

DIRTY DOZEN CLEAN 15

2020

STARTING A HEALTH JOURNEY CAN FEEL DAUNTING...

...but it doesn't have to if you take things one step at a time.

I want to make it easy and fun to be healthy!

Get started with Sage and Celery by exploring the tips and recipes below.



THE FIRST STEP:

One of the easiest things you can do for yourself and your family is to start adding more fruits and vegetables to your plate. But before you go and fill up your grocery cart, I want to share something I find super helpful so that you don't spend too much money at the supermarket.

Yes, organic produce will cost more money but there are some tricks you can use to lessen the shock at the cash register. Shopping at your local farmer's market is a great way to start – you are supporting local farmers, you know where your produce is coming from and oftentimes, it costs less since it didn't have to travel from far away on a truck.

If a farmer's market isn't close by you can check here and see if there is a CSA (Community Supported Agriculture) in your area or of course the grocery store. Either way, you want to start looking at buying organic produce.

But don't panic, I have a secret to tell you, not everything needs to be organic. Every year the EWG, the Environmental Working Group comes out with lists called the Dirty Dozen and the Clean Fifteen. These lists are super helpful when you are starting to make the transition from conventionally grown produce to organic produce.



You can find the Dirty Dozen and Clean 15 below.

An important note about sweet corn, papayas and summer squash, the EWG says that if they are grown in the US, they are most likely from genetically modified crops and you might want to consider buying these organic to avoid genetically modified produce.

If you want to read the full report, go to:
<https://www.ewg.org/foodnews/summary.php#dirty-dozen>

DIRTY DOZEN 2020

By calling these fruits “dirty” they are saying that even after washing them, there are still a lot of pesticides left and you should consider purchasing organically grown ones.

- Strawberries
- Spinach
- Kale
- Nectarines
- Apples
- Grapes
- Peaches
- Cherries
- Pears
- Tomatoes
- Celery
- Potatoes



CLEAN 15 2020

The “Clean 15” means that although these are still conventionally grown, they show the least amount of pesticides on them and it is fine to purchase the conventionally grown variety.

- Avocados
- Sweet Corn
- Pineapple
- Onions
- Papaya
- Sweet Peas (Frozen)
- Eggplants
- Asparagus
- Cauliflower
- Cantaloupe
- Broccoli
- Mushrooms
- Cabbage
- Honey Dew Melon
- Kiwi