

Clean Fifteen Foods

These are the foods that have been determined to have the least amount of pesticides, by the **EWG.org** (**Environmental Working Group**), which are being sold in the United States. Please check out their website to access further information. You should be able to eat these foods and not have to worry about having pesticide reactions and or an increase of your toxic load. You should not have to eat these foods organic.

- 1. Sweet Corn**
- 2. Avocados**
- 3. Pineapple**
- 4. Cabbage**
- 5. Onions**
- 6. Sweet Peas (frozen)**
- 7. Papayas**
- 8. Asparagus**
- 9. Mango**
- 10. Kiwi**
- 11. Eggplant**
- 12. Honeydew**
- 13. Cantaloupe**
- 14. Cauliflower**
- 15. Grapefruit**