |   |                                     |
|--|---------------------|---|-------------------------------------|
|   | <b>APPLES</b>       |    | <b>NECTARINES</b>                   |
|    | <b>STRAWBERRIES</b> |    | <b>CUCUMBERS</b>                    |
|   | <b>GRAPES</b>       |   | <b>POTATOES</b>                     |
|  | <b>CELERY</b>       |  | <b>CHERRY TOMATOES</b>              |
|  | <b>PEACHES</b>      |  | <b>HOT PEPPERS</b>                  |
|  | <b>SPINACH</b>      | <b>PLUS NEW for 2013...</b>   |                                     |
|  | <b>BELL PEPPERS</b> |  | <b>KALE/COLLARD GREENS</b>          |
|  |                     |  | <b>SUMMER SQUASH &amp; ZUCCHINI</b> |

## CLEAN FIFTEEN -2013-

15 produce items least tainted with pesticides. You can feel confident buying **NON-ORGANIC** versions of these.

- |   |                   |   |                          |
|---|-------------------|---|--------------------------|
|    | <b>AVOCADO</b>    |    | <b>MANGO</b>             |
|    | <b>CANTALOUPE</b> |    | <b>SWEET PEAS FROZEN</b> |
|   | <b>CABBAGE</b>    |   | <b>SWEET POTATO</b>      |
|  | <b>EGGPLANT</b>   |  | <b>PAPAYA</b>            |
|  | <b>CORN</b>       |  | <b>KIWI</b>              |
|  | <b>GRAPEFRUIT</b> |  | <b>PINEAPPLE</b>         |
|  | <b>MUSHROOMS</b>  |  | <b>ONIONS</b>            |
|   |                   |  | <b>ASPARAGUS</b>         |