



BACK TO BALANCE
NATURAL HEALING CENTER

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Organic Best Buys

Cost-Conscious consumers who want to add organic produce to their shopping carts can use the environmental working groups buying guide to determine which food selections make the most sense. The EWG guide identifies the top 12 fruits and veggies that are most often contaminated by pesticides

Dirty DOZEN

APPLES
PEACHES
NECTARINES
STRAWBERRIES
GRAPES
CELERY
SPINACH
SWEET BELL PEPPERS
CUCUMBERS
CHERRY TOMATOES
SNAP PEAS (IMPORTED)
POTATOES
⊕ HOT PEPPERS
KALE / COLLARD GREENS

BUY THESE ORGANIC

Clean FIFTEEN

AVOCADOS
SWEET CORN
PINEAPPLES
CABBAGE
SWEET PEAS (FROZEN)
ONIONS
ASPARAGUS
MANGOS
PAPAYAS
KIWI
EGGPLANT
GRAPEFRUIT
CANTALOUPE
CAULIFLOWER
SWEET POTATO

Clean Shopping
Guide

OK TO BUY CONVENTIONAL