

shopping clean















eat clean food

The food we eat everyday plays an integral role in our overall wellbeing. It is important that we nourish our cells with the highest quality food possible with the lowest pesticide residue.


















THE CLEAN 15 ★ ★ ★ ★ ★

THE DIRTY DOZEN (Eat these Organic)

- | | |
|--|---|
|  Apples |  Spinach |
|  Peaches |  Peppers |
|  Nectarines |  Cucumbers |
|  Strawberries |  Cherry Tomatoes |
|  Grapes |  Sugar-snap Peas |
|  Celery |  Potatoes |

ADDITIONS+

- | | |
|---|---|
|  Hot Peppers |  Kale/Collard Greens |
|---|---|

- | | |
|--|---|
|  Avocados |  Mangoes |
|  Corn |  Papaya |
|  Pineapple |  Kiwis |
|  Cabbage |  Eggplant |
|  Sweet Peas Frozen |  Grapefruit |
|  Onions |  Cantaloupe |
|  Asparagus |  Cauliflower |
|  Sweet Potatoes | |

WHAT ARE THE "DIRTY DOZEN"?

These foods have the highest level of toxic organophosphate insecticides*
Be sure to buy them organic

WHAT ARE THE "CLEAN 15"?

These foods have the lowest level of pesticides and are safe to buy non-organic.

BUYING ORGANIC

Buying organic is one of the ways we can ensure we are eating clean, non-genetically modified nutrient-dense food. In fact, we can reduce our pesticide exposure by a whopping 80% by avoiding the "Dirty Dozen".

BETTER LIVING NUTRITION TIP

Include fruits and vegetables at every single meal and snack. The benefits of eating fruits and vegetables every single day is endless! They will help you prevent cancer, avoid premature aging and live a long healthy life.

*May Contain Pesticides
†Source: Environmental working Group 2015