

The Dirty Dozen and The Cleanest 12



Ideally you want to buy all your produce organic. If you are not able to buy all items organic there are certain items that have more pesticides in than others and should be eaten organic.

The Dirty Dozen:

- Peaches
- Apples
- Sweet Bell Peppers
- Celery
- Nectarines
- Strawberries
- Cherries
- Pears
- Grapes (imported)
- Spinach
- Lettuce
- Potatoes

Cleanest 12:

- Onions
- Avocado
- Sweet Corn (frozen)
- Pineapples
- Mango
- Asparagus
- Sweet Peas (frozen)
- Kiwi Fruit
- Bananas
- Cabbage
- Broccoli
- Papaya

Source:

http://www.foodnews.org/pdf/EWG_pesticide.pdf