

DIRTY DOZEN & CLEAN FIFTEEN

Buying completely organic produce can be difficult to find and more expensive, the below list is the most important foods to choose organic (The Dirty Dozen). Those foods should either be eaten organic or refrained from eating due to their high pesticide content. The Clean Fifteen can be eaten conventionally grown if no organic option is viable.

DIRTY DOZEN

1. Strawberries
2. Spinach
3. Kale
4. Nectarines
5. Apples
6. Grapes
7. Peaches
8. Cherries
9. Pears
10. Tomatoes
11. Celery
12. Potatoes

CLEAN FIFTEEN

1. Avocados
2. Sweet Corn
3. Pineapple
4. Onion
5. Papaya
6. Sweet Peas (frozen)
7. Eggplant
8. Asparagus
9. Cauliflower
10. Cantaloupe
11. Broccoli
12. Mushroom
13. Cabbage
14. Honeydew melon
15. Kiwis

*Keep on the look out for Genetically Modified Foods (GMO). The majority of all soy, corn, canola, and sugar beets are genetically modified "foods." Buy organic varieties of these crops if you want to avoid genetically modified produce.

(Updated information for 2020)

Resource content from ewg.org - for more information visit:

<https://www.ewg.org/foodnews/dirty-dozen.php>

Resource created by Florin Wellness for more information visit:

www.florinwellness.com

