



DIETARY DETOX GUIDE













USDA Organic foods are grown without synthetic pesticides, herbicides, and genetically modified organisms (GMOs), whereas conventional foods are often grown using pesticides, preservatives, and additives known to contribute to inflammation, disturbed gut microbiome, hormone imbalances, etc.

The **Dirty Dozen** and **Clean Fifteen** are produce lists published annually by the Environmental Working Group (EWG) to help you to prioritize your organic produce purchases and reduce your overall pesticide exposure. The foods on the Dirty Dozen list should be bought organically, whereas foods on the Clean Fifteen list are likely safer to buy conventionally grown since chemical testing suggests these foods have lower pesticide residue.

The human body has a remarkable detoxification capacity; however, long-term environmental toxin exposure (pesticides, food additives, air pollution, heavy metals) contributes to developing chronic health issues. **Constant exposure can overwhelm the system leading to gradual buildup of toxins in the body over time, known as bioaccumulation.**

Opt for organic foods whenever possible - minimize pesticide exposure by prioritizing organic purchases based on the Dirty Dozen and Clean Fifteen.

Dirty Dozen:

strawberries 
spinach 
kale 
grapes 
peaches 
pears 
nectarines 
apples 
peppers 
cherries 
blueberries 
green beans 

Clean Fifteen:

avocados 
sweetcorn 
pineapple 
onions 
papaya 
sweet peas 
asparagus 
honeydew 
kiwi 
cabbage 
mushrooms 
mangoes 
sweet potatoes 
watermelon 
carrots 

Processed foods often contain harmful additives. Some food additives to avoid: artificial sweeteners (aspartame, sucralose, saccharin), high-fructose corn syrup, monosodium glutamate (MSG), artificial food dyes (red 40, yellow 5, blue 1), preservatives (BHA, BHT), sodium nitrates/nitrites, carrageenan.

Rather than striving for perfection, focus on small and sustainable changes that minimize toxin exposure, support detoxification, & enhance the body's innate self-healing capacity.

This information is for educational purposes only and is not intended to diagnose, treat, cure, or prevent any disease. Please consult your physician or healthcare provider before making any changes to your health regimen or for any medical concerns.