



THE DIRTY DOZEN

1. Strawberries
2. Spinach
3. Kale, Collards, and Mustard Greens
4. Nectarines
5. Apples
6. Grapes
7. Bell Peppers and Hot Peppers
8. Cherries
9. Peaches
10. Pears
11. Celery
12. Tomatoes

THE CLEAN FIFTEEN

1. Avocados
2. Sweetcorn
3. Pineapple
4. Onions
5. Papaya
6. Sweet Peas (Frozen)
7. Asparagus
8. Honeydew Melon
9. Kiwi
10. Cabbage
11. Mushrooms
12. Mangoes
13. Sweet Potatoes
14. Watermelon
15. Carrots

