

Clean 15 Dirty Dozen 2020

The more organic products you can include in your diet the better, but of course not everyone has the budget for it. Eat organic as much as you can but don't avoid buying fruits or vegetables just because you can't afford the organic version. Get the Dirty Dozen organic if possible. The Clean 15 will be okay even if conventionally grown.

The Environmental Working Group releases a Clean 15 and Dirty Dozen list every year showing us which fruits and vegetables have the most and the least pesticides on commonly used produce. Use this list while grocery shopping to minimize your exposure to toxins. You can get the updated list every year at www.ewg.org.

Clean 15

1. Avocados
2. Sweet corn
3. Pineapples
4. Onions
5. Papaya
6. Sweet peas (frozen)
7. Eggplant
8. Asparagus
9. Cauliflower
10. Cantaloupe
11. Broccoli
12. Mushrooms
13. Cabbage
14. Honeydew melon
15. Kiwi

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

