

Piloncillo & Vainilla

Yes! Yes it is totally worth it to eat and buy organic. It makes a difference, there are more nutrients and way far less pesticides in organic produce. I'm totally convinced that it is so worthy to invest in **health**; invest in your wellness.

I know that some times it is difficult to find or pay for organic produce. With this list you can easily decide which ones have to be always organic and which ones not. The produce on the side "**clean fifteen**" does not need that many pesticides to grow. On the other side, the "**dirty dozen**" list, they need tons of pesticides to grow or absorb tons of chemicals and this are harmful to our health.

Choose better!

CLEAN FIFTEEN	DIRTY DOZEN
avocado	apple
sweet corn	strawberries
pineapple	grapes
cabbage	celery
sweet peas (frozen)	peaches
onion	spinach
asparragus	sweet bell peppers
mango	nectarines
papaya (avoid ones from Hawaii)	cucumber
kiwi	cherry tomatoes
eggplant	snap peas
grapefruit	potatoes
cantaloupe	(kale and collard greens)
cauliflower	(blueberries)
sweet potatoes	

*This list is based in the "Environmental Working Group" website.
(<http://www.ewg.org>).