

# cathybiase

Nutrition Consulting • Cancer Coaching

## The Clean Fifteen

1. Asparagus
2. Avocados
3. Cabbage
4. Cantaloupe
5. Cauliflower
6. Eggplant
7. Grapefruit
8. Kiwi
9. Mangoes
10. Onions
11. Papayas
12. Pineapples
13. Sweet Corn
14. Sweet Peas (Frozen)
15. Sweet Potatoes

## The Dirty Dozen (eat organic if possible)

1. Apples
2. Celery
3. Cherry Tomatoes
4. Cucumbers
5. Grapes
6. Nectarines (Imported)
7. Peaches
8. Potatoes
9. Snap Peas (Imported)
10. Spinach
11. Strawberries
12. Sweet Bell Peppers

Close runners-up:  
Hot Peppers and Kale/Collards