

Fit Moms Fit Kids Club

FAMILY | FITNESS | FUN

the *dirty* dozen

(buy these organic)

1. celery
2. peaches
3. strawberries
4. blueberries
5. nectarines
6. bell peppers
7. spinach
8. cherries
9. kale/collard greens
10. potatoes
11. grapes (imported)

the *clean* fifteen

(lowest in pesticides)

1. onions
2. avocado
3. sweet corn
4. pineapple
5. mangos
6. sweet peas
7. asparagus
8. kiwi
9. cabbage
10. eggplant
11. cantaloupe
12. watermelon
13. grapefruit
14. sweet potato
15. honeydew melon