

PESTICIDES IN PRODUCE

Shopping Guide

CUT ALONG LINE



Dirty 12

1. STRAWBERRIES
2. SPINACH
3. NECTARINES
4. APPLES
5. GRAPES
6. PEACHES
7. CHERRIES
8. PEARS
9. TOMATOES
10. CELERY
11. POTATOES
12. SWEET BELL PEPPERS



Clean 15

1. AVOCADOS
2. SWEET CORN
3. PINEAPPLES
4. CABBAGES
5. ONIONS
6. SWEET PEAS
7. PAPAYAS
8. ASPARAGUS
9. MANGOES
10. EGGPLANTS
11. HONEYDEWS
12. KIWIS
13. CANTALOUPE
14. CAULIFLOWER
15. BROCCOLI



Instructions:

1. Cut along outside line
2. Fold along inside line

Keep with you for reference on your next trip to the grocery store or farmers market.

Find More Helpful Tools on zonediet.com

[Food Blocks](#) to learn Zone friendly proteins, carbs and fats;
[Body Fat Calculator](#) to assess your protein needs and
get your body fat %; [Zone Recipes](#) for inspiration.