



YOUR HOLISTIC COMPASS

---

# 2025 CLEAN FIFTEEN

---

1. *Avocados*
2. *Sweet corn*
3. *Pineapple*
4. *Onions*
5. *Papaya*
6. *Sweet peas (frozen)*
7. *Asparagus*
8. *Honeydew melon*
9. *Kiwi*
10. *Cabbage*
11. *Watermelon*
12. *Mushrooms*
13. *Mangoes*
14. *Sweet potatoes*
15. *Carrots*



YOUR HOLISTIC COMPASS

---

# 2025 DIRTY DOZEN

---

1. *Strawberries*
2. *Spinach*
3. *Kale, collard and mustard greens*
4. *Grapes*
5. *Peaches*
6. *Pears*
7. *Nectarines*
8. *Apples*
9. *Bell and hot peppers*
10. *Cherries*
11. *Blueberries*
12. *Green beans*