**Least Toxic, Most Sustainable Seafood**

1. Wild salmon
2. Sardines
3. Mussels
4. Rainbow trout
5. Atlantic mackerel

**Seafood to AVOID**

1. King mackerel4. Shark
2. Marlin5. Swordfish
3. Orange roughy6. Tilefish

**“Dirty Dozen” Produce (Buy Organic!)**

1. Strawberries7. Bell & hot peppers
2. Spinach 8. Cherries
3. Kale, collards, mustard greens 9. Peaches
4. Nectarines 10. Pears
5. Apples 11. Celery
6. Grapes 12. Tomatoes

***NOTE****: A small amount of sweet corn, papaya and summer squash sold in the United States is produced from genetically modified seeds. Buy organic varieties of these crops if you want to avoid genetically modified produce.* Find more at [www.ewg.org](http://www.ewg.org).

**The “Clean Fifteen”**

1. Avocados
2. Sweet corn (non-GMO) 9. Cauliflower
3. Pineapples10. Cantaloupe
4. Onions 11. Broccoli
5. Papayas (non-GMO)12. Mushrooms
6. Sweet peas (frozen)13. Cabbage
7. Eggplant14. Honeydew melons
8. Asparagus 15. Kiwi