



# THE CLEAN FIFTEEN — AND — THE DIRTY DOZEN



# The Clean Fifteen

When 100% organic is not possible, the following items may be sourced from conventionally grown sources.



AVOCADOES



SWEET CORN



PINEAPPLES



CABBAGE



SWEET PEAS  
(Frozen)



ONIONS



ASPARAGUS



MANGOES



PAPAYA



KIWI



EGGPLANT



GRAPEFRUIT



ROCKMELON



CAULIFLOWER



SWEET POTATOES

# The Dirty Dozen Plus

Where possible avoid purchasing the following items from non-organic sources as their pesticide load is the highest of all produce items.



APPLES



STRAWBERRIES



GRAPES



CELERY



PEACHES



SPINACH



CAPSICUM



NECTARINES



CUCUMBER



CHERRY TOMATOES



SNAP PEAS



POTATOES



CHILLIES



BLUEBERRIES

At Momentum for Life, we support organic and biodynamic farming, wherever possible. This is not only better for you as the food is more nutrient dense, but better for the environment.

See what happens to this family when they switch to Organic food.

<https://youtu.be/oB6fUqmyKC8>

Pesticides have been linked to a variety of health problems, including hormone disruption, cancer and brain toxicity where as eating organic has been shown to be more nutrient dense. We do however recognise that switching to organic is a gradual process and sometimes is not always possible. So these two lists will help you do the best you can, when you cannot eat organically.

The Dirty Dozen and the Clean Fifteen, respectively show the list of plant foods treated with the most pesticides and then treated with the least. When we cannot buy organic, pesticide and/or chemical free food, we stick to the Clean Fifteen and recommend you do the same. This not to say that you should never eat from the Dirty Dozen as eating fresh fruit and vegetables is always better than processed or packaged food. The list is just a guide to help you with your allocation of organic vs non-organic purchases.

We also recommend using a vegetable wash for all non-organic plant foods.

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