

natural pediatrics

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The Shopper's Guide to Pesticides in Produce™

EWG's 2012 Shopper's Guide to Pesticides in Produce™ help you determine which fruits and vegetables have the most pesticide residues and are the most important to buy organic.

Dirty Dozen Plus™ Buy these organic	Clean 15™ Lowest in Pesticide
1  Apples	1  Onions
2  Celery	2  Sweet Corn
3  Sweet bell peppers	3  Pineapples
4  Peaches	4  Avocado
5  Strawberries	5  Cabbage
6  Nectarines – imported	6  Sweet peas
7  Grapes	7  Asparagus
8  Spinach	8  Mangoes
9  Lettuce	9  Eggplant
10  Cucumbers	10  Kiwi
11  Blueberries – domestic	11  Cantaloupe - domestic
12  Potatoes	12  Sweet potatoes
Plus	13  Grapefruit
+  Green beans	14  Watermelon
+  Kale/Greens	15  Mushrooms

Source: <http://www.ewg.org>

ABOUT NATURAL PEDIATRICS: We believe that healthy kids make happy family. Through a combination of prevention and natural remedies, we can resolve common problems without unwanted side effects. For acute situations, we follow AAP recommended guidelines.

For more details, please visit www.txnaturalpediatrics.com or Facebook page: <https://www.facebook.com/NaturalPediatrics>

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Not all advises are suitable for all kids/ages. Please consult with your doctor before implementing these advices.