



Going Organic

Dirty Dozen:

Peaches	(100)
Apples	(89)
Bell Peppers	(86)
Celery	(85)
Nectarines	(84)
Strawberries	(82)
Cherries	(75)
Pears	(65)
Grapes	(65)
Spinach	(60)
Lettuce	(59)
Potatoes	(58)

Animal Products: Buy organic if possible

- Milk
- Poultry
- Beef

Produce: Not necessary to buy organic (little pesticide residue)

- Bananas
- Kiwi
- Mangos
- Papaya
- Pineapples
- Asparagus
- Avocado
- Broccoli
- Cauliflower
- Corn
- Onions
- Peas

Chris Johnson
On Target Living
www.OnTargetLiving.com
chrisjohnson@ontargetliving.com