

Shopper Guide, Resources

EWG Shopper's Guide 2015 to Pesticide Residue

The Dirty Dozen:

- 1) Apples
- 2) Peaches
- 3) Nectarines
- 4) Strawberries
- 5) Grapes
- 6) Celery
- 7) Spinach
- 8) Sweet bell peppers
- 9) Cucumbers
- 10) Cherry tomatoes
- 11) Snap peas - imported
- 12) Potatoes

The Clean Team:

- 1) Avocados
- 2) Sweet Corn
- 3) Pineapples
- 4) Cabbage
- 5) Sweet peas, frozen
- 6) Onions
- 7) Asparagus
- 8) Mangoes
- 9) Papayas
- 10) Kiwi
- 11) Eggplant
- 12) Grapefruit

Fats and Oils

Safe for frying and roasting:

Beef tallow, ghee, chicken fat, coconut oil, lard, red palm oil

Safe stir-frying and light sautéing:

avocado oil, butter, macadamia nut oil, olive oil, peanut oil, sesame oil

Do not heat these oils:

almond oil, flax seed oil, grape seed oil, hemp oil, walnut oil, safflower/sunflower oil

Avoid these fats:

canola oil, corn oil, cottonseed oil, soybean oil, vegetable shortening, partially hydrogenated fats/oils

Resources

Healthy Home Economist: <http://www.thehealthyhomeeconomist.com>

Weston A Price Foundation: <http://www.westonaprice.org/>

San Diego Fermenters Club: <http://www.fermentersclub.com>

Azure Standard: <https://www.azurestandard.com>