



2020 DIRTY DOZEN

These are the types of produce that have the highest levels of pesticide residue. If your budget allows, these are best to purchase organically.



1

STRAWBERRIES



2

SPINACH



3

KALE



4

NECTARINES



5

APPLES



6

GRAPES



7

PEACHES



8

CHERRIES



9

PEARS



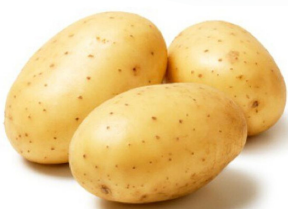
10

TOMATOES



11

CELERY



12

POTATOES

Source: <https://www.ewg.org/foodnews/dirty-dozen.php>

Contact your onsite Health Coach for more information:

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