

The Dirty Dozen & The Clean 15



Dirty Dozen (Produce most contaminated with pesticides.) Buy these organic;

1. Strawberries
 2. Spinach
 3. Kale, collard, and mustard greens
 4. Peaches
 5. Pears
 6. Nectarines
 7. Apples
 8. Grapes
 9. Bell and hot peppers
 10. Cherries
 11. Blueberries
 12. Green Beans
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Clean 15 (Produce with the lowest levels of pesticides.)

1. Avocados
2. Sweet corn*
3. Pineapple
4. Onions
5. Papaya*
6. Sweet peas (frozen)
7. Asparagus
8. Honeydew melon
9. Kiwi
10. Cabbage
11. Mushrooms
12. Mangoes
13. Sweet Potatoes
14. Watermelon
15. Carrots

*Sweet corn and papaya are often genetically modified in the United States. To avoid GMOs may want to buy these organic.

Source: Environmental Working Group (EWG) 2023 Shoppers Guide