



BePURE

CLEAN FIFTEEN

This list is the fruits and vegetables with the least amount of pesticide residue found on them. To save money, buy these items conventionally and wash at home in a bath of warm water with 4 Tbsp of apple cider vinegar.

ASPARAGUS
AVOCADO
CABBAGE
EGGPLANT
GRAPEFRUIT

KIWIFRUIT
KUMARA
MANGOES
MELON
MUSHROOMS

ONIONS
PEAS
PINEAPPLES
SWEETCORN
WATERMELON

DIRTY DOZEN

This list of the most contaminated fruits and vegetables was comprised by the Environmental Working Group. Best to buy these items organic where you can.

APPLES
BLUEBERRIES
CAPSICUM
CELERY

CUCUMBERS
GRAPES
LETTUCE
NECTARINES

PEACHES
POTATOES
STRAWBERRIES
SPINACH

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