













THE 'DIRTY DOZEN' THE TOP 12 FOODS TO BUY ORGANIC IN THE UK

Fruits and vegetables with the most multiple pesticide residues
as per the Pesticide Action Network information
see <https://www.pan-uk.org/> for more detailed information

Fruit/Vegetable		Percentage of samples with multiple pesticide residues
Grapefruit		99%
Grapes		90%
Limes		79%
Bananas		67%
Peppers (Sweet)		49%
Melons		46%
Beans		38%
Chili Peppers		38%
Mushrooms		31%
Broccoli		26%
Aubergines		23%
Dried Beans		21%



For more information on how to detox or live a healthy lifestyle see
www.clarebadrick.co.uk