

 <h1>NEZOO DIRTY DOZEN</h1> <p>By Jackie Pou</p>		 <div> <div>celery</div> <div>peaches</div> <div>strawberries</div> <div>apples</div> <div>blueberries</div> <div>nectarines</div> </div> <div> <div>imported grapes</div> <div>bell peppers</div> <div>spinach, kale, & collards</div> <div>lettuce</div> <div>cherries</div> <div>potatoes</div> </div>
 <h1>NEZOO DIRTY DOZEN</h1>		<h1>THE DIRTY DOZEN</h1>
 <p>Environmental Working Group 1436 U St NW #100 Washington, DC 20009</p> <h2>THE CLEAN FIFTEEN AND DIRTY DOZEN</h2> <p>by Jackie Pou</p> <p>A new report issued by the President's Cancer Panel recommends eating produce without pesticides to reduce your risk of getting cancer and other diseases. Certain types of organic produce can reduce the amount of toxins you consume on a daily basis by as much as 80 percent.</p> <p>"The Dirty Dozen" and "The Clean 15," were compiled using data from the United States Department of Agriculture on the amount of pesticide residue found in non-organic fruits and vegetables after they had been washed.</p> <p>The full list contains 49 types of produce, rated on a scale of least to most pesticide residue. You can check out the full list from on the Environmental Working Group's website at www.foodnews.org.</p>		<h1>THE CLEAN FIFTEEN</h1>  <div> <div>onions</div> <div>avocados</div> <div>sweet corn</div> <div>pineapple</div> <div>mango</div> <div>sweet peas</div> <div>asparagus</div> <div>kiwi</div> </div> <div> <div>cabbage</div> <div>eggplant</div> <div>cantaloupe</div> <div>watermelon</div> <div>grapefruit</div> <div>sweet potatoes</div> <div>sweet onions</div> </div>



spinach, kale
& collard greens



nectarines



sweet bell
peppers

THE DIRTY DOZEN



domestic
blueberries



cherries



celery



peaches

The “Dirty Dozen” fruits and vegetables, when conventionally grown, tested positive for at least 47 different chemicals, with some testing positive for as many as 67. For produce on the “dirty” list, you should definitely go organic — unless you relish the idea of consuming a chemical cocktail.



apples



imported
grapes



strawberries



lettuce



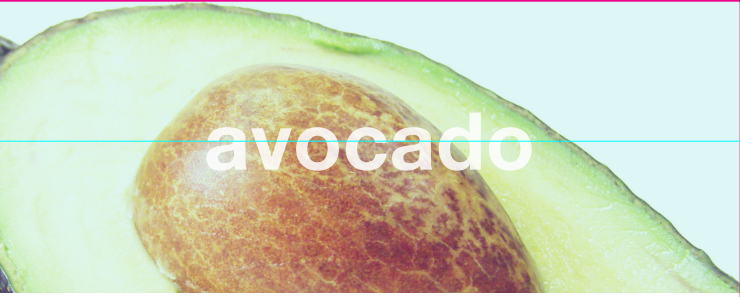
potatoes



kiwi



asparagus



avocado



cabbage



onions

THE CLEAN FIFTEEN



eggplant



cantaloupe



sweet potatoes

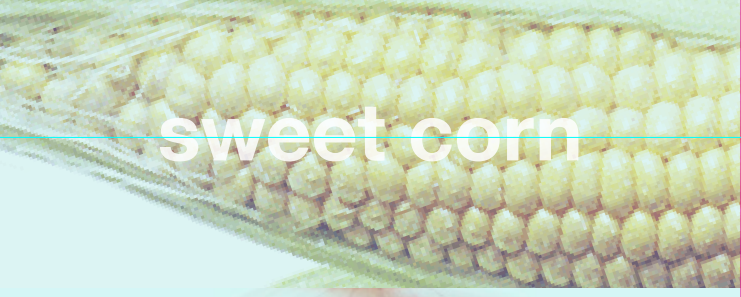


watermelon

When tested, the fruits and vegetables of the “Clean 15” bore little to no traces of pesticides. While buying organic is always your best bet to avoid harmful chemicals, these produce picks are safe to consume in non-organic form.



sweet peas



sweet corn



grapefruit



pineapple



sweet onions



mango



THE CLEAN FIFTEEN

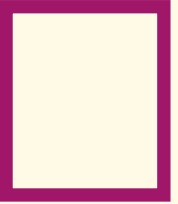


THE DIRTY DOZEN



Environmental Working Group

1436 U St NW #100
Washington, DC 20009



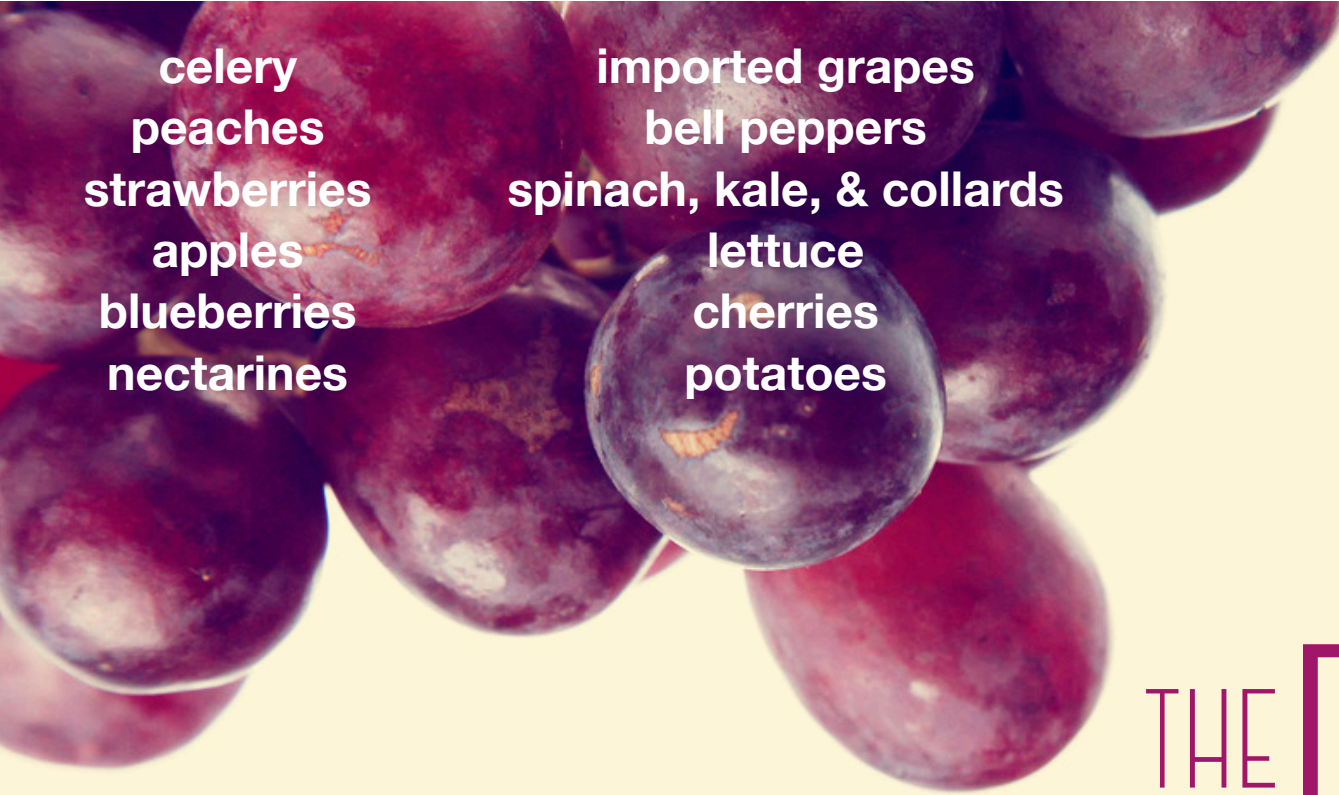
THE CLEAN FIFTEEN AND DIRTY DOZEN

by Jackie Pou

A new report issued by the President's Cancer Panel recommends eating produce without pesticides to reduce your risk of getting cancer and other diseases. Certain types of organic produce can reduce the amount of toxins you consume on a daily basis by as much as 80 percent.

"The Dirty Dozen" and "The Clean 15," were compiled using data from the United States Department of Agriculture on the amount of pesticide residue found in non-organic fruits and vegetables after they had been washed.

The full list contains 49 types of produce, rated on a scale of least to most pesticide residue. You can check out the full list from on the Environmental Working Group's website at www.foodnews.org.



celery
peaches
strawberries
apples
blueberries
nectarines

imported grapes
bell peppers
spinach, kale, & collards
lettuce
cherries
potatoes

THE DIRTY DOZEN

THE CLEAN FIFTEEN



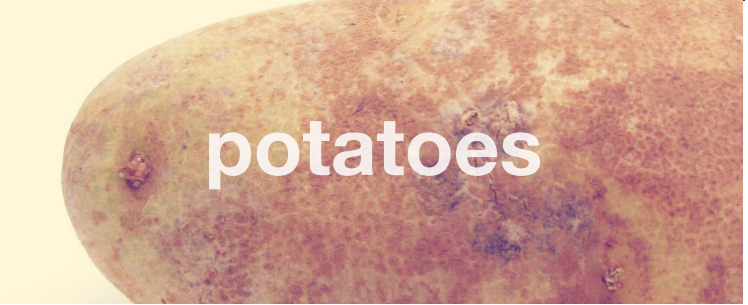
onions
avocados
sweet corn
pineapple
mango
sweet peas
asparagus
kiwi

cabbage
eggplant
cantaloupe
watermelon
grapefruit
sweet potatoes
sweet onions



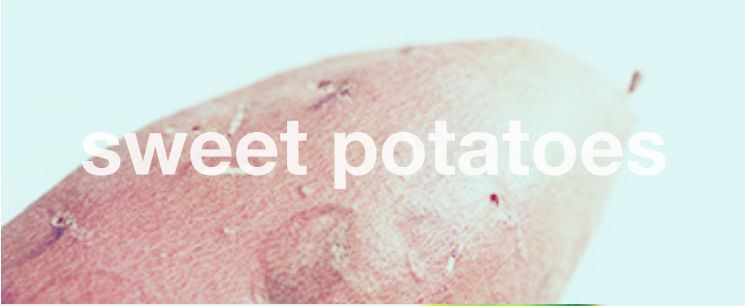
THE DIRTY DOZEN

The “Dirty Dozen” fruits and vegetables, when conventionally grown, tested positive for at least 47 different chemicals, with some testing positive for as many as 67. For produce on the “dirty” list, you should definitely go organic — unless you relish the idea of consuming a chemical cocktail.



THE CLEAN FIFTEEN

When tested, the fruits and vegetables of the “Clean 15” bore little to no traces of pesticides. While buying organic is always your best bet to avoid harmful chemicals, these produce picks are safe to consume in non-organic form.



NEZOD DIRTY



NEZOD DIRTY



- celery
- peaches
- strawberries
- apples
- blueberries
- nectarines
- imported grapes
- bell peppers
- spinach, kale, & collards
- lettuce
- cherries
- potatoes



THE DIRTY DOZEN

Environmental Working Group
1436 U St NW #100
Washington, DC 20009

THE CLEAN FIFTEEN AND DIRTY DOZEN

by Jackie Pou

A new report issued by the President's Cancer Panel recommends eating produce without pesticides to reduce your risk of getting cancer and other diseases. Certain types of organic produce can reduce the amount of toxins you consume on a daily basis by as much as 80 percent.

"The Dirty Dozen" and "The Clean 15," were compiled using data from the United States Department of Agriculture on the amount of pesticide residue found in non-organic fruits and vegetables after they had been washed.

The full list contains 49 types of produce, rated on a scale of least to most pesticide residue. You can check out the full list from on the Environmental Working Group's website at www.foodnews.org.



THE CLEAN FIFTEEN



- onions
- cabbages
- avocados
- eggplants
- sweet corn
- cantaloupe
- pineapple
- watermelon
- mango
- grapefruit
- sweet peas
- sweet potatoes
- asparagus
- sweet onions
- kiwi



THE DIRTY DOZEN

The “Dirty Dozen” fruits and vegetables, when conventionally grown, tested positive for at least 47 different chemicals, with some testing positive for as many as 67. For produce on the “dirty” list, you should definitely go organic — unless you relish the idea of consuming a chemical cocktail.



THE CLEAN FIFTEEN

When tested, the fruits and vegetables of the “Clean 15” bore little to no traces of pesticides. While buying organic is always your best bet to avoid harmful chemicals, these produce picks are safe to consume in non-organic form.

