

Foods That Contain The Most Chemicals and Pesticides

** If you buy organic fruits and vegetables you DO NOT HAVE TO WORRY, this list is for regular non organic foods.

** The reason behind staying away from these foods is because of full of pesticides. Too many toxins (pesticides) may lead to increased inflammation, constipation, headaches, acidity, immune issues, digestive issues, chronic fatigue and more.

Dirty Dozen (Avoid if non-organic)

1. Strawberries
2. Apples
3. Nectarines
4. Peaches
5. Celery
6. Grapes
7. Cherries
8. Spinach
9. Tomatoes
10. Bell Peppers
11. Cherry Tomatoes
12. Cucumbers

Clean Options (Eat most of these, do not have to be organic)

1. Avocados
2. Sweet Corn
3. Pineapple
4. Cabbage
5. Frozen Sweet Peas
6. Onions
7. Asparagus
8. Kiwi
9. Egg Plant
10. Melons
11. Grapefruit
12. Cauliflower