



2020 CLEAN FIFTEEN

These are the types of produce that have the lowest levels of pesticide residue. If budget is a concern, these may be purchased non-organically.



1

AVOCADO



2

SWEET CORN



3

PINEAPPLE



4

ONION



5

PAPAYA



6

SWEET PEAS (FROZEN)



7

EGGPLANT



8

ASPARAGUS



9

CAULIFLOWER



10

CANTALOUPE



11

BROCCOLI



12

MUSHROOM



13

CABBAGE



14

HONEYDEW MELON



15

KIWI

Source: <https://www.ewg.org/foodnews/clean-fifteen.php>

Contact your onsite Health Coach for more information:

Allison Knight, NBC-HWC, NDTR, CPT

National Board Certified Health & Wellness Coach,

Nutrition & Dietetic Technician, Registered & Certified Personal Trainer

262.804.1068 • allisonknight@employeehc.com