

2020 Dirty Dozen™/Clean15™

Dirty Dozen™

These non-organics are highest in pesticides

- Strawberries
- Spinach
- Kale
- Nectarines
- Apples
- Grapes
- Peaches
- Cherries
- Pears
- Tomatoes
- Celery
- Potatoes
- Sweet Bell Peppers/Hot Peppers

Clean 15™

These non-organics are lowest in pesticides

- Avocados
- Sweet corn
- Pineapple
- Onions
- Papaya
- Sweet Peas (Frozen)
- Eggplant
- Asparagus
- Cauliflower
- Cantaloupe
- Broccoli
- Mushrooms
- Cabbage
- Honeydew Melon
- Kiwi

*eat
well
live
well*

This list can help guide you when purchasing produce to know which fruits and veggies have the most pesticide residues and which are the most important to buy organic. You can lower your pesticide intake substantially just by avoiding the Dirty Dozen™. For this and other helpful information from the Environmental Working Group, visit www.foodnews.org.

