



*My best in health!*

*Kathryn Ruth DeSantis, Nurse Practitioner*

The Dirty Dozen

peaches



strawberries



apples



domestic blueberries



nectarines



cherries



celery



lettuce



spinach/kale/collard



sweet bell peppers



potatoes



imported grapes



spinach/kale/collard g

The Clean 15

onions



sweet corn



sweet peas



asparagus



eggplant



cabbage



sweet potatoes



avocados



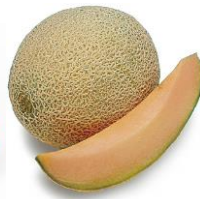
kiwi fruit



mangoes



cantaloupe



watermelon



pineapple



grapefruit

