

## TAKE 2 WELLNESS

*A Health Coach Approach To Help You  
Take Charge Of YOU*

## Most and Least Contaminated Produce

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Many people can't afford to buy all organic all the time. But you don't have to buy all organic produce to reduce your risk for chemical contamination. This list from the Environmental Working Group tells you which fruits and vegetables contain the most chemicals and which ones are least contaminated. Use it when shopping to help make the best choices for you and your family – even if you can't buy entirely organic foods.

### **12 Most Contaminated / Dirty Dozen™**

1. Apples
2. Celery
3. Strawberries
4. Peaches
5. Spinach
6. Nectarines (Imported)
7. Grapes (Imported)
8. Sweet bell peppers
9. Potatoes
10. Blueberries (Domestic)
11. Lettuce
12. Kale / collard greens

### **15 Least Contaminated / Clean 15™**

1. Onions
2. Corn
3. Pineapples
4. Avocado
5. Asparagus
6. Sweet Peas
7. Mangoes
8. Eggplant
9. Cantaloupe (Domestic)
10. Kiwi
11. Cabbage
12. Watermelon
13. Sweet potatoes
14. Grapefruit
15. Mushrooms