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Dirty Dozen & Clean 15

Some of you may be familiar with Environmental Working Group's 'Dirty Dozen' and 'Clean 15'. The Dirty Dozen outlines a list of fruits and vegetable crops that are exposed to the greatest number of pesticides and may therefore carry a higher pesticide residue. The Clean 15 summarises the opposite.

Here in Australia, our non-organic farming practices often mirror those used in the USA however the items with an asterisk (*) are specifically relevant to Australian produce. Please bear in mind that much of the produce that you buy is imported from other countries and may have been in prolonged storage.

Dirty Dozen

Apples*
Celery*
Strawberries*
Peaches*
Spinach
Nectarines*
Grapes*
Capsicums
Potatoes
Blueberries
Lettuce*
Cherries
2 recent additions include Kale & Zucchini
Cucumber*
Broccoli*
Carrots*
Pears*

Clean 15

Onions
Pineapple
Avocado
Asparagus
Sweet Peas

Mangoes
Eggplant
RockMelon
Kiwi Fruit
Cabbage
Watermelon
Sweet Potato
Grapefruit
Mushrooms
Sweet corn

Pesticide residue load has been implicated in a myriad of health conditions including ADHD, fertility complications, autoimmune conditions, thyroid disorders and various cancers.

So be mindful of the food purchases that you make - Organic Fruit and Vegetable boxes can be ordered and delivered to your door for as little as \$40-50 per week - that's around \$7 per day - or the cost of 1.5 cups of coffee ...

Otherwise, get out to your local farmer's market and green grocer - and ask questions about the food that is fuelling your body - it's an investment into your health! I hope that you find this list useful - if you have any other questions relating to this topic, please just ask. Further reading on this topic:

http://www.foe.org.au/sites/default/files/TheDoseMakesThePoisonFeb2012_0.pdf

Call us on **0415 517 445** or book online on www.nnhealth.com.au

We look forward to seeing you soon,

Paula