

The Environmental Working Group's Dirty Dozen and Clean 15 Lists

2019 DIRTY DOZEN



Strawberries



Spinach



Nectarines



Apples



Grapes



Peaches



Cherries



Pears



Tomatoes



Celery



Potatoes



Kale

2019 CLEAN 15

EWG's list of 15 produce items least likely to harbor pesticide residues.



Sweet Corn*



Avocados



Pineapples



Cabbage



Onions



Frozen Sweet Peas



Papayas*



Asparagus



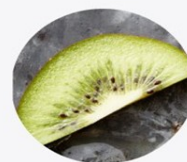
Broccoli



Eggplant



Honeydew



Kiwi



Cantaloupe



Cauliflower



Mushrooms

Pictures and information are courtesy of Dr. Josh Axe website: www.draxe.com

*Some sweet corn and papayas sold in the US are GMOs, choose organic to avoid GMO versions of these crops.

- We can't wash and peel our way out of the problem
- Washing removes some residues
- Systemic pesticides are inside the produce and can't be washed away
- Always eat a lot of veggies, but choose organic when possible, especially when it comes to the Dirty Dozen items.



Terri McDowell is a Licensed Occupational Therapist and an Integrative Health and Nutrition Coach. She works with children and adults and is passionate about helping people get healthy and stay healthy. She offers Live Cell Microscopy, private and group coaching sessions, lectures on various nutrition topics and offers cooking classes.

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