



ADVANCED NUTRITION FOR HEALTH COACHES

## *Dirty Dozen & Clean 15*

The Environmental Working Group (EWG) evaluates fruits and vegetables to determine their overall pesticide exposure. The Dirty Dozen and Clean 15 help consumers prioritize which foods are most important to purchase organic when trying to limit pesticide exposure.

The lists are determined by evaluating six factors and scoring each item. The dirty dozen are the 12 fruits and vegetables with the highest pesticide loads. The Clean 15 are the fruits and vegetables with the least pesticide residue.

Recently, the EWG has added a “plus” category to their dirty dozen to include select foods that contain trace amounts of highly hazardous pesticides. They don’t meet the traditional standards to be included in the list, yet are included as a plus due to insecticide contamination.

\* A small amount of sweet corn, papaya and summer squash are produced from genetically modified seeds in the US. Buy organic if you want to avoid GMOs.

### **Clean 15: Doesn’t Need to be Organic**

1. Sweet Corn\*
2. Avocados
3. Pineapples
4. Cabbage
5. Onions
6. Sweet peas (frozen)
7. Papayas\*
8. Asparagus
9. Mangos
10. Eggplant
11. Honeydew melon
12. Kiwi
13. Cantaloupe
14. Cauliflower
15. Grapefruit

### **Dirty Dozen: Always Choose Organic**

1. Strawberries
  2. Spinach
  3. Nectarines
  4. Apples
  5. Peaches
  6. Pears
  7. Cherries
  8. Grapes
  9. Celery
  10. Tomatoes
  11. Sweet Bell Peppers
  12. Potatoes
- + hot peppers