



THE CONSCIOUS HEALTH COACH  
*Come and Embrace a New Vitality*

## Environmental Working Group Guidelines

2017

**Clean 15:** Save your money and buy conventional. These foods are grown with or absorb the least amount of pesticides.

Sweet corn (buy organic to ensure it's not genetically modified)  
Avocado  
Pineapple  
Cabbage  
Onions  
Sweet peas (frozen)  
Papayas (buy organic to ensure they aren't genetically modified)  
Asparagus  
Mangos  
Eggplant  
Honeydew Melon  
Kiwi  
Cantaloupe  
Cauliflower  
Grapefruit

**Dirty Dozen Plus:** Always buy organic due to the high level of pesticides used in the growth of this food.

Strawberries  
Spinach  
Nectarines  
Apples  
Peaches  
Pears  
Cherries  
Grapes  
Celery  
Tomatoes  
Sweet bell peppers  
Potatoes  
Hot peppers