



DR. DAN'S

Natural Healing
CENTER

Simple, natural healthcare

DIRTY DOZEN

12 Most Contaminated (Always buy organic)

- Apples
- Celery
- Strawberries
- Peaches
- Spinach
- Nectarines - imported
- Grapes - imported
- Sweet bell peppers
- Potatoes
- Blueberries
- Lettuce
- Kale/collard greens

15 Clean/Least Contaminated (OK to buy conventional)

- Onions
- Sweet corn
- Pineapples
- Avocado
- Asparagus
- Sweet peas
- Mangoes
- Eggplant
- Cantaloupe
- Kiwi
- Cabbage
- Watermelon
- Sweet Potatoes
- Grapefruit
- Mushrooms