

## The Clean Fifteen (Low in Pesticides):

1. Asparagus
2. Avocado (one of the truly great foods you can eat)
3. Cabbage
4. Cantaloupe
5. Corn (May be low in pesticides but, genetically modified so, buy organic)
6. Eggplant
7. Grapefruit
8. Kiwi
9. Mangoes
10. Mushrooms
11. Onions
12. Pineapples
13. Sweet Peas (also, mostly GMO so, buy organic)
14. Sweet Potatoes
15. Watermelon

You'll notice that many of these have thick skins so, pesticides aren't absorbed.