

**The Dirty Dozen**

Strawberries

Spinach

Peaches

Nectarines

Apples

Pears

Cherries

Grapes

Celery

Tomatoes

Sweet Bell Peppers

Potatoes

Hot Peppers

# The Clean 15

Sweet Corn (NON GMO)

Avocado

Pineapples

Cabbage

Onions

Sweet Peas (Frozen)

Papaya (NON GMO)

Mangos

Asparagus

Eggplant

Honeydew Melon

Kiwi

Cantaloupe

Cauliflower

Grapefruit