

Dirty Dozen Foods

These are the foods that have been determined to have the most 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. Check your sources and the pesticides that are being used on these foods if you are buying local, and eat organic with these foods especially if you are unsure.

- 1. Strawberries**
- 2. Spinach**
- 3. Peaches**
- 4. Grapes**
- 5. Nectarines**
- 6. Apples**
- 7. Pears**
- 8. Cherries**
- 9. Tomatoes**
- 10. Potatoes**
- 11. Celery**
- 12. Bell Peppers and Hot Peppers**