



The 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.

The Clean 15: What Doesn't Need to Be Organic

1. Asparagus
2. Avocados
3. Cabbage
4. Cantaloupe
5. Cauliflower
6. Eggplant
7. Grapefruit
8. Kiwi
9. Mangoes
10. Onions
11. Papayas
12. Pineapples
13. Sweet Corn
14. Sweet Peas (frozen)
15. Sweet Potatoes

The Dirty Dozen: What Should Always Be Organic

1. Apples
2. Celery
3. Cherry Tomatoes
4. Cucumbers
5. Grapes
6. Nectarines
7. Peaches
8. Potatoes
9. Snap Peas
10. Spinach
11. Strawberries
12. Sweet Bell Peppers
- + Hot Peppers
- + Kale/Collard Greens