

Dirty Dozen

Buy these organic where possible:

- 1 Apples
- 2 Celery
- 3 Strawberries
- 4 Peaches
- 5 Spinach
- 6 Nectarines
- 7 Grapes
- 8 Sweet bell peppers
- 9 Potatoes
- 10 Blueberries
- 11 Lettuce
- 12 Kale/collard greens

Clean 15

Lowest in Pesticide

- 1 Onions
- 2 Sweet Corn
- 3 Pineapples
- 4 Avocado
- 5 Asparagus
- 6 Sweet peas
- 7 Mangoes
- 8 Eggplant
- 9 Cantaloupe - domestic
- 10 Kiwi
- 11 Cabbage
- 12 Watermelon
- 13 Sweet potatoes
- 14 Grapefruit
- 15 Mushroom