



NUTRITIONAL WEIGHT & WELLNESS, INC.  
*Educating and Counseling Clients to Better Health*

## **12 Worst & 12 Best**

How much pesticide was used to grow your market's fruits and veggies?

### Highest amount of pesticides

1. Apples
2. Bell pepper
3. Celery
4. Cherries
5. Grapes
6. Nectarines
7. Peaches
8. Pears
9. Potatoes
10. Raspberries
11. Spinach
12. Strawberries

### Least amount of pesticides

1. Organic anything
2. Asparagus
3. Avocados
4. Bananas
5. Broccoli
6. Cauliflower
7. Kiwi
8. Mangos
9. Onions
10. Papaya
11. Pineapple
12. Peas