

Dirty Dozen/Clean 15

The most important way to eliminate toxins (what Ayurveda refers to as "ama") is to put less toxins in it to begin with!

The effect of pesticides and chemicals on our food has a larger impact than you may even know. Also consider the energy of the place where you buy food.

Buying an organic apple from Target is simply not the same as purchasing an apple from a co-op. The turn-over of organic produce is much faster at coops, and therefore the food is much fresher.

If you are unable to make a total change to organic food, consider the following table and try to at least eat organic from the list of The Dirty Dozen.

<p style="text-align: center;">The Dirty Dozen</p> <p>Foods which have been shown to have a lower resistance to chemicals and pesticides - therefore ALWAYS buy organic</p>	<p style="text-align: center;">The Clean Fifteen</p> <p>Foods which have been shown to have a stronger resistance to chemicals and pesticides. It may be safe to buy these foods conventionally.</p>
Celery	Onions
Peaches	Avocados
Apples	Sweet corn
Strawberries	Pineapple
Blueberries	Mango
Nectarines	Sweet peas
Sweet bell peppers	Asparagus
Spinach, kale, collard greens	Kiwi
Cherries	Cabbage
Potatoes	Eggplant
Grapes	Cantaloupe
lettuces	Watermelon
	Grapefruit
	Sweet onions
	Sweet potatoes