

HIGH-VIBRATION EATING: THE DIRTY & THE CLEAN

THE DIRTY DOZEN V/S THE CLEAN FIFTEEN



Lowest Pesticides – Safe as Conventional

1. Avocados
2. Sweet Corn (non-GMO when possible)
3. Pineapple
4. Onions
5. Papaya (choose non-GMO when possible)
6. Sweet Peas (frozen)
7. Asparagus
8. Honeydew Melon
9. Kiwi
10. Cabbage
11. Mushrooms
12. Mangoes
13. Bananas
14. Watermelon
15. Carrots

How to Use This Chart:

- If you can only buy some things organic, prioritize the Dirty Dozen.
- If you're shopping conventional produce, the Clean Fifteen are your safest bet.
- This helps reduce pesticide exposure that can act as endocrine disruptors.
- * Note: Buy non-GMO corn and papaya when possible.
- If you can't buy all organic, wash and scrub produce well, but know that pesticides often soak into the skin.
- Focus on choosing organic versions of the Dirty Dozen when possible.



Highest Pesticides – Buy These as Organic

1. Strawberries
2. Spinach
3. Kale, Collard & Mustard Greens
4. Grapes
5. Peaches
6. Pears
7. Nectarines
8. Apples
9. Bell Peppers & Hot Peppers
10. Cherries
11. Blueberries
12. Green Beans