

Foods with the least pesticide residue

OK to buy non organic

Clean Fifteen

1. Pineapple
2. Sweet Corn
3. Avocados
4. Papaya
5. Onion
6. Sweet Peas (frozen)
7. Asparagus
8. Cabbage
9. Watermelon
10. Cauliflower
11. Bananas
12. Mangoes
13. Carrots
14. Mushrooms
15. Kiwi

For more information please visit
<https://www.ewg.org/foodnews/clean-fifteen.php>



Foods with the most pesticide residue these foods should be posted organic

Dirty Dozen

1. Spinach
2. Strawberries
3. Kale, Collard & Mustard Greens
4. Grapes
5. Peaches
6. Cherries
7. Nectarines
8. Pears
9. Apples
10. Blackberries
11. Blueberries
12. Potatoes

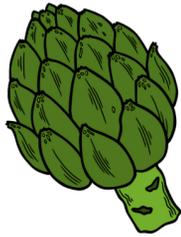
For more information please visit
<https://www.ewg.org/foodnews/dirty-dozen.php>



Top PHC Rich Fiber Foods

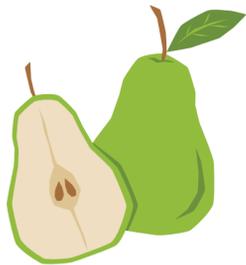
Artichokes

1 cup cooked (170g) has 7.7g



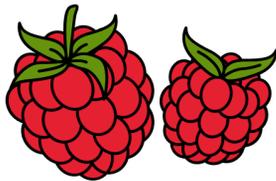
Pears

1 raw pear (170g) has 4.4g



Raspberries

1 cup raw (120g) has 8g



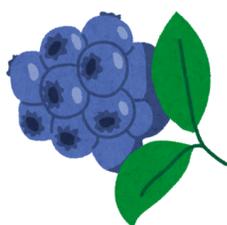
Carrots

1 cup cooked (150g) has 4.6g



Blueberries

1 cup raw (150g) has 3.6 g



Avocado

1/2 avocado (75g) has 6.7g



Broccoli

1 cup (156g) cooked has
5.3g



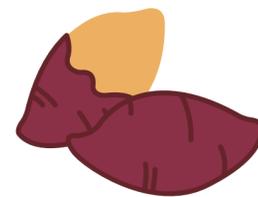
Brussel Sprouts

1 cup cooked (150g) has 4g



Sweet Potatoes

1 cup cooked (200g) has 6.6g



Blackberries

1 cup raw (145g) has 7.6g

