

Eat Smart:

Fruit & Vegetable Challenge!



Newsletter Volume 4



Way to go! You have almost completed the Fruits and Vegetables Challenge. During this last week, try new fruits and vegetables to keep things interesting. Keep up the good work after the challenge by continuing to using the tips you have learned along the way.

Tip of the Week

On the Lookout for Pesticides

The health benefits of a diet rich in fruits and vegetables outweigh the risks of pesticide exposure, but you can take steps to reduce your exposures as much as possible. Eating conventionally-grown produce is far better than not eating fruits and vegetables at all. The following list of produce will help you determine which fruits and vegetables have the most pesticide residues and are the most important to buy organic.

The Dirty Dozen

1. Apples
2. Celery
3. Tomatoes
4. Cucumbers
5. Grapes (Imported)
6. Hot peppers and bell peppers
7. Peaches
8. Potatoes
9. Spinach
10. Strawberries
11. Kale/collard greens
12. Summer squash

Clean Fifteen

1. Asparagus
2. Avocados
3. Cabbage
4. Cantaloupe
5. Sweet corn
6. Eggplant
7. Grapefruit
8. Kiwi
9. Mangos
10. Mushrooms
11. Onions
12. Papayas
13. Pineapples

14. Sweet peas
15. Sweet potatoes



Shopper's Guide to
Pesticides in Produce

Pocket-size printout



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