

## Dirty dozen non-organic foods

### Description

Gentle Reader,

The following information will help you make healthier choices when grocery shopping. Organic food is worth money. Take care of yourself and your family. These are the dirty dozen non-organic foods to avoid.

[Dirty Dozen Infographic](#)

I am grateful to my customer, Lanni, for sharing this web site with me. You can follow Garrick Dee, something of a guru for juicing, at <http://www.juicingwithg.com/category/blog/>.

I hope this helps you at the check out counter justifying the expense of organic. It does make a difference.

Be well, Do well and Keep moving,

Betsy



### Category

1. Be Well health tips
2. Health and Fitness

### Tags

1. dirty dozen
2. non-organic food

### Date Created

February 16, 2015

### Author

betsyjbell