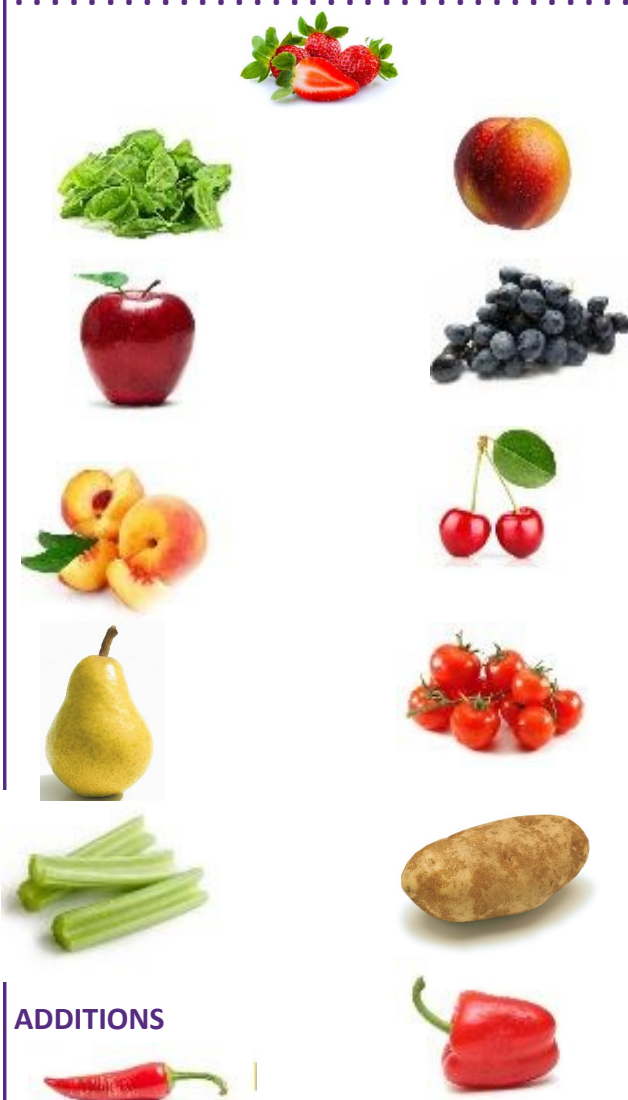


SHOPPING *CLEAN*

WITH BETTER  LIVING

Nutrition

THE DIRTY DOZEN (Eat these Organic)



ADDITIONS

EAT CLEAN *FOOD*

The food we eat every day 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



Shop *clean*
guide

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 2018 EWG