

## PESTICIDES IN PRODUCE

# Shopping Guide

CUT ALONG LINE



<i>Dirty 12</i>	<i>Clean 15</i>
<ol style="list-style-type: none"><li>1. STRAWBERRIES</li><li>2. SPINACH</li><li>3. KALE</li><li>4. NECTARINES</li><li>5. APPLES</li><li>6. GRAPES</li><li>7. CHERRIES</li><li>8. PEACHES</li><li>9. PEARS</li><li>10. BELL &amp; HOT PEPPERS</li><li>11. CELERY</li><li>12. TOMATOES</li></ol>	<ol style="list-style-type: none"><li>1. AVOCADOS</li><li>2. SWEET CORN*</li><li>3. PINEAPPLE</li><li>4. ONIONS</li><li>5. PAPAYA*</li><li>6. SWEET PEAS (FROZEN)</li><li>7. EGGPLANT</li><li>8. ASPARAGUS</li><li>9. BROCCOLI</li><li>10. CABBAGE</li><li>11. KIWI</li><li>12. CAULIFLOWER</li><li>13. MUSHROOMS</li><li>14. HONEYDEW MELON</li><li>15. CANTALOUPE</li></ol>

**Dr. Sears**  
**ZONE**<sup>®</sup>

### 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](http://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.